

From a deep pit to a tall roof

Posted by qi - 05 May 2013 15:38

Hello all,

I'm in my late 20s and have been masturbating since I was 12. By the time I found out it was wrong I was so used to it I couldn't stop. I saw lots of pornographic pictures online but wasn't addicted until I discovered pornographic videos. I tried hundreds of times to stop but when the inevitable fall happened I despaired of ever fully recovering. That changed about a year ago when I started really trying to stop and when I fell I got right back up.

However, I'm far from recovered. The longest I've gone is 40 days with no P or M. I found GYE a few weeks ago and joined last week. I think it's fantastic that we have a frum site on this. And, it's much better organised than goyishe equivalents.

So here I am trying to kick the habit of a lifetime for a lifetime. I'm interested in the 12 steps although I don't fully understand how they work. But here goes:

Hi, my name's Qi and I'm a porn addict. Porn has damaged my life considerably. It affected my school work when I stayed up till 2 am looking at it. It affected my learning when I needed to leave mid seder to M. It affected my shidduchim in a profound way. It made me depressed when shidduchim were hard. It affected my shteiging because nothing else matters compared to this. It affected my moods. It affected my relationship with my family. It affected my relationship with HKBH.

When I first found out it was wrong I still didn't know how bad it was. I'm ashamed to admit this but I actually masturbated on Yom Kippur once. HKBH please have mercy on me and forgive me.

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Re: From a deep pit to a tall roof

Posted by gibbor120 - 05 Jul 2013 21:55

[Dr.Watson wrote:](#)

I find myself either totally clean from all erotic material or falling fully...

My problem is that I get sudden overwhelming urges and go straight for the porn.

...if I made a taphsic on 'smaller' things I would end up breaking a lot of them and then the taphsic would become useless to me.

First you say that there are no little things... Then you say that if you made shvuas on the little things you'd keep breaking them.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 07 Jul 2013 03:22

I don't find that the 'little things' are giving me the porn urges that make me fall.....

and if I make a neder on the 'little' things anyway, I'm more likely to end up breaking it.

For example, if I made a neder on watching 10 minutes of TV as Avrom did, I am more likely to end up breaking my neder, and for no gain because the urges I have fallen on didn't start from watching TV but came all of a sudden.

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I'm confused???

Re: From a deep pit to a tall roof
Posted by zvi - 07 Jul 2013 16:08

I think the ikkar is: What keeps you both clean and sober. If, for you, big things keep you sane, then go for that. If (like me) the small things work, then that's the way forward...

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Re: From a deep pit to a tall roof
Posted by cordnoy - 07 Jul 2013 17:26

I am subscribed to this topic and others, and I am not receiving emails that a new reply has been posted.

is anyone else experiencing this?

is there anything I can do about it?

thank you so much

you guys are the best!

im still truckin at 20 days now.

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Re: From a deep pit to a tall roof
Posted by skeptical - 07 Jul 2013 17:34

Try contacting eyes.guard@gmail.com

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 07 Jul 2013 19:10

[cordnoy wrote:](#)

im still truckin at 20 days now.

really well done

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Re: From a deep pit to a tall roof
Posted by cordnoy - 07 Jul 2013 19:24

not having a good morning though....opened two links and quickly closed them before they loaded

got the itch....

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 07 Jul 2013 19:37

someone gave me a good website to visit when I get the itch. I laughed when I saw the name but I actually find it quite helpful as I imagine myself at these places and feel the serenity there:

cabinporn.com/

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Re: From a deep pit to a tall roof
Posted by cordnoy - 07 Jul 2013 19:43

what a name!

yes..nice pics (of cabins) there

we shall see

keep you posted

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Re: From a deep pit to a tall roof
Posted by zvi - 07 Jul 2013 21:01

[cordnoy wrote:](#)

I am subscribed to this topic and others, and I am not receiving emails that a new reply has been posted.

is anyone else experiencing this?

is there anything I can do about it?

thank you so much

you guys are the best!

im still truckin at 20 days now.

That's happening to me as well...

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Re: From a deep pit to a tall roof
Posted by Pidaini - 07 Jul 2013 22:21

What about "SMTP Error etc."? anyone having that issue?

sorry for the Hijack, Doc.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 07 Jul 2013 22:47

yes, having both issues

like I posted elsewhere, guard told me hes working on it

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Re: From a deep pit to a tall roof
Posted by gibbor120 - 08 Jul 2013 22:37

[Dr.Watson wrote:](#)

For example, if I made a neder on watching 10 minutes of TV as Avrom did, I am more likely to end up breaking my neder, and for no gain **because the urges I have fallen on didn't start from watching TV but came all of a sudden.**

Are you sure about that?

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 08 Jul 2013 23:57

[gibbor120 wrote:](#)

Are you sure about that?

well I wasn't watching TV before it happened so I'm quite sure.

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Something is hidden for guests. Please log in or register to see it.

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Re: From a deep pit to a tall roof

Posted by gibbor120 - 09 Jul 2013 01:28

[Dr.Watson wrote:](#)

[gibbor120 wrote:](#)

Are you sure about that?

well I wasn't watching TV before it happened so I'm quite sure.

What I was hinting at is that the seforim say that a person who does not guard his eyes can see keri even a couple weeks later as a result even though he may have long "forgotten" about it. Apparently, it is still in the subconscious. But who knows, it's just a suggestion. :shrug emoticon:

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[/quote]

. I
had the thought many times, "Why Hashem couldn't you have just made x,y,z muttar? Then I'd be happy and everything would be ok. Why did you have to make it so hard. Why, why, why?"

I had a bit of a turning point by trying to internalize that Hashem is not a bully withholding pleasures from me. He wants me to have the greatest pleasure, and that is the relationship with my wife. The reason he doesn't want me looking at porn is not so he can deny me pleasure. It's because he wants me to have FAR GREATER PLEASURE. Hashem gives us exactly what we need. Everything he does is tailor made for me to get the maximum. When I ask why, I am putting myself in the driver's seat. I need to take a back seat and let Hashem do the driving. He . Once we let go and "let" Hashem drive (even a little bit), things get much better.

I have to go. I'm not sure if I was so clear... but there is always tomorrow.

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The other issue you posted about seems to be an issue of self-pity. I know the feeling well