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The Perils Of Internet Addiction

By Dovid Chaim & Miriam

Living Life in the Fast Lane

Dan is a high-flying, popular and determined man. Born into a modest home, Dan was determined to "make his first million" by the time he was 30. Guess what, he made it when he was 28. Dan didn't even go to a prestigious business school. In fact, he spent most of his years learning in yeshiva – he simply has a lot of street smarts. Today, he owns real estate all over the world, he flies First Class, has a big home, a beautiful wife and five children. Of course, Dan gives plenty of tzeddakah.

Seems like the ideal life, right?

Yes, Dan seems to have a charming and exciting life. But let's take a closer look inside Dan and try to understand why his life isn't quite as appealing as he would like.

The first thing we notice about Dan is that he can barely sit still. He is all over the place. Phones are ringing on his mahogany wood desk, and his iPhone is competing for his attention, as are his secretaries. Really, you can hardly see Dan's desk or credenza because they're covered with stacks of papers about all sorts of business deals. Just try to go out to lunch or dinner with Dan. You would be lucky to get five uninterrupted minutes of his time.

On the outside, his wife and kids look like they came out of Family Circle Magazine. But on the inside, you would see a wife drowning her frustration by taking long trips to the shopping malls. All of Dan's kids have Smart-Phones – the most updated versions. Their wardrobes are updated each season as well. But Dan is not really part of their lives. The closest they really are with their father is when they sit for the annual family portrait, which appears on their Rosh Hashana greeting cards.

Don't worry about Dan and his topsy-turvy life. He has a solution for everything! Don't forget that Dan is a self-made man. As they say, "When the going gets tough, the tough get going!" So where does Dan go? To the only places that seem to calm his nerves – to the massage parlors for a very relaxing experience. Just like his family, on the outside, these massage parlors look quite normal and innocent. But on the inside, the ladies giving their clients' massages are paid top dollar to do a "little bit extra."

Dan has been visiting these parlors for most of his married life. He has rationalized his visits by blaming his wife for always being so tired. Dan just doesn't feel respected or admired by her. She's so busy running the home, shopping for herself and the kids, arranging social events and trying to keep up with Dan.

However, she is keeping track of him. In fact, after getting a bit suspicious about Dan's frequent visits to the parlor, she had him followed, went inside and learned exactly what went on there. Naturally, she was furious and refused to go to the mikveh that month. Dan begged and pleaded for her forgiveness. And for the sake of shalom bayis, she gave in.

Less than a week later, she caught him again going again and left him for two whole months! Eventually, they began going for therapy. However, there was too much anger in his wife and too much lust in Dan's blood. They stopped their treatments and tried to resume a "normal" life. They did a pretty good job. The kids were happy that their parents were back together, and, once again, Dan and his wife managed to put on a pretty good show for their neighbors and the community.

Don't forget that Dan still got a big rush from his wheeling and dealing. Unfortunately, not everything turned out the way he expected. His business partners weren't so honest, they also had some huge obligations to support their own fast pace life styles. Dan couldn't handle all the pressure and spent late nights in the office – or so he told his wife. Getting suspicious, on one of her visits to his office, she looked at her husband's computer Internet history. To her shock and dismay, she found that Dan had spent all those hours looking at pornography, chatting with seductive women and making dates with them after hours.

That was it! Dan's wife had had enough! She forced him to confess all his unfaithful behaviors – and he did. Not only had his wife had enough, but Dan did too. He couldn't even recognize himself – he was so full of guilt and shame. As frequently as he made a resolution to stop his lust addiction, he realized that he just couldn't do it on his own. Where was all that determination and drive he had that brought him all his success? Yes, Dan was certainly a self-made man in many respects. But in this case, he was powerless!

And that's when Dan turned to www.guardyoureyes.com and joined an anonymous and free conference call we host five days a week at noon. Dan made some significant progress over lust by learning the 12-Step program of recovery. Originally written and introduced by Bill Wilson in 1939 for Alcoholics – and approved as "kosher" by rabbanim like Rabbi Dr. Abraham Twerski – this program has been adopted by literally tens of millions of men and women dealing with addictions to drugs, food,

debt, shopping, smoking, lust and more. Fortunately for Dan, he put the same drive he had used to be a success in business into working the 12 Step Program.

Dan learned that his acting out with lust was not his problem. Lust, porn, massage parlors, etc. were actually his "solution" to his problems. Dan's real problem was his unmanageable life – his incessant drive to conquer more, to run in the fast lane and to always be in control. As it says in the AA "Big Book," Dan learned that "The fact is that most lust-aholics, for reasons yet obscure, have lost the power of choice in lust. Our so-called will power becomes practically nonexistent. We are unable at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first lust hit!"

Fortunately for Dan, and for many men and women in our communities, the Big Book tells us that "There is a solution. Almost none of us liked it...the self-searching, the leveling or our pride, the confession of our shortcomings; which the process requires for its successful outcome!"

As with most habit and behavioral-change programs, sobriety didn't happen overnight. There were still slips and relapses. But thru his dedication, Dan saw that the slips were less frequent and his anxiety and high-pressured life had calmed down. It wasn't just Dan who benefited, his wife entered the SAnon Program, created just for the spouses of addicts. She discovered that she had a part in the overall family wellbeing.

Please know that this disease does not discriminate – whether you are young or old, traditional or modern, whether you wear a kippah or a sheitel – Lust Addiction is truly a "Silent Killer." It can exist in your midst and you may not even know it.

You can learn more, in a discreet and anonymous manner through the 2b1 Institute (www.2b1institute.com), founded by Dovid Chaim & Miriam, experts who have spent over a decade working with more than a thousand men and women from all over the world. Today, they are guiding singles, husbands and wives 2b Free, 2b Whole, 2b Connected.