

Kidushashem Today:

Posted by kidushashem - 07 Aug 2011 23:45

I am so depressed. I had a great, almost 6 month clean streak that ended a couple months ago and it's been a terrible down hill since then.

You would think that after such a long clean streak I would have strong mental barriers against viewing all the trash that I had viewed in the past. Instead, it takes only a few hours from the first fall for me to get right back to where I left off half a year earlier, doing the same stuff and much worse. My appetite isn't satiated any more through the old stuff and I need "bigger and better".

This is incredibly tough because I feel I haven't moved forward too much. Won't I ever recover that sensitivity that I had? It took about a year of masturbation for the YH to finally convince me to do legit porn.

In addition, the last 6 months do not seem to have given me more sensitivity to feel more ashamed and upset when I finally fell. To the contrary: I feel more comfortable that I ever felt with porn and I even feel completely comfortable with no fences in place. I don't want fences because I know that later I'm gonna want to view more garbage.

In the past, after every action I would feel terrible and set up some kind of fence to help for the future. Now I don't even care.

The reason I'm writing this post is because I care that I don't care. I'm sad that I'm not sad.

I want to finally break through and finish with this trash but I feel like I don't care enough right now. Like I should just continue with this trash until I care enough. But I want to care NOW! It's almost 9 Av and I'm in this disgusting situation. I feel like dirt.

Is there anyone out there who can identify and give me some unconditional love and chizuk?

That would be greatly appreciated!

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Re: Building up the Fort!(the post name will change as I do)

Posted by kidushashem - 14 Aug 2011 17:04

[struggler wrote on 14 Aug 2011 16:41:](#)

I just made it so I do not have password for the filter. I feel already much better & a huge sense

of relieve.

Struggler, that is AWESOME!!!!!!!!!!!!

I remember that being a pretty hard move to make but I also remember the sense of relief afterwards, as you described.

Go from strength to strength!

Struggler, your struggle has now been taken to a much higher level!

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Re: Building up the Fort!(the post name will change as I do)
Posted by obormottel - 14 Aug 2011 21:55

Hey guy

I've never been clean for a tenth of the time that you've mastered so far, but even with my longest clean streak, I was always amazed that the first fall after abstinence immediately brings me back to where I was when I swore off watching etc.

Same frequency, same disgusting filth. That's the nature of the beast, I'm told. That's why addict is forever. All you can do is start over, and soon!

Stay strong.

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Re: Building up the Fort!(the post name will change as I do)
Posted by struggler - 14 Aug 2011 23:42

[kidushashem wrote on 14 Aug 2011 17:04:](#)

[struggler wrote on 14 Aug 2011 16:41:](#)

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Struggler, that is AWESOME!!!!!!!!!!!!

I remember that being a pretty hard move to make but I also remember the sense of relief afterwards, as you described.

Go from strength to strength!

Struggler, your struggle has now been taken to a much higher level!

Thank you for your support!

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Re: Building up the Fort!(the post name will change as I do)

Posted by kidushashem - 15 Aug 2011 12:03

[obormottel wrote on 14 Aug 2011 21:55:](#)

Hey guy

I've never been clean for a tenth of the time that you've mastered so far, but even with my longest clean streak, I was always amazed that the first fall after abstinence immediately brings me back to where I was when I swore off watching etc.

Same frequency, same disgusting filth. That's the nature of the beast, I'm told. That's why addict is forever. All you can do is start over, and soon!

Stay strong.

Thanks for that! It's great to hear from someone who relates to that situation. I see you just joined... My tip for you is to keep posting and stay on this site. When I first joined I didn't post and barely used the site. I find that it helps a lot to stay here b/c you keep learning more and more from everyone and it helps keep the YH down-he has not time to regather his strength before you come at him again while he's still down and hit him from yet another direction. So

P.S. We just started a new accountability group. View this as a personal invite to join in our quest for sobriety and freedom.

Don't forget to bring friends!

BYOB

Love, KH

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Re: Building up the Fort!(the post name will change as I do)

Posted by bardichev - 15 Aug 2011 15:21

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keeeeepontrucking!!!!!!!!!!!!!!

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Re: Building up the Fort!(the post name will change as I do)

Posted by kidushashem - 15 Aug 2011 17:10

[bardichev wrote on 15 Aug 2011 15:21:](#)

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keeeeepontrucking!!!!!!!!!!!!!!

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Re: Building up the Fort!(the post name will change as I do)

Posted by obormottel - 15 Aug 2011 22:36

[kidushashem wrote on 15 Aug 2011 12:03:](#)

View this as a personal invite to join in our quest for sobriety and freedom.

Don't forget to bring friends!

BYOB

Love, KH

How do I join? I asked one of the guys here if he'd be my mentor, but he didn't respond. Is this poor etiquette what I did?

I do need a strong helping hand, so where do I sign up to your group?

P.S. If BYOB means bring your own booze - it's my favorite sign-off!!!!

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Re: Building up the Fort!(the post name will change as I do)
Posted by kidushashem - 15 Aug 2011 23:03

You were fine. I think the guy you asked should have responded in some way but I'm sure that he has a good reason for not responding to you. Maybe he didn't see your post yet?

Any way, here's the link to join : www.guardyoureyes.org/forum/index.php?topic=4306.0

Please read the rules here: www.guardyoureyes.org/forum/index.php?topic=523.0

Please start posting as soon as you feel ready! Our group will be working with penalties, you can read about that in the rules link.

Just passing time...I spent the entire Monday reading the forum....and posting...Haven't got any work done... wouldn't be the first time, except this time I didn't need any tissues...I feel like my mind is unwinding with each post I read...I hope soon I'll be able to go back to work, just not right now.....I am taking it all in...it's like breathing surface air after emerging from a submarine...I spent 15 years on the internet submarine.... the thought of ever going back is suffocating by itself....

I have no friends on the surface, 'cause I never had time to make 'em....I've not looked at a woman as a human beingI used my wife to get my fix, with no emotions involved...I made her do stuff she loathed 'cause I thought that would truly satisfy me....I lost an ability to enjoy simple things in life.... I wasted thousands, no, millions, of hours I could have spent watching my kids grow up, having input in their lives, learning volumes, langauges, skills....I avoided closeness to tzaddikim and anshei maase for fear of soiling them with my touch...I lost customers because I forgot to do their orders while busy on the internet...I've severed myself from the Source of Life...Please forgive me...

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Re: Building up the Fort!(the post name will change as I do)
Posted by kidushashem - 16 Aug 2011 00:28

obormottel, you're awesome!

I love you man. You're making me smile. You're inspiring me so much.

Bring Your Own Bubby!

Love,

KH

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Re: Building up the Fort!(the post name will change as I do)
Posted by bardichev - 16 Aug 2011 01:34

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Re: Building up the Fort!(the post name will change as I do)
Posted by chazak - 16 Aug 2011 21:48

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