

My Story

Posted by mevakesh - 03 Dec 2008 22:23

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Post Modified:

I have modified the original post because I am concerned that I may have disclosed certain things that could jeopardize my privacy. As such, I have removed my background summary. I will, however, disclose some basic information.

I am in my mid-thirties, married with children and have been a porn addict for almost 20 years. I have made numerous attempts to quit, but as-of-yet have not been successful in achieving long term sobriety.

As of the date of the original post, I was on day 3 after a stretch of 27 days without porn.

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Re: My Story

Posted by battleworn - 11 Dec 2008 15:30

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Kol Hakavod plus!

I see that you consider youtube like a porn site, that shows that you really know what you're doing.

Please see chizuk email #237 (it's very short and if you want elaboration I can provide as much as you want, from the same source)

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Re: My Story

Posted by mevakesh - 11 Dec 2008 16:01

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Hi Battleworm,

Will quote chizuk e-mail 237 here for clarity ....

Rav Tzvi Mayer Zilberberg – In The Black of The Night

There is no such thing as I already failed, says Rav Tzvi Mayer. Even if you are middle of an aveira, you have no excuse to "finish up". Stop yourself right there and then and your zechus (merit) is immeasurable!

Dovid HaMelech says in Tehilim (119:62) "Chatzos Leila Akum LiHodos Licha" - "in the middle of the night I will rise to praise you". Rav Tzvi Meir explains that this alludes to someone who is caught up in aveira. Do not give up and say next time I will be better. No, stop right now in the heat of the battle and you can earn the greatest reward. "Chatzos Leila", in the middle of the blackness of aveira, Akum LiHodos, I will get up and sing your praise!

This yesod is indeed very important for anyone struggling with Internet addiction to know. After we are nichshul once the next thing the yetzer does is tries to get us to be nichshul again. I certainly have fallen into destructive binge patterns after acting out once, because why not, we have already fallen one time. After a slip, we tend to rationalize and tell ourselves, you have already sinned and have already fallen, so let yourself go, you will anyways need to do teshuvah tomorrow.

Any elaboration you can offer on this point will certainly be a benefit to those of us on this board.

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Re: My Story

Posted by battleworn - 11 Dec 2008 16:57

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This is one of R' Tvi Meir's big yesodos. If I were to write everything I know from him about it, it would take at least 30 pages. So I will bli neder try to come up b'ezras Hashem with a very short summary within a few days.

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Re: My Story

Posted by battleworn - 14 Dec 2008 15:55

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The following is a small sampling, based on the shmooze of Shvi'ee Shel Pesach 5759

The Chozeh Milublin, The Beer Mayim Chaim, R' Hershele of Ziditshov, R' Tzadok Hachohen and other tzadikim said: When a person feels "I blew it already - I messed up this time, and still he doesn't give up, he keeps trying to salvage what he could - ignoring the fact that he already failed (R' Tvi Meir calls it "Kum B'palgus Laila" in the words of the Zohar Hakadosh) then the Nachas Ruach that he makes for Hashem, is greater than, when one is completely successful.

This is the epitome of Shechina Bitochtonim, which we know is the purpose of creation.

It is the greatest form of mesirus nefesh, because it is completely against human nature, as there is no short term satisfaction.

The yesod is hinted to, in parshas Vayishlach. "Vayeiavek ish emo ad alos hashachar" Chazal say "He'elu avak ad kisei hakavod" R' Tzvi Meir says that it means that by this struggle that Yaakov Avinu had with the samech mem, he made the greatest nachas ruach out of the dust of the earth - the lowest situations.

[This is in keeping with the pushut pshat. We don't find any hint in the pasuk that Yaakov overpowered the malach. On the contrary the malach actually wounded [i]him[/i]. But just because Yaakov wouldn't give up even after he was wounded, the samech mem was forced to "agree" to the brachos - which is a "siman" to the tikun hashalem that will come through *our* not

giving up]

Perhaps the greatest illustration of this, is by Yoseph Hatzadik. The gemoroh (in sotah 36b) says, that Yoseph actually came in to Potifar's house to sin (as Rashi brings) Then the Gemoroh says that he actually spilled seed at the time, thereby losing Ten Shevatim that were supposed to come from him. And, when after all that, he held back from sinning, he became the Merkava for Midas Hayesod and one of the seven "Royem".

R' Tzadok and other tzadikim explain that this is what really constituted the nisoyon. The menuval said to Yoseph: Don't you see that you already messed everything up. And don't you realize what a goner you are. The Shevatim have already poskined that you are chayav misa, including the Shechina Hakidosha in their Beis Din. [Even Yitzchak Avinu who knew where Yoseph is, didn't tell.] Nobody cares about you any more. You're lost and cut off in this world and the next. And now you failed so badly. Face the facts, it's over!

But Yoseph Hatzadik said no! I don't care about anything - not even about being a tzadik. The only thing that concerns me is: What do I need to do at this moment? What does Avinu Shebashaim want from me right now? It was in that zechus that he was zocheh to everything. That is why he is called Hatzaddik. And that is why Krias yam suf was in his zechus as Chazal say "Hayam raah vayonos - ma raah? arono shel Yoseph!"

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Re: My Story

Posted by the.guard - 14 Dec 2008 22:48

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Battleworn, you should write a book on this subject!

If I ever do, it will sure include a lot of your wisdom!

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Re: My Story

Posted by mevakesh - 16 Dec 2008 21:33

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This is the first time I am updating this thread since a slip last Thursday. I had to be up late at

night for work again and unfortunately the *yetzer* got the better of me.

I joined Elya's Sunday call for the first time and he was nice enough to put me in touch with some people from my area that may be able to help out.

I still feel somewhat *shvach*, but I was able to pick myself up relatively quickly again with regard to my learning. Whereas I would have been watching online video all week long, I have been able to refrain from such activities since the slip.

I am beginning to think in terms of recovery through group participation.

As is quoted many times here in the name of Rabbi Twersky.

Therapy is the icing on the cake but meetings is the cake.

Today is day 5

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Re: My Story

Posted by the.guard - 16 Dec 2008 22:07

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You hit the nail on the head!

- Keep in touch with Elya and
- Join the groups,
- read the Chizuk e-mails each day and
- keep posting here and

you'll be well on your way to a solid recovery!

Oh, and prayer of-course. Lots of it. He is in charge.

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Re: My Story

Posted by UTS - 28 Dec 2008 20:50

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Dear Shomer,

I hear from your message that you do not like what you are doing, when you are doing it, or afterward (especially).

C'mon. Get a filter. You don't want to go to those sites, as you said. So, make it difficult. A lot of people like Bluecoat, which is free and very customizable.

YOU WILL FEEL BETTER ABOUT YOURSELF IN THE LONG RUN.

edit: MUCH BETTER.

Hatzlochoh Rabboh. "Haposeach pesach koton poschim lo.... ( I forgot the exact words, you probably know them.)

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