

i'm new here's who i am

Posted by gma316 - 17 May 2009 15:50

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I grew up in a normal modern home and went to a modern dayschool and high school. My rebbim had a huge impact on me so I started learning every night when in 12th grade, although my problem started when I was much younger. I went to 2 years in yeshiva in ertez yisroel which included one in the mir, followed by 4 years in a yeshiva in america where I became the top bocher and got married. the whole time I felt I was living a double life and was very imbarressed as to the fact that i would look at pics on my phone as well as read stories on the phone and if I ever had internet access I would watch videos. materbation was all too common for me and I would cry at night because I was so imbarressed and I was terrified that someone would find out. B"h no one ever has. 9 months after I got married I had a beautiful baby girl B"h, and we moved to a small community kollel which ended up being a disaster and shut down. following the kollel shut down my wife left me with no warning and took my daughter with her. I am now divorced from her b"h as I was not so happy with her which did not help my problem. it is almost 3 years since she left me and I do have my daughter monthly.

I often wonder how come I am the way I am I always imagined that being the top bocher and avrech in a kollel my spirituality would keep me from stuff like this, but as time has told I have not been strong enough to fight the overpowering yetzer harah. I feel like I live a double life the person who I am that I have worked so hard to become, and the evil twin. B"h in the last few weeks discovered this web site and have been getting these emails, and since then I have only stumbled Bli eyn horah once and have gotten the chizuk to try and remain strong.

I used to think I was the only frum Jew and for sure the only yeshivish black hat Jew to have this problem even though I had heard about others I just could not believe it. Although seeing that the last 3-4 years I have spent in legal divorce issues and a horrible mess with the last kollel I was in I have had real problems as depression (which I am getting over b"h) and loneliness which is my biggest problem and makes my lust so much stronger rule my life at a lot of times although hearing others' stories and cries for help has been the biggest chizuk I have ever had so thank you as baruch Hashem I have gone 12 days without even looking at anything which I shouldn't kolshechain any masterbation. I hope to hear more tremendous chizuk stories to help me and maybe I can help some of you all. I have some ideas which I use to help myself but unfortunately I do not have the time to post them now so feel free to ask me if you want.

P.S. these 12 days have been some of the happiest of my life as well I am not remember feeling this good in the almost 15 years in which I have struggled. I hope B"h with all you all's help I can overcome.

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Re: i'm new here's who i am

Posted by Kedusha - 23 Aug 2009 04:20

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[gma316 wrote on 23 Aug 2009 01:38:](#)

i regret that i fell but baruch hashem i feel strong my computer crashed which left me with a filterless internet and i stumbled but b"h i just installed a new one and feel strong to continue a new road to recovery.

my prob is I have a friend younger than me who belongs on this web sight but is to embarrsed and is now dating but has a tough timewhich causes him to masterbate. he has asked if not being shomer negiah will help ii told him to speak to a rov he can confide in anyone have any ideas.

Not being "Shomer Negiah" is not a Halachic option, and furthermore, would only make his challenges far more difficult. Why would your friend be embarrassed to go on this anonymous website?

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Re: i'm new here's who i am

Posted by the.guard - 23 Aug 2009 11:07

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To touch a woman who is a niddah (which all women are unless they went to the mikva after counting 7 clean days) *biderech chiba* is *abizraya de'arayos* and is ***yehareg ve'al ya'avor!***

Besides, like Kedusha said, it would make the struggle much harder! And, like Kedusha asked, why would he be afraid to come here? It's all anonymous. And he can sign up for the daily chizuk e-mails too!

Posted by gma316 - 23 Aug 2009 12:29

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Posted by gma316 - 23 Aug 2009 18:38

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Posted by the.guard - 23 Aug 2009 20:15

Of course it would, right? So why do you need Him to come down and tell you that? You believe it already, no? Or could it be perhaps that something is defective in our Emunah and we don't **truly feel** what we "say" we believe?

If you admit that might be the case, have you considered that maybe the 12-Steps could help you re-discover the ABC's of *Emunah* and *D'veikus* in a way that would make it much more *real* for you? Have you considered joining Boruch's 12-Step group, or Duvid Chaim's? How about Elya's?

You will yet bring bountiful rain out from these thunder clouds, with Hashem's help.

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Re: i'm new here's who i am

Posted by gma316 - 24 Aug 2009 02:12

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wow what beautiful and powerful words thank you i have what to think about andre think myself to get clean and help i cry as i write and i can't thank you enough for your help I will keep writing

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Re: i'm new here's who i am

Posted by gma316 - 26 Aug 2009 01:14

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i don't understand how a person who understands things and has real emunah can know something is wrong and still do it i continue to cry and daven for hashem's help

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Re: i'm new here's who i am

Posted by Tomim2B - 26 Aug 2009 18:05

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Dear Gma316,

Courage doesn't always roar. Sometimes courage is the quiet voice at the end of the day saying, "I will try again tomorrow".

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Re: i'm new here's who i am

Posted by hoping - 27 Aug 2009 17:59

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[gma316 wrote on 26 Aug 2009 01:14:](#)

i don't understand how a person who understands things and has real emnuah can know something is wrong and still do it i continue to cry and daven for hashems help

I do understand. It happens to me all the time. The solution is not to be perfect overnight. Our job is to work to improve ourselves step by step and daven to Hashem for success.

Wishing you much Hatzlacha!

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Re: i'm new here's who i am

Posted by the.guard - 29 Aug 2009 18:53

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i don't understand how a person who understands things and has real emnuah can know something is wrong and still do it i continue to cry and daven for hashems help

Did Rav Amram Chasid have real Emunah? So why did he have to call "FIRE" while half way up the ladder? With lust, Emunah alone is not enough. We need real people, real accountability.

Do you have anyone you know in real life that you can confide in and call when feeling weak? If not, you may want to look into joining an SA group. You don't have more Emunah than Rav Amram, that's for sure.

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Re: i'm new here's who i am

Posted by gma316 - 30 Aug 2009 12:53

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it is now ellul a time for self retrospection and teshuvah. we all know the way to recovery is one day at a time and small steps. I have just started a new run of things Baruch hashem because no matter how much I think I enjoy looking at porn and masturbation I know it is only fake and the regret afterwards hurts too much especially when it is after 30 plus days :( the rambam says in order to do real teshuva one has to say and mean I will never do the sin again how can I do such a thing when I am so scared I will. as the time pushes forward and that burst of energy from starting dies out and tayvah starts kicking in things appear to get harder and harder all I want is to stop but the fear sits and builds and does not help. as well when one falls how does one deal with the sickening feeling and regret to jump right back up usually I find myself falling a few more times before I can get back on the horse when knowing what a horrid thing I have just done please help so that I can do teshuva gemurah( as well as everyone on this site) and that we can all be helped.

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Re: i'm new here's who i am

Posted by the.guard - 30 Aug 2009 15:01

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Dear GMA,

Please read the GYE handbook. I quote here from the introduction:

*We may have tried to do Teshuvah many times in the past, but the standard model of Teshuva (Azivas Hachet, Charata and Kabbala al Haba) doesn't work for us very well anymore. Addiction is a type of disease, and our Sages understood the nature of addiction as Rebbe Asi said: "The Yetzer Hara in the beginning is compared to a strand of a spider web, and in the end like a rope that is used to tie cattle". Even more so, in this area where our Sages have said: "The more it is fed, the hungrier it gets". Our Sages also recognized that once a person repeats a particular sin a number of times "it becomes to him as if it is permitted". Therefore, the*

*standard Teshuvah techniques are not usually sufficient in our case anymore. The nature of the addiction is analogous to someone standing on the railroad tracks while he watches the train bearing down on him, and yet he can't move himself out of the way. And as Rabbi Twerski puts it in his book "Addictive Thinking": We place our hands on the stove, get burned, and yet we feel compelled to do it again.*

*Therefore on GYE, instead of the standard Teshuvah model, we begin to change our entire attitude. We learn the tools and techniques of how to sidestep the Lust, instead of trying to fight it head on. And we learn how to give our disease over to Hashem and live with His help, instead of trying to use our own strengths to fight something so much stronger than us.*

*With the proper guidance, we start to see a genuine change in ourselves that we never believed was possible. At GYE we are finally joining together, for ourselves and for all future generations, to strengthen the Yesod - the very foundation of our people.*

Dear GMA, you need to implement the tools of the handbook, one by one. You need REAL accountability, in REAL LIFE. You need the 12-Steps; have you tried joining one of the 4 anonymous phone conferences that GYE offers (see [here](#))? You may need even live-12-Step groups, you may need therapy, etc...

I don't want to be mean or judgmental at all, but it seems you are not hearing what we are telling you. I repeat these same things so many times here on your thread over the past months, and so did Dov, but instead of responding to our advice or taking it seriously, you just come back here "crying" that you need to do Teshuvah and asking for help.

**We love you GMA, but you have to start to "hear" what we have been telling you all along.**

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Re: i'm new here's who i am

Posted by gma316 - 11 Sep 2009 03:08

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baruch hashem i am back with great news i have found some one who i am close with to confide in and talk with which has helped as he checks in on me and is trying all he can to find ways for me to help. the ribonoh shel olam helps those who come to him especially in this time of teshuvah before rosh hashonah.

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Re: i'm new here's who i am  
Posted by the.guard - 11 Sep 2009 11:15

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That's truly GEVALDIG news! May Hashem be with you!

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