

why be afraid of saying "Pornography", "Maturbation"?

Posted by kidushashem - 29 Aug 2011 13:11

Why is (almost) everyone scared of writing the full word "masturbation", "pornography"?

It always says "m*****, P*****" or something like that.

The point is, when you are scared of writing it, it seems to me like there's a form of denial going on. Like, subconsciously, you're not willing to admit that you're really involved with this stuff.

I feel very strongly that you should not be scared of saying it, straight out.

Can you imagine a psychologist saying "well, have you ever, well you know, done, um, P&M, YEAH, THAT'S IT! have you ever done P&M?"

If we were clean it would be one thing; I can hear that some people are so distant from it and it's like "He Who Must Not Be Named", for all you harry potter fans FEEL that it's so dirty that it's like saying "CHAZIR" instead of "DAVAR ACHER".

But for us? Are we coming from a holy place when we don't write the full word, or are coming from denial?

I'd love to hear other perspectives...

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Re: why be afraid of saying

Posted by serenity - 22 Nov 2016 00:13

Cords, who was using the word and in what context? Were guys with a lot of sober time using the word? Was it being used as an excuse for acting out? And if so is that meaning within the White Book?

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Re: why be afraid of saying

Posted by cordnoy - 22 Nov 2016 00:22

[Eyeglasses wrote on 21 Nov 2016 23:51:](#)

[cordnoy wrote on 21 Nov 2016 23:15:](#)

[Watson wrote on 21 Nov 2016 23:11:](#)

Love snoopy!

According to Reb pinchas koritzer, even the direction a dog lays is decreed by heaven; according to rishonim, however, He doesn't get involved.

Ramban last week

Cordnoy is a Talmid Chocem!

The ramban says this even by people, and even by Jews, if they are not righteous.

Rabbeinu bechaye qualifies this however and explains it to be referring to protection.

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Re: why be afraid of saying

Posted by cordnoy - 22 Nov 2016 00:31

[serenity wrote on 22 Nov 2016 00:13:](#)

Cords, who was using the word and in what context? Were guys with a lot of sober time using the word? Was it being used as an excuse for acting out? And if so is that meaning within the

White Book?

Different sights, words, actions, emotions can be a trigger.

yes, even for those who were sober a while.

Excuse....no!

White book...I would need to see the context.

I don't fully understand what you're disagreeing with. We all go thru the day with various emotions and desires. Those steeped in recovery methods use the tools at their disposal to move on, sometimes even subconsciously. I am not saying that there was/is an actual struggle/battle/fight, but there are triggers during the day which are swatted away.

Is seeing a word, picture, sexy person, whatever an excuse to act out? Hell no! But that doesn't mean that it's not a trigger.

I am not advocating that posts should not have trigger words, for like you quoted above....everything can be a trigger.

I actually deleted a post yesterday due to its graphic nature. This morning, I restored it. I still think it crossed a line, but

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Re: why be afraid of saying
Posted by Markz - 22 Nov 2016 00:58

That post needs a different thread than this to discuss it

I thought that deleted post was

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the belt and inappropriate to be on the forum.

Can I make a request to have it toned down.

Its not the same as someone writing "I masturbated etc..."

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Re: why be afraid of saying

Posted by YidFromMonsey - 22 Nov 2016 01:34

As per Shlomo24,

[YidFromMonsey wrote on 21 Nov 2016 23:51:](#)

Out of the white book:

"After a year and a half without acting out the old sexual compulsion, I fell. I was casually glancing through a newsmagazine and lingered too long on a revealing photograph. By the third look, I had taken the first "drink"-the lust look-and what the alcoholics said would happen, happened. The first drink got me drunk. Within a matter of hours I was out on the streets again, having lost control, trying desperately to score.

This precipitated a lust-sex binge that lasted on and off for some three months. It was sheer hell. During that time I more than made up for the year and a half of abstinence, and wound up in "pitiful and incomprehensible demoralization," a phrase the alcoholics coined. I had become willing to throw marriage and career to the winds and

be a pimp in order to supply myself with the prostitutes I wanted, and even then, I knew that would not satisfy. The marriage was over; I was living in the garage; and I was getting suicidal. I had "hit my bottom." It was the end of the line. The party was over."

Boy can I relate..... in a two week fall period I made up for 4 years of not being with woman... because I was still sex drunk even if I successfully fought my addiction for 4 years. ...

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Re: why be afraid of saying

Posted by YidFromMonsey - 22 Nov 2016 02:35

[cordnoy wrote on 21 Nov 2016 17:52:](#)

[YidFromMonsey wrote on 21 Nov 2016 17:37:](#)

[Workingguy wrote on 21 Nov 2016 15:36:](#)

Shlomo,

You explain yourself very well, but you explain it in absolute 12 step disease model ways of understanding things. You make it that you are your biology and if you reach out to your higher power then he can save you, and you state is fact.

I'm not here to argue about your experience, but in my personal experience I did much WORSE subscribing to that and much better subscribing to the idea that it's my responsibility. I was in twelve steps with two different sponsors, everyone told me I was an addict (and I may have been and still have some of the stuff that you describe) but I'd just wonder if you might leave room for the possibility- both for those reading you and maybe even for yourself- that maybe with work it CAN go away.

One of the biggest deterrents for me right now not to act out is.....because I don't want to. I may still at some point, and it's not like I never struggle, but right now I wouldn't want to hurt my insides because when I act out it makes me so anxious and I like serenity, I don't want to hurt my wife which didn't used to stop me but we have a better relationship so I actually care more now, and so I've seen in MY experience that I play a huge role.

Of course old habits still die hard and there are some challenges that I'm not getting past, but overall things are headed in a good direction. You're more than the sum of your biology, and I think people also need to be told the possibility that you might be triggered if you're in that space, and no one should do it on purpose, but it could be it's up to them.

You sound exactly the way I used to, our stories are only vise versa, I at the end of the day came to realize that I am in fact an addict and you went the other way around.

What I learned is that an addict lives in a total different reality than normal people, normal people can take a few shots of vodka over kiddush, get a little high, and move on with the rest of the day, an addict on the other hand, once he takes that first shot he's done, he cannot stop, I'll repeat, HE CANNOT STOP, no matter how much he understands the harm and how much he wants to, he just can't.

?My point is that you not being an addict B"H cannot understand this concept, so while to you it's a bad habit and you CAN control the situation, addicts don't know what the word control means once we take that first shot, and very often that first shot - a TRIGGER as we call it - is something we didn't choose, but it's still a first shot nevertheless.

I don't recall WG sayin' that he's not an addict.

As a matter of fact, I think he has said the opposite several times.

And furthermore, **I am an addict**, and I think similar to WG; yes, three years ago or at other times, I could not take one drink without fallin' to the end, but you know what? Now, I can. Doesn't mean I will or want to, but the possibility exists.

Congrats Cord! according to the white book you're totally healed, you don't fit the addict's

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Re: why be afraid of saying

Posted by Markz - 22 Nov 2016 03:13

[YidFromMonsey wrote:](#)

[cordnoy wrote:](#)

[YidFromMonsey wrote:](#)

[Workingguy wrote:](#)

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Congrats Cord! according to the white book you're totally healed, you don't fit the addict's

I'm speaking on behalf of cords

cord with your moderation powers feel free to delete my post

"Reb Yidfun Monsey

I'm gonna send you packin' back to Monsey,

cos it's the furthest point on earth from anchorage, and there's no addict there either"

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Re: why be afraid of saying

Posted by cordnoy - 22 Nov 2016 03:15

[YidFromMonsey wrote on 22 Nov 2016 02:35:](#)

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Congrats Cord! according to the white book you're totally healed, you don't fit the addict's

definition anymore. WOW good for you!

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Re: why be afraid of saying
Posted by cordnoy - 22 Nov 2016 03:20

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Re: why be afraid of saying
Posted by cordnoy - 22 Nov 2016 03:24

Il disagree.

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Re: why be afraid of saying
Posted by YidFromMonsey - 22 Nov 2016 03:41

c'mon we gotta laugh some times....

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Re: why be afraid of saying
Posted by Markz - 22 Nov 2016 03:45

It didn't sound to me like it was said to cords as a joke

and I can't loosen up too much - I gotta go to guardyourboich.com

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Re: why be afraid of saying
Posted by cordnoy - 22 Nov 2016 04:03

[YidFromMonsey wrote on 22 Nov 2016 03:41:](#)

c'mon we gotta laugh some times....

Il am loose.

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Re: why be afraid of saying

Posted by Shlomo24 - 22 Nov 2016 05:32

[serenity wrote on 21 Nov 2016 23:12:](#)

Shlomo, Thank you for your reply. I really appreciate it. If I'm not mistaken I believe you have a bit of sobriety under your belt. If you would care to share your sobriety date, it may be helpful to some of us. Up to you of-course. I do have a question. Can you please by way of explanation reconcile these two statements: 1. " So if I see a beautiful man, those neuronal pathways can get lit up, which is the definition of being triggered. Once those pathways are excited, only a true act of God can keep me sober, because I'm biologically determined to act on those impulses." and 2. "I don't believe that triggers CAUSE me to act out. It's just that my diseased brain tells me I need to lust when I'm feeling triggered." to me they seem to be inconsistent and contradictory.

First off, I am 2 weeks sober. I've been in SA for over two years and I've gained incredibly. I'm a completely different person now, in a better way. I understand that 2 weeks isn't crazy, but I'm really not ashamed about it and my last slip was more of a hiccup than a stunt of growth.

What I was referring to was different kinds of triggers. The first one you mentioned was an actual sexual trigger, a lust trigger. The other one is when I'm uncomfortable, HALT for example. My brain says that lust will be the solution to my discomfort. It's a trigger in that I can be more susceptible to lust in those situations.

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