

Not Counting... But Anyway...

Posted by E-Tek - 17 May 2012 23:00

Editing this post with info from my original thread by way of introduction.

Hello all.

I've been lurking for some time now, I figured I'll give a shout out. The name of my game is shpiegel- I'll just tell you all what I've been telling myself, to better affect myself. Introductions later, I really have to run to seder soon.

R' Leib Kelemen says over (B'Sheim Omro, don't forget!) that R' Chaim Vital writes: He was have a conversation with his Rebbe, the Arizal, and he asked him why the Arizal keeps saying that he (R' Chaim Vital) has a special neshoma. "We, who do not reach the toenails of the previous generation, can't possibly be considered special compared to those that have come before us."

The Arizal answered, because in every generation it is far more difficult to do the right thing, because of the forces arrayed against us, we cannot judge ourselves by our accomplishments. Rather, if we are anywhere near the previous generations in our activities, it means far more than it appears to mean, because the fight is tougher. On that scale, concluded the Arizal, you have a special neshoma.

Concludes R' Leib- in our generation the fight has become nigh on impossible. But if we realize how much we accomplish by simply considering ourselves part of the fight, and a kal v'chomer if we are succeeding to any extent at all- well then, Moshiach should be here any day!!

We are the generation to bring Moshiach, there's no doubt about it. And the proof is what we are up against.

Okay, and now to introduce myself.

I'm twenty(mumble) years old, and I've had this addiction since I was 14. When I was 16 or so, I learned it was bad (although if I had been honest, I knew from the start it wasn't quite right). I made several conscious efforts throughout my teens to stop, without very much success. Emotionally, I went from determined to depressed to ambivalent. About two years ago I started making more efforts on a very basic level- More of the "what" in Yiddishkeit than the "why". This path seemed to work for me- I took my intellectual knowledge I had gained and used it to make a long-term decision to physically remove myself from, well, everything. And all of a sudden, I found I was able to think straight. (I know, this phenomenon is common here.) I made an absolute ton of small steps to keep myself headed in the right direction, and the sum-total of all those has made me a different person. The most fundamental of those changes is a day-to-day, personal, emotional relationship with the Rebono Shel Olam.

I found out about the website a little less than three years ago, and kept it in my inbox until I was ready to work on myself. (It takes a certain emotional maturity to make a commitment, no? I was still a kid.) Started working with some success before I got a chance to start lurking here, but this site seems to be turbocharging my efforts.

I have not finished the handbook- I'm reading it slowly and deliberately. During the zman I spend less time working on this and more time keeping too busy with good things. Use the

Yetzer Hora's ANTI-THINK device against him, and all that.

Hatzlocha to all! Thanks for listening.

I'm posting to get some hugs, basically.

I'm lucky in that I'm sending my computer in for repairs, so I'll have some breathing room. I'm also going to focus on the handbook material, and think about a nusach for Taphsic. There is my parent's K-9 and password computer, so I'll be on, but not more often than daily.

Sigh... Sheva Yipol Tzadik Vokom, eh? The difference between a Tzadik and a Rosha is how many times they get up after falling... So here's for a new count. The old one netted me 4 days. That's about average for a serious try, but not for one I make in the States. So there is that. So, I fell big time today...

Thanks for listening.

Meir

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Re: Not Counting... But Anyway...

Posted by Dov - 12 Aug 2012 05:37

Oh, sorry for being unclear, RT. I was referring to your klerring whether Chaza"l matir'd the farmer being mamesh oisek in the mating of the animals....then TZ pointed out that this is exactly what the heter is about....then you klerred further if this applies today (I assume you mean because we are now in a lower madreigo). And all I meant was, "is all this klerring because you personally have a *lemayseh* shaylosh right now?" I doubt you are a farmer and really want to know what to do with your cows.

If that assumption is correct, then I relate to this type of investigation as "Toirah hee v'lilmod ani tzorich!" So I brought an example of how that concept - although true - is very limited in its application....like R' Akivah and that very strange mayseh (I assume you know the mayseh I am referring to) that no posek (nor *any* frum yid) today would ever think to matir c"v.

So I was suggesting you in my 'funny' way, to consider dropping that line of questioning.

You see, *before* I finally started being sober, I became a 'resident expert' on the pratei halachos of sexual behaviors that were assur and mutar between husband and wife. It was learning, right?and it was also complete, horrible poison. I believe it was also completely assur *for me* to do, as well. It turned some really nice Torah sheb'al Peh into porn. Because it sucked my mind into the issue. Yes, I eventually came to see that it was all just plain porn **for me**. And *for me*, it still is, I assume. Porn in Hebrew, Yiddish or even mit a shtra'amle is still just porn. And I
Many have horveh'd in that particular aspect of Halocha and mussar. Nu. We tried, each in his own way, to escape. No escape, even into Halocha.

And I *further* rationalized that my study was actually gonna **help** me because R' Yisroel Salanter wrote that one of the best ways to be saved from weakness in a certain area is to learn the Torah about that area very well. Well, I guess he meant Seder Nashim *in general*...not halachos of sex with women! Kind of obvious, no? Gevalt, if only I had the '5th chelek' of Shulchan Aruch a bit earlier...called common sense.

Nahh, I just wasn't ready to hear it anyway. I just wanted the excitement of reading the shaylos utshuvos that would matir the derails I wanted!

B'H those *curious* days are over (for today).

I love you RT (and MT) and wish you ah Giteh voch!! (and everyone else here)

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Re: Not Counting... But Anyway...

Posted by tehillimzugger - 12 Aug 2012 05:44

Just for the record:

Ben Azai went to watch Reb Akiva in the bathroom, Reb Kahana went under Rav's bed so that he can learn the proper way to have marital relations. [berachos 62]

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Re: Not Counting... But Anyway...

Posted by rt - 12 Aug 2012 11:16

It was not meant as a question.

Nu, but like RT says so well, some apparently can do it, and do it successfully.

I saw this line and thought "what?? Did I ever say, anybody could do it nowadays? I never did!" to express this my thoughts I said that I bichlal doubt if not only DJ's and Co. (who are exposed

to women) but even this farmers would not be allowed to do this things, because, like you said, the yeridas hadoyros and low madrega.

You see, before I finally started being sober, I became a 'resident expert' on the pratei halachos of sexual behaviors that were assur and mutar between husband and wife. It was learning, right?

Yep, I had this issue as well. I am not doing it (learning this things) anymore.

and, TZ:

[dov wrote on 10 Aug 2012 20:41:](#)

"Torah hi" was what led the Kadosh R' Akiva under the bed of his Rebbe during sex...

ah, nevermind. peace.

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Re: Not Counting... But Anyway...
And yea, reb Dov, I love you too
Posted by tehilimzugger - 12 Aug 2012 11:56

[RT wrote on 12 Aug 2012 11:16:](#)

and, TZ:

"Torah hi" was what led the Kadosh R' Akiva under the bed of his Rebbe during sex...

ah, nevermind. peace.

That's what I was saying, that it's wrong [unless Dov has a source for it in the Zohar ;)]

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Re: Not Counting... But Anyway...

Posted by rt - 12 Aug 2012 12:21

baruch shekevanti. that's why I wrote "ah, nevermind."

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Re: Not Counting... But Anyway...

Posted by E-Tek - 12 Aug 2012 15:40

Just saw this...

[alexeliezer wrote on 12 Aug 2012 12:32:](#)

Following is a quote from my thread in the Baalei Batim's section.

[alexeliezer wrote on 27 Jan 2012 19:08:](#)

Telling the wife

Since discovering I was an addict (here, almost 3 years ago) and getting sober, I staunchly and stubbornly kept my secret from my wife. She had enough on her plate dealing with the kids. I didn't want to burden her. I didn't want to hurt her feelings by telling what I had been up to for 18 years of our marriage. I didn't want to blow her image of me.

I didn't want to give up my fantasy life completely. As long as she didn't know, I had a footbridge back to my drug, sneaking hits in the bedroom.

I thought she was no worse off not knowing. I was solidly in recovery, right?

Wrong! Had a told her after getting solidly into recovery (maybe six months), things could have

been very different. She would have understood why, despite good communication and really good sex, we just weren't connected. And if you've read this far, you know where that led her.

She could have been taking down her wall for the past 2-1/2 years, instead of ignoring the changes in me. She would not have suffered [edited for main forum]. She could have helped me over the final hurdles, repairing the damage to my relationship with her and with my children, leading me down the path of true love, true intimacy.

So I'm here to say I was dead wrong. She should have been told. We both would have been much better off.

I am enjoying being with her so much more. Because I am truly with her. It is nothing short of amazing. I don't miss the lust. I don't miss the fantasy. I just can't get enough of *her*.

From the mind of a bochur, I just can't compute this.

Eliezer, are you sure if you had told her earlier, you would still actually BE MARRIED? Surely it takes time for the trust to build up until she won't just demand a divorce when she hears it? Before you ask, as a bochur in shidduchim, I was quite aware that it wasn't right to just get married with a problem like this...

So, when a shidduch got serious, I started telling her that I had a few things in my past... Books, videos... I made it sound like it was all behind me for quite some time...

She broke it off.

And, I know someone who was told by a do-gooder about her husband's past, and she made them get a divorce (and they even have a kid!).

To top it off, I was told by my Rebbe not to say a word about my problems, current and past, forever, or at least many years.

I would love to be open and honest with my wife, but I just don't see any way to do it!!!

Confused,
Meir

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Re: Not Counting... But Anyway...

Posted by alexeliezer - 14 Aug 2012 14:45

Let's separate issues.

I spent most of my marriage in active addiction, then was solidly sober before I told my wife. I felt she had a right to know why she was so confused about me all these years. She told me

that she actually thought she was crazy, because I was overall such a great guy but would occasionally do or say some very insensitive things, like I had a sick dark side. Once I told her, everything became clear and we are getting ever closer.

The fact that some do-gooder told the wife of someone who may have still been in active addiction, and this lead to divorce, is not at all what I'm suggesting. I think the differences here are now obvious.

As a bochur in recovery, assuming you're solidly in recovery, my opinion is that you are not obligated to tell your date anything unless she asks directly. A bochur solidly in recovery has the opportunity to start a new life with his new wife and leave this baggage behind. No need to ever tell her if you don't want to. Now if he slips and falls during the marriage, that's another story. How's that for motivation?!

Any clearer?

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Re: Not Counting... But Anyway...

Posted by rt - 14 Aug 2012 14:53

Rev Eli, what would you consider "solid in recovery". 6 month? 1 year? 2 years (oy.) ?

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Re: Not Counting... But Anyway...

Posted by alexeliezer - 14 Aug 2012 15:21

It's probably different for different people, personalities, situations, and exactly what the addict was doing. Assuming a typical P&M addiction, my opinion is 6 months. That's long enough to know it's real. If an addict was into live stuff, at least a year. Just my opinion based on nothing but my opinion.

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Re: Not Counting... But Anyway...

Posted by mifatfait - 14 Aug 2012 20:06

R' Wolbe wrote in his booklet for Chasanim that one should tell his wife everything about his past, and then added in parantheses "except for ???? ??????", which if I understand correctly is reffering to us.

Again, there are no absolute rules, but this would probably be a good simple way at starting off.

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Re: Not Counting... But Anyway...

Posted by Dov - 15 Aug 2012 01:22

I bet he was talking about the stuff frim the past, nit that the guy was still doing it in the shower. My guess.

And yes, this topic is very sensitive and easy to mess up. See, if the shoe were really on the other foot, things would be much more painful and many of us would simply not be able to live with it, especially for bad stuff involving relationships in chatrooms and cams, etc. Horrifying and devastating.

Also, wives are very different with what they want to know and what they do not want to know.

Of course, the only way to figure that out is BY ASKING THEM. Instead we all go along and feed them scraps and bones on a need-to-know-basis! Ha. Our comfort level is of course the only real factor that carries any weight then. I did that for about 14-15 years. (was sober for the last 4) Till it stopped working.

Sensitivity and a real close relationship with other recovering people (couples) is necessary here.

I happen to have met over 200 chareidi couples recovering with this sex addiction stuff, so far. Many are doing well. But all are doing better with guidance and experience for the husband (from the guys) and for the wife (from the wives).

And siyata diShmaya.

- Dov

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Re: Not Counting... But Anyway...

Posted by E-Tek - 15 Aug 2012 03:44

Thanks for the responses. Very clear.

It seems the consensus was, having qualified in Rav Twersky's opinion, one should avoid telling the spouse (or future spouse) until the recovery itself will not work without it (and one hopes the relationship develops up to that point). For more info, see other recovering couples.

One not solidly in recovery is a whole different story- he shouldn't be getting married, correct? And one who is already married just doesn't have the right to fall back on his wife for a crutch... Until he is solidly in recovery, at least. For more info, see qualified marriage counselor.

And, unfortunately, I personally am forced to qualify this whole thing with "unless the Rebbe says so". My Rebbe knows me extremely well, I haven't left out anything (I think) in addiction and in recovery, and he has experience dealing with addicts. He told me to go ahead, and he has never lead me wrong in my life.

Oh well. I know some will feel he isn't qualified enough... My addiction never went past p** and m**, no live stuff. But I'm not out long enough to qualify for Eliezer's length of time (I know, he said it was just an opinion), yet my Rebbe said to go ahead.

The married person was probably not in recovery, this is true.

Eliezer, the date I mentioned DID ask directly, as a result of the Binah article about the dangers of the internet that she had read. So I answered her with a half truth of sorts, and that was enough, even though we were far enough along that the shadchan was planning the lechaim.

Please correct, comment, complain, care, or smile.

Meir

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Re: Not Counting... But Anyway...
Posted by E-Tek - 15 Aug 2012 04:07

I just wanted to add....

All these people who were involved in physical relationships, some of which who have just joined GYE...

I was not.

But I am not better. I would be in deeper muck if I was offered the same temptations. There isn't a doubt in my mind.

I think they call that hitting bottom while still on top. At least one aspect of it.

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Re: Not Counting... But Anyway...
Posted by mifatfait - 15 Aug 2012 13:09

My 2 cents about the lost shidduch --

You didn't marry her because she is not your bashert, it's that simple. She dropped you perhaps 'cause a mistake, it's her loss.

All the best!!!!!!

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