

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 y'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 y'all's help I can overcome.

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Re: i'm new here's who i am  
Posted by the.guard - 30 Jun 2009 12:40

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Beautiful, one day at a time...

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Re: i'm new here's who i am  
Posted by gma316 - 01 Jul 2009 02:16

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unlike any of my other streaks as time goes on I find my self being tested more and more and find the days harder and harder. but chasdei hashem I am now at 10 days.

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Re: i'm new here's who i am  
Posted by Noorah BAmram - 01 Jul 2009 03:06

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Tzadik gma'r ;)ur a complete tzadik just because your battling!!

When you say that you find yourself being tested more and more, what do you mean by that? Maybe if you cared to share the background of these test (not all the gory detail of course;)) maybe the collective experience of the chevra h can help. Is it un filtered internet access? By me that would be an impossible test!! Is it the streets? It may help to share it. The good old wisdom of Shlomo Hamelech "daagah blev ish yischena"

With eternal LOVE to a fellow Jew

Noorah

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

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Posted by gma316 - 02 Jul 2009 02:19

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I know that at this point I do not have to update daily but as for know it is chizuk for me. Bli eiye horah today was my easiest day yet but I know that, that means tomorrow will be difficult and I have mentally been preparing for it as well as I am asking Hashem as I do daily for the siyata dishmayah and strength to keep on prevailing. So right now I am at 11 days ????

as for what I have been struggling with is at times constant thoughts of lust as well as constantly wondering how to be alone with my computer, and what feels like a real physical something grabbing me and trying to actually move me to where I should not be, which takes all my kochah to retrain. I found remembering Yosef hatzadik in mitzrayim and how hard it must have been (and all the midrashim which describe the struggle he had) with eishes potifar. My fear is that once I find myself in a situation any of my thoughts which help will be out the window so to speak. I wonder if I can actually ever do real teshuvah if I can't guarantee I will not mess up again when in my sub-continent I feel that I am for sure going to slip again chas v'shalom. The Rambam says in Hilchos Teshuvah that in order to do teshuvah gemurah you need to be able to say I will never mess up again, I don't know how that is ever possible when it comes to anything especially this.

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

Posted by the.guard - 02 Jul 2009 07:41

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Read the intro to the GYE handbook to see why the standard models of teshuvah can't work for an addict.

When it comes to addiction, forget about saying "never again". In addiction, "*Aizehu Chacham, Haro'e es ha'achshav*".

Promise yourself that just for today you will stay clean no matter what, **even if your tuches falls off!!** (But tomorrow, you reserve the right to act out).

Oh, and tomorrow, when you wake up in the morning, tell yourself the same thing! ;D

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

Posted by gma316 - 02 Jul 2009 18:50

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I have fallen yet again I just keep thing of koheleses and its statment of how htis orld is nothing yet we desire so much that sin. b"h I will be at one day tomorow

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

Posted by the.guard - 02 Jul 2009 20:39

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Are you on [Duvid Chaim's](#) phone call? Or at least Boruch's on Wednesday? We need to do **our Hishtadlus**, and then Hashem does HIS part, which is "remove the obsession" from us.

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

Posted by gma316 - 03 Jul 2009 20:28

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I hope for shabbos to be a spring board for a new start as I have now had another set back watching and acting out in watching as I cry I only hope hashem listens

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

Posted by the.guard - 04 Jul 2009 21:10

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Hashem listens if we do our Hishtadlus. Instead of fighting the addiction head-on, learn the tricks of "getting a life" in a 12-Step group. Either join [Duvid Chaim's phone group](#) or a [live group](#) in your area...

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

Posted by gma316 - 05 Jul 2009 01:46

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I know I have said it before but tonight I am at one

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

Posted by gma316 - 05 Jul 2009 05:08

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I do not know that I can be helped any more I just feel as though I have lost everything spiritually I have ever had and worked so hard to get. I have committed one of the worst avaros again which is chaiv mesah bede shamiym I have to return my 3 year old to her mother agian tomorrow so hopefully it will distract me for the day but it is only a matter of time until it happens agian I feel like have just been thru a tornado and do not now were to go as I have no idea what to do with my self as I have seen in the past I can do this but for some reason now I seem to be fighting a harder battle. I plan on staying with all of you althogh I might not be able to u[ppdate myself to hopefully say day 1 of a new streak tomorrow but I hope only wiht hashem help that I will post on monday night 2 days. I am mispallel for the whole network daily eventhoguh we are annonomus hashem know who we are. I just hope he listens to me as at times it appears he does not I wish iknew. please be mispallel for my hatzlochah and every one else here with us as I am I am sorry I am not stronger to help more of you as some many have reached out to try and help me.

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

Posted by Momo - 05 Jul 2009 05:22

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Dear gma316,

We love you here at the forum. You are a member of our family. Don't forget you are not alone.

I'm truly sorry you are feeling so much pain right now. I share your pain.

Gma, listen carefully, the 11 clean days you had are not lost! HaShem is storing them in his warehouse. Remember the hundreds of times you said no to the Y"H during those 11 days. Don't ever think of it as having fallen back to square one. Think of it as losing one game in

baseball after winning 11 games in a row. You are simply 11-1 in the season, and that's not a

Please remember something someone on the forum wrote (sorry I forget who): One clean day with struggling with the Y"H is worth more than a week of clean days without any struggling. bad statistic at all.

If you are going through a hard time, don't worry about being mechazek us. Let us give you chizuk. A healthy relationship is one of give and take. Sometimes we give, and sometimes we take. When one partner needs help, the other gives, and vice versa. Once you feel stronger, you can give back to those feeling weaker than you do.

We were chosen by HaShem to fight the hardest and most important battle of our generation. As long as we keep fighting, we are the superheros of this generation. That's why (at least to me), you shall no longer be called GMA, but rather: SuperGMA! :D

Your friend and fellow superhero,

SuperMomo

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

Posted by battleworn - 05 Jul 2009 08:49

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Dear gma, not only are the gains not lost, but actually even the loss will very soon become part of the gains. Hashem makes this happen so that we can rise to the next level. At the time, it hurts so badly that you can't imagine how good can come out of it. But pretty soon you'll look back and see how much you grew from the fall. The very act of not giving up is a Kidush Hashem of such great magnitude that the fall is small compared to it.

P.S. Did you read "The Torah Approach"? It's the first post on this page:

[rehab-my-site.com/guardureyes/forum/index.php?topic=602.0](http://rehab-my-site.com/guardureyes/forum/index.php?topic=602.0)

CHAZAK VE'EMATZ!!!

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

Posted by the.guard - 05 Jul 2009 10:55

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gma, your pain is very real, and we all feel it. All I can suggest is:

1) Read again R'Dov's amazing response to you in Chizuk e-mail 512

2) Join Duvid Chaim's phone conference (completely anonymous, you don't even have to say your name, you can just listen in)

3) Don't just READ the handbooks, WORK them!! In other words, use the tools one by one. If one tool wasn't enough, go to the next. If you do this, then at some point you WILL DEFFINATELY SUCCEED!! (And I don't think you'll have to get to tool #18) ;D

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