

Getting back to basics

Posted by Ash - 08 Jul 2012 16:50

Good morning/afternoon/night to all who read this. I am a young male struggling with this addiction. I have been living with this addiction for years and it has always masked itself with whatever resentment or negativity I had at the time at whoever it was directed towards. In short I had it but never said it like it was till last year about this time. It got to an out of control situation. It all blew up in my face and people got hurt emotionally as a result. That was a realization that something is wrong and that I had nothing in control and so healing began to take place. I have unloaded and processed a lot of negativity and past, forgave those who wronged me, and came to believe that a higher power exists and that even at the worst of my times he was still looking out for me. SA, meetings and the 12 step came about six months later when I did more research and decided I needed to take that next step. To get current I am grateful to god of the strides I have been able to take and owe people in my life so much gratitude (including some that got hurt) that I will never be able to pay back. I'm glad and grateful that I can say things as they are and not have to deny or rationalize this addiction, and I'm just grateful that I can be writing all the above today. My longest sobriety since last year has been 2 weeks and have made 7-10 days often enough when I am consistent and focused on working the steps. However with all this I have a long way to go. Lately I have been falling quite a bit . The falls arnt extreme compared to the past (last year and prior) however it sickens me every time again (a feeling that as hard as it is I'm grateful that I can feel as prior I would not or care not to) and again. I know something's that I should do but was never strong from the getgo. Those things are contacting others when I know I should, and having a consistent partner and even better a sponsor to help me through this. I will be touching base with this website more often now and and using its tools. I am using some things alkyd such as the daily emails and have downloaded some of the books. Connecting on a more one on one bases is what I believe will be best for me so feel free to contact me via email or text first if you feel so. I am also on the 90 day chart. So here I am starting from the basics. I got nothing to lose but my lust and all to gain. Thanks for all those that will read this.g

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Re: Getting back to basics

Posted by Machshovo Tova - 18 Jul 2012 14:31

I love Dov, and I love doing Shakla Vetarya with him. Anyhow, this morning I read the latest GYE Chizzuk email. There was a letter from Rabbi Twersky, followed by a Dov piece regarding the 12 steps and traditions. But the letter from R' Twersky, who also advises the 12 steps "where applicable", outlines a completely different approach, which apparently may be applicable in at least certain situations.

The following are excerpts of that letter:

The Cancer of Internet

By Rabbi Twerski

Not a week goes by that I don't get several calls about new casualties to the internet…

What can we do? One phrase comes to mind, that of Avraham Avinu to Avimelech, "There is just no fear of G-d in this place" (Bereishis 20:11). Whatever else one may do, if there is no yiras shamayim, everything is possible, even the most immoral behavior...

… Remember the words of Avraham Avinu "There is just no fear of G-d in this place." Without true yiras shamayim nothing else will work.

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Hmmm, can't figure out - is that confusing, or enlightening?

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Re: Getting back to basics

Posted by alexeliezer - 18 Jul 2012 14:45

I think R' Twerski is referring to getting started with internet shmutz.

Once someone is already addicted, yiras shomayim isn't enough. And haven't we all learned to switch off our yiras shomayim when we need to act out?

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Re: Getting back to basics

Posted by E-Tek - 19 Jul 2012 03:44

Especially if true Yiraas Shomayim is translated as reality.

Yes- as long as we are living in reality, we are fine. It is when we slip out of reality and into fantasy that our troubles begin.

How does one grow in Yiraas Shomayim?

(Rav Berkowitz, of course) BY GROWING IN EMUNAH. What is Emunah? An understanding of what the true reality is.

Work on living in reality as often as possible. You grow in Yiraas Shomayim.

And Dov would say, if reality tells you that Torah knowledge doesn't help, then do what works instead.

And vica versa. To each his own.

Hatzlacha!

Meir

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Re: Getting back to basics

Posted by Ash - 19 Jul 2012 09:54

Great posts and thanks to all for posting. My original Delimma was about the fact of starting to date or not. I read them all and listened to more from different types of people. I believe that I have reached a level where I can date. I went ahead. For reasons unrelated to the addiction it did not work out. However I believe that things turned out as it was meant to turn out. Sure the date never came to pass but being in the position with the ability to be able to taught me a few things.

1-lust was not the driver of this show! God was

2-lust did not affect any of the information I provided when it came to being honest about myself (I did not blurt out every dirty piece of information either. Just enough that was appropriate for her to make a informed decision and determine who I am now, was, and plan to be without trying to look like a nebach or a saint)

3-as I went in saying that it's in gods hands I come out saying the same thing and I don't feel like I have to resort to my drug. Living reality as etek put it and it feels great!

So in the end it was never meant to be (for now at least) but the experience was a gift from god and I am grateful for it. Am I gonna start seeking now? No. I still feel that there are some things that need to be ironed out but for 24/6 god grants me a strong ability to surrender lust and live reality. As for the day that always has me fighting for my life I think at this point its about living better on that day. Not sure if I mentioned it but on Sundays my mind is like completely wasted due to sleep being completely off the night before. that said I will not deny what god provides.

I would also like to share what has worked for me and it may help others when it comes to the idea of surrendering lust. I always kept hearing that I need to surrender. It worked for sometimes but other times I really could not and I was left hanging. So I thought if I could surrender why do

I need god? In a sense if I could surrender then I could make life manageable, I don't need a higher power and I don't need to offer myself to him. First 3 steps goes out the window! I really did not have the power to surrender. That's when I started asking god to grant me the power. And I must say its worked beautifully till now in lust and even in other areas of my life. So now I say "god grant me the power to surrender lust in all areas of lust which is CTA (crave, thought, and action) because I cannot." it may not sound traditional(or maybe it is and I just really never understood it correctly) but it works for me and I wanted to share. By doing so there is no "I" which means no ego!, also keeps recovery more alive daily, helps in other areas in life as well, and does loads for being grateful because it makes you realize that there is a higher power running the show and there is more benefits of course.

Anyway thanks for reading and writing! Hatzlacha to all!

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Re: Getting back to basics

Posted by Dov - 19 Jul 2012 17:28

[E-Tek wrote on 19 Jul 2012 03:44:](#)

How does one grow in Yiraas Shomayim?

Wow that was a long one
(Rav Berkowitz, of course) BY GROWING IN EMUNAH. What is Emunah? An understanding of what the true reality is.

Work on living in reality as often as possible. You grow in Yiraas Shomayim.

And Dov would say, if reality tells you that Torah knowledge doesn't help, then do what works instead.

And vica versa. To each his own.

Hatzlacha!

Meir

Hey, I just want to clarify that **I** never said that Torah-knowledgege doesn't help. **I** never said that self-knowledge doesn't help.

Please bear with me (if u want to):

For a frum chronic masturbater *it just **isn't** working*, and that is just a fact. It's not a religious or moral issue - but a historical fact. *Why* is not relevant at this stage, but *what*, is relevant. How did he (or she) **get** that way in the first place is obvious! He (or she) does not possess a useful enough relationship with His G-d. I do not say a frum enough relationship or that he (or she) is

not holy enough...but rather, I say **useful** in terms of living free of the bondage to lust. Of course, as Alex posted above, a *new user*, in early habitual use, is not in this category, at all! *Everybody* does aveiros sometimes and usually chizzuk, mussar, his'orerus are needed, *and they work!*

A frum guy who is desperately stealing sweet porn-looks on a regular enough basis that it (or the struggle with it) is taking up too much real estate in his head, will be miserable. His relationship with his G-d is obviously not **working**. And he (we) knows it. So he is miserable and fights, tries all sorts of things to stop (acts as though he *hates* schmutz, even though he clearly loves it and runs after it at significant risk) and if he fails...he is probably an addict. Just like your run-of-mill drunk or crack user. Exact same type of person. Both are good people being truly *moser nefesh* to drug up, and obviously cannot stop. He *knows* this, but does not want to *face* it because he assumes that is unacceptable and apikorsus....but really it's just plain old denial, but in (very) religious garb.

That's what I **do** when I act out with sex or lust. The **why** is actually not relevant to getting my sanity and freedom back. The answer that works for many drunks the world over is acceptance of the facts and taking action to stay sober by eliminating the secrecy, giving up (surrender) feeding our lust, and taking the actions of love to those around us, to Hashem, and to ourselves (mischaseid im atzmo).

The simple fact (Emess) is that **in my problem**: I become desperate, very religiously embattled and focused, somewhat paranoid (think that people must somehow be looking down on me as a stinker), altogether self-obsessed, and the worse I feel about all this the more I am *moser nefesh* to get my sweet fix of porn, fantasy, and/or orgasm! And it is all based on **secrecy** which I maintain by teaching more Torah, being mekarev more people, davening with more kavonah - and being more critical of others....sheesh. It is exhausting to be crazy!

So **in my solution**: I become progressively open about my past to other addicts like me, progressively more open to my wife - and learn how to live totally open to *everybody* about the **present**. I practice progressively *giving* rather than *taking*; stop comparing everybody else's strong and good outsides to my weak and often bad insides; relax and accept G-d's Will for me as the best He has to offer for me right now instead of feeling sorry for myself all the time. For me, this takes real working with and speaking to G-d, real written work, and real (meaning, **in person**) recovery relationships. No internet virtual username garbage would ever have worked for me - and would not work for me still.

But I am not saying YOU need what I need! Gezunderheit. GDo what works for you!! But if you are still masturbating yourself, I suggest that your blindness may be a lot worse than you realize...our comfort zone is always our problem, never the solution. *That* much, I can say unequivocally...

None of this part of the solution is about thinking, mussar-ing, or hisbodedus. It is all about taking action. Hashem knew Avraham Avinu would overcome and do the akeidah all along. But He wanted Avraham Avinu to change through doing it. Only doing changes us.

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Re: Getting back to basics

Posted by alexeliezzer - 19 Jul 2012 18:03

[Ash wrote on 19 Jul 2012 09:54:](#)

As for the day that always has me fighting for my life I think at this point its about living better on that day. Not sure if I mentioned it but on Sundays my mind is like completely wasted due to sleep being completely off the night before.

Motzei Shabbos is a challenging time for many, because we're all rested up from Shabbos. All revved up with no place [healthy] to go.

Consider taking a shorter Shabbos nap. Re-work your weekly schedule if possible so you're not so tired on Shabbos. Set up an afternoon chavrusa so you have to end the nap. Arrange to be tired Motzei Shabbos so you can go to sleep and not set yourself up.

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Re: Getting back to basics

Posted by Ash - 20 Jul 2012 09:16

I will be changing things up this week so that my mind isn't mush on Sunday....one of the reasons I have been having consistent successful weeks other then Sunday is because I changed things up during the week. I eat, sleep, exercise, work, contemplate better and healthier. That along with focusing on the day and surrendering (asking the powertoanyway) has been working nicely. Although i must confess something. Sunday is a bigger fear then I thought. Enough that when I think about it the effects spill over. While I did not act out it got lusted geared up. I am back on track now because like any other day of the week I tell myself just today. While I know Sunday is approaching it is not here yet and I am not going to think twice about it. Thanks for the posts. One measure I will be putting in place, along with a better sleep schedule, is to get rid of ways to act out Sunday (that's me taking action) so I will not be posting (as much as my yet zed hora is saying) but I will definitely be posting something on monday morning. Take care all.

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Re: Getting back to basics

Posted by JustKeepGoing - 20 Jul 2012 15:17

Quote from: Ash on July 19, 2012, 12:54:32 PM

As for the day that always has me fighting for my life I think at this point its about living better on that day. Not sure if I mentioned it but on Sundays my mind is like completely wasted due to sleep being completely off the night before.

I just wanted to point out that it really could be that the MAIN MAIN issue is sleep. R' Avigdor Miller said that in the morning when our minds are still tired we resort to our old thinking and if your tired all sunday that could be the major cause. So good luck trying AlexEliezers advice.

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Re: Getting back to basics

Posted by Ash - 23 Jul 2012 10:43

I'm back here on this fine Monday morning. So here is how things went. I took preventive measures for Sunday as well as try to get better sleep throughout the weekend. It definitely helped. I feel I should mention that over Friday night was the day I fell. I started to think too much of what's to come Sunday and it nailed me. I have been making it a point to take one day at a time but slipped up Friday. However Sunday did not kill me. Better sleep meant I was living better and more in reality. Did it help that I blocked out stuff to use in the event of a lust attack sure but as we all know lust has no boundaries and it dosnt need anything to make us go insane. I did have a few cravings yesterday but because my mind wasn't mush I was able to handle it for the most part as I would during the week. It almost sounds like I am trying to outsmart it and fight it so that I could enjoy it...that is not the case. As the prayer goes "god, grant me the serenity to accept the things I cannot change, courage to change the things I can, patterns. It takes time to get the mind sane and the wisdom to know the difference" I am tweaking my daily life so that I don't have to be fighting and dealing with it head on. That I know I have the power to change. Oh well at the very

Will keep updating and reading throughout the weeks. Hatzlacha to all!

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Re: Getting back to basics

Posted by JustKeepGoing - 24 Jul 2012 03:46

Great! keep it up!

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Re: Getting back to basics

Posted by Ash - 24 Jul 2012 12:38

Good morning. So today I have been asked to go along with someone to a meet as a backup and second pair of ears. What's relevant is that in order to be effective in doing this task is I need to tap in to my old self...yikes!! Not all the way just the cold calculation emotionless negative person I used to be. the reason being is because the individual, I and the family member are going to meet ,is like wise the same with an addiction called money and will use any method, even fraud from what it looks like, in obtaining it (who says money isn't an addiction). Why am I writing this post? It's more of a surrender and accountability rather than to obtain advice as I will need to leave shortly after this post. I have had times when I had to be that other person and have done a pretty good job with that but this is longer and it's not something that happned spontaneously. Oh well can't really hate it as being that extreme saved me countless times from doing very stupid things when it came to the live stuff. Ok, so I hope to write tonight. Thanks in advance for the views and posts!

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Re: Getting back to basics

Posted by Ash - 26 Jul 2012 00:49

So here I am.things went well. Was able to bring in part of my old mentality and not end the day lusting, not that I was scot free. By the grace of god I am still sober and most importantly today. Turbulent times look to be on the horizon but I trust Hashem to help me through them (thinking back he has been helping all along, I was just blind and closed to see it)

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Re: Getting back to basics

Posted by Ash - 26 Jul 2012 20:20

So I regretfully report a fall this morning. I feel mellow and neutral. By some miracle I do not give up. I still think at this point it's hugely tied tied to my sleep schedule. I am not sulking or in a putty party, just neutral. I can really never predict how things will go. A day like two days ago was a perfect opportunity to act but last night was so nice. ...anyway I like to say being sober is a gift but not giving up and trying to do better is a even bigger gift. All I ask is for today.

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Re: Getting back to basics

Posted by Dov - 27 Jul 2012 03:41

I can relate with the sleep thing...I think I'll quit posting around 11:45 tonight. I am in my bed and it's quiet here. Cozy with netbook and GYE, Mikd Savage on the radio tearing left-wing America with his words...reminds me of a song from many years ago...oh, sorry. Is it assur to remember Roberta Flak? Never mind.

Ash! Keep us the good work. You are geshmak!

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