

extreme slipping

Posted by 5770 - 16 Sep 2011 03:28

dear GYE brothers, a lot of family problems at the moment and a LOT of looking at very VERY VERY bad youtube videos. I spent the last two hours solid, ignoring all my family problems and chaos to concentrate on this very important thing. Boruch Hashem my wife kept walking in so i had to hide what i was watching but i have to say to all of you I feel pretty bad and i'm sorry. Not as bad as I would have felt if i did ... 'that'

Anyway dont know why I am writing in. I am not asking for help as I really know what I got to do (i.e. not THAT) but i feel pretty BLEEUUCH with myself for what i watched.

So ok. have great Shabbos. And keep off google y'all.

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Re: extreme slipping

Posted by Dov - 21 Sep 2011 15:29

It is 5770's thread, and let's not forget *his* start here. Hope he's doing alright.

By '*believing*' *it's right to be clean* being useless for those who are truly addicts, I mean this: Having real faith that schmutz - though it is so, *so sweet* to us - is actually bad for us, is not found in s'forim. It is either in our hearts, or it is nowhere. In most cases, we are given the gift of sight through the very *opposite* of s'forim. We are awarded it through the bitterness of our acting out. "*Yoreh* chato'im baderech - He **throws** the mistaken onto the path of Teshuvah." His Chessed is not always pretty. The emotional and practical wreckage that our own acting out causes is, in the end, our very best friend. It gives us the faith we could not possibly have gotten from all the Torah and mussar in the world.

Not that *nobody* can get this faith from s'forim - *surely* many can.

But not addicts.

We are lower than normal people, in this regard. Nu. Humility is needed in order to let the facts of our track records speak for themselves about our limitations. Chizzuk to "keep fighting!" is great for *normals*, but is the greatest poison for addicts. Our most precious friend is complete dependence on Hashem. Addicts like me need to completely give up on winning through *effort* - not out despair, but out of honesty and humility. To learn to use G-d, for a change, we need to stop trying and re-trying to use ourselves. It is a very hard battle against the truth...suffering is usually the only way we finally give up. Some are harder-headed, some softer.

And, incidentally, do not c"v be fooled that you, me, or anyone (addict in recovery, or not) will ever fully depend on Hashem or will never forget Him, even in the very *best* recovery. *Lo nitnah*

These are not 'madreigos' like they describe in the s'forim - we are simply losers against our lust, who have discovered they can depend on Hashem and live sober one day at a time. It's a real miracle. Not the kind of miracle we refer to when we say things like "childbirth is a miracle". Childbirth has an explanation, science, and is natural. This miracle I am referring to has no explanation, makes no sense, and should not be. We do not [b]deserve [b]to be sober. It is Chessed (grace). And by definition, Chessed is not *deserved*.

Did that help any?

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Re: extreme slippiing
Posted by Yossi.L. - 21 Sep 2011 16:30

recovery [i]l'mal'achei hashoreis[i]
Yes, thank you.

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Re: extreme slippiing
Posted by Dov - 27 Sep 2011 17:02

[5770 wrote on 26 Sep 2011 02:34:](#)

my computer and tv is literally overflowing with smiling, incredible, warm, friendly, accommodating women who are (let's face it) beautiful.

Exactly 5770! That is exactly what they are! You are speaking truly, as few do. Schmutz is *not* perceived of by our very hearts as 'tum'ah', 'evil', whatever....our hearts and bodies really believe it is our very best friend!

This is the beauty of the 1st step of AA (SA) - and precisely why so many people (especially from ones) have expressed disgust with *davka* the 1st step, mistaking it for the Christian idea of inherent inherent human evil, of original sin, etc. They think the admission our powerlessness is forced on us by "the 12 steps". Ha! Truth is, that if it is forced on us (which it usually must be) it is by *our own behavior!* There is no "*religion* of the 12 steps." It is not an exclusive club or . If it is a club at all, then it is simply a club for losers against lust, period. We lose in order to finally let G-d win through us. Just as Hashem did Chessed in the world through Avraham Avinu - yet it) the ushpizin for that Middah!

The admission that as addicts, porn is deeply *precious* to us is only apikorsus if we were to say it is *the way things should be* - practically, though, it is exactly how we addicts live! It is nothing more than acceptance of reality. Our behavior proves we have twisted beliefs - and twisted beliefs do not go away because someone is intellectually convinced they are false. See the dor haMidbar! They lived through this, that, all kinds of nissim - and they still ran to fear of failure and familiar cows! (see the Even Ezra)

Addicts in recovery accept that our inner beliefs are sick, and understand that they will likely remain sick for some time - but G-d has the power to give us a reprieve! That's sobriety. The most important gift I got from my earliest recovery was that I came to see that being failure at controlling lust was the truth about me!

And suddenly, so many other things made sense. Why I *hid* it so much...wasn't because I was ashamed about it, as much as it was *to protect my ability to keep doing it!* Why I inexorably kept going *back* to it.....was not because I was so weak in my emunah in Hashem or yir'ah or ahavah, but because I am naturally *so strong* in my faith in porn's ability to make me feel good. Hence my *deveikus* to it. Hashem, knowing and understanding all, is certainly the **least** surprised of all at my devotion to it! It was perfectly sensible: porn and sex made me feel good over and over, so I came to trust them, to turn to them, to use them, to protect my access to them, and to obsess about them. Hey, I always knew it was *wrong* to stare at naked people and use their most personal images to pleasure myself with my sexual fantasies, that's obvious to *anyone*, and when we were kids we all *knew* it was naughty and wrong! But it was there (to make money, not because it was what society said it was good - they just want to make money,

as a hooker once told me) and we used it. It felt good and we frankly did not care enough to stop helping ourselves to it.

Look at how many of the beautiful and essential aspects of a proper avodas Hashem, I use in my addiction for my lust and sex:

1- tzniyus (kept it private, hidden);

2- t'midus (consistency and regularity);

3- kavonah (focus - and what focus/kavonoh we have while searching and finding the sweetest porn we can and then using it for *just* the right fantasy!);

4- Yichud hama'aseh (putting real life, the kids, job, wife, all on 'hold' once I start to plan the evening's escapades - that is true yichud hama'aseh [misused, of course] - see Chovos haLevavos);

5- Mesiras nefesh (taking so *many* risks for it - I endangered my job, marriage, respect of the community, chillul haShem, and even my bodily safety and often overlooking or tolerating tremendous physical discomfort just to get my fix, many, many times);

6- kana'us (I'd get resentful at those hindering my attachment to my sweet, loving, porn women [ie, my wife and kids] and often lash out at them);

7- Deveikus (being attached to it as to a chain, it eventually takes over my thought, context of living, relationships and motivations for living); and more...

My point is that though the ma'asim of porning and sex with ourselves are indeed rotten things to do and very *assur*, they **are** perceived by us as our best friends. So many frum guys have tremendous pain - as I would - over their acting out. The torment of the confusion of a powerlessly lusting frummy that only we can understand. But it is because of *competing faiths*, not 'evil desire'. This is important. That's why we lust. Not because we are evil, bad, or whatever. Rav Noach Weinberg zt"l would make a great point of this regarding *cheit*, in general. He would say this is why Torah doesn't call it "sin" yechhh. Inside true addicts, our acting out is not evil, but our very best friend! It is because we really believe that, that we end up so messed up. The fact that it is an aveiro is so very irrelevant. And arguing with a *faith* is usually a complete waste of time. Pain is often the only way out.

Until the frum guy who is **truly addicted** admits that he does it because he loves it, he will never know what is going on, and will just see himself as a rosho. And that'd be a lie. He is *not* acting

out because he is **bad**, but because he has learned to trust his natural instincts with the wrong thing.

The beauty of the thing is that Hashem has arranged it that eventually it becomes our enemy. Eventually the emotional and practical consequences of our obsession catches up with us until we become ready to finally get the help we really need to start giving our best friend the cold shoulder. It is very hard, we are hard-wired that we must have it, and that it is good for us. So it never goes that smoothly.

But if we really understand that we *developed* our sexuality in tandem with using/fighting this lust stuff, we are not at all surprised when we often **feel** like turn naturally and strongly toward our old friend during our first few years of recovery! That is patience through honesty.

So, what do you mean by this?

Apologies for ignoring everyone's kindness and burning up space on GYE. You guys are great and I do appreciate your time.

Hopelessness is the only hope we have. Give up on beating it through strength, if you must (as I do). But do not give up on yourself! There is a Big G-d in the world, and He has lots of friends all over who will help you out. If you are truly an addict, then Chizzuk is not the answer. I'd suggest looking at the first step. Read step 1 in AA's book, "12 Steps and 12 Traditions." Then decide where you stand.

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Re: extreme slipping
Posted by gibbor120 - 27 Sep 2011 17:11

[dov wrote on 27 Sep 2011 17:02:](#)

Look at how many of the beautiful and essential aspects of a proper avodas Hashem, I use in my addiction for my lust and sex:

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Quite a list!

[dov wrote on 27 Sep 2011 17:02:](#)

Hopelessness is the only hope we have.

Another great quote!

Thanks dov!

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Re: extreme slipping
Posted by blackbigday - 27 Sep 2011 20:32

Back to 5770- if he feels he needs some escape- is it better to always try and face reality as painful as that is? Is there any room for him (and me) to find a reasonable escape to take one's mind off this stuff for a little while?

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Re: extreme slipping
Posted by kidushashem - 27 Sep 2011 21:24

[black bigday wrote on 27 Sep 2011 20:32:](#)

Back to 5770- if he feels he needs some escape- is it better to always try and face reality as painful as that is? Is there any room for him (and me) to find a reasonable escape to take one's mind off this stuff for a little while?

IMO, as long as you know that it's b'dieved, do it once in a while. But remember, the more you sweep stuff under the carpet, the more garbage will build up inside of you. Better to face life head on when you can.

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Re: extreme slipping
Posted by Dov - 27 Sep 2011 22:51

Wow. It most certainly is. I'd go a step farther than kiddusHashem suggested and say that it **must** be OK to do hide from some of the truth about us and our lives. Because *Hashem* hides a lot of it from us! What I mean is this:

Every addict in recovery who works his or her steps 4-7 discovers that they discover new character defects as the years go on. Or at least new expression or depth in their CDs that they never realized existed. Our CDs are not evil. They are pur coping mechanisms, allowing us to live more comfortably without exploding. For an addict, porning and sex with self - and even using prostitutes - are all just coping mechanisms. As you, BBG, call them, 'escapes from real life'. Who can possibly face *everything*?

Nobody!

And this is surely true for non-addicts, as well. Not even the Chofetz Chayim could have tolerated having all the defects of his character removed at once. It'd cause a mental breakdown for any human. This is why even an *amorah* (or maybe it was a *Tanna*) could say "oi **lanu** l'yom hadin, oy **lanu** leyom hatocheicha!" He even meant himself. And another Tanna even said "Sure, I want it to happen soon, but just let me not be there to see it happen!" It was not just the wars that scared him, but the ripping away of all our human capacity to comfort ourselves with those silent inner lies. *Nobody* will be comfortable when all the lies are ripped away by Hashem when he brings Moshiach and saves all us humans from ourselves. We will *all* want to run, at first.

Hopefully, yidden will trust Hashem enough to go to him when He offers us comfort. Just like Yosef and his brothers (*that* is where the *amorah* is drawing the comparison to y'mos hamoshiach in the "oi lanu" meimra). He ripped away the lies and they ran. Then he called them close to speak to them words of nechomah (see Rashi there, if you like). Hashem will do the same thing, and it will be "*leila mikol...venechemoso da'amiron b'alma*".

So. No, we cannot possibly face it all. But hard as we try, we will only be given the gift of honesty that we can handle. There is nothing to fear in real recovery. Some people are in what they call "recovery", and they keep using porn, sex with self, or worse. Nu. They want to quit, but they simply feel they need the stuff. They see and feel it as "a desire", though it is actually *an escape*. They do not really believe that, though. Nu. I have to believe that those who know and yrt keep acting out simply cannot face the truth and grow up yet. They need more false nechoma - it is just too early yet.

But we cannot stop hoping that they will soon have enough of the lies. But it is hard, very hard. ***And you and I are living some lies, too.*** We just do not see them, nor do we need to act out over them, so we call them 'benign'. But they do protect us emotionally from seeing our full ugliness. It is the human condition.

It is where all the room for growth is! This is one meaning to the well-known idea that "a person would die if they reach their full tikkun. Life would be over."

It's very, very good to be alive and not intentionally hiding. We have enough trouble with our ***unintentional*** hiding! L'Chayim!

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Re: extreme slipping
Posted by blackbigday - 27 Sep 2011 23:01

So what would be considered a 'safe-escape'?

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Re: extreme slipping
Posted by Dov - 27 Sep 2011 23:18

Just keep on doing what you must to recover and you will automatically only become aware of the things that you can handle. The stuff you can't handle will remain invisible to you, as it is to all of us!

The trick is to pick a good way to "recover". I tried learning mussar including a focus on Shomer Emunim, Taharas haKodesh, Yesod Yosef, and those types of things. It was idiotic *for me*. Here I was, b'bira amikta, expecting not to make any ***progress***, but to rather to just *change altogether* and start living and walking around b'igra rama! Just plain stupid *for me*.

After about ten years of that 'struggle' - and getting *worse and worse* in my acting out - I quit. Sure I'd get better for a month or even a *year* here and there, but over time - about ten years - the real truth about what I was and where I was holding came out, and how! Boruch Hashem my bottom was not even lower and I did not have to ruin even *more* than I did. Chasdei Hashem ki lo samnu!

The program I was led to showed me a *sane* way of regaining sanity, instead of a way that would be crazy *for me* to regain sanity. I am still regaining sanity. Ksiva v'chasima tova!

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