

From a deep pit to a tall roof

Posted by qi - 05 May 2013 15:38

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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 Dov - 20 Nov 2013 12:25

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[Dr. Watson wrote:](#)

I understand that honesty with Hashem is crucial. Thinking about it though, doesn't that sound like the nuclear reset button? **I mean i feel very open and honest with Hashem just after a fall but that doesn't make it good, so in some ways kedushah is what Hashem wants more than honesty.** I suppose the ideal is to be honest with and about kedushah.

**So far Hahsem has answered me and kept me sober.** So I think there is a big connection between being honest with Hahsem and kedushah.

I've been really busy recently and I'm under a lot of pressure. I'm also really tired today after going to bed at 3am so i'm really at risk today. **Nothing I can do about that except being vigilant and davening.**

The "Nuclear Reset Button" idea is about how we unfortunately thrive on that very honest state we do feel after masturbating ourselves, and that no matter how holy we feel in that state, it is all part of the same sick cycle. It suggests further, that since we sincerely crave feelings of pure kedusha and hate the feeling of struggling with lust, we end up masturbating ourselves in order to get out of the struggle and into that holy, connected and honest state we often feel after masturbating. It's one of the only ways we know of that practically guarantees plugging into kedusha and teshuvah (with a 'v') again. A dirty cycle in which t'shukah (with a 'k') for avodas Hashem and kedusha *leads us* to end up masturbating again for years and decades.

Honesty with G-d leads us to admit the truth to Him instead of prattling party lines to Him about how "we just do not want to be nichshal in zera levatola chulila and are only concerned with His Torah being kept and *therefore* do not wish to become tomei, blah, blah. etc... He knows it is silly nahrishkeit. Your simple honesty is far better than all the heilige-sounding pronouncements.

We guys do far better to just admit to Him all the truth. How we want to use the shmutz because we love the way it feels when we are using it, but are afraid of what it will do to us and the way we feel afterward, etc. He of course knows it all, already! Why play with Him?

So honesty *works* because it creates a relationship that is **real**, for a change. Same with people.

And re: the last bolded line, I'd suggest that if you see that being honest with G-d is what has kept you plugged in to Him, then why worry about 'being vigilant and davening'? Maybe they are nice, and maybe your honesty is felt mostly during the davening - OK. But it is not the davening itself, but *the honesty behind it* that makes it work! Keep doing *what **got** you here*, being open and honest with Him all the way and you will be OK.

And BTW, the alcoholics have already discovered this secret of honesty regarding drinking, which is not a sin, not about kedushah, and they are mostly goyim anyhow...so it's apparently not about getting kedusha at all, but about getting simple sanity. Derech Eretz (which is kodmah laTorah).

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 20 Nov 2013 16:42

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Talking about honesty, apparently this boy was blind and was miraculously healed shortly before his bar mitzvah...

video removed...audio only. As he sings tears flow down both cheeks...

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Re: From a deep pit to a tall roof  
Posted by Dov - 21 Nov 2013 04:43

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Is there a way to make the video choices after this video plays out not pop up on the screen? If

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 24 Nov 2013 05:13

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So far I feel quite good, but I'm far from where I want. I've had 3 'proper' falls since Yom kippur, which I'm quite happy about but truth is once is too many. Plus, I slipped waaaay too much.

I'm having a hard time right now. Not only have I started slipping the last few days but my body feels like it needs a release. It's actually starting to really hurt, which makes it harder to control myself, but at the same time I feel good to 'suffer' a bit in my quest to undo the damage i've done. I hope that avoiding the aveiroh despite the pain will help make up for the times I did the aveiroh for the 'good' feeling, but I know that thought has never helped me not fall in the past.

For me, I just need to finish this post and go to bed, another day without falling. I'm likely to wake up tomorrow in pain and with bad urges but I just to get through the one day. What kind of helps and hinders a the same time is the huge pressure I'm under right now work-wise. It helps that I have so much else to do, but i have to make sure it doesn't make me unable to think about what I'm doing. I haven't been able to phone the 12 step meeting for a while which s also a problem. But I think I just need to focus on the work I need to do and try and stay busy with that.

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Re: From a deep pit to a tall roof

Posted by Pure Daniel - 25 Nov 2013 02:19

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Dr Watson our phone conversation seems way overdue ...

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 26 Nov 2013 17:18

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I'm under so much pressure that I have no time for anything. Barely time to daven, very little time to learn. I'm on day 16 and i should be happy but I'm not. I need to feed my neshomoh.

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Re: From a deep pit to a tall roof  
Posted by chesky - 26 Nov 2013 17:39

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I identify with this.

You write: *I need to feed my neshomoh*. What you mean is, that **you feel** that you need to feed your neshama.

i learnt that these are feelings, very powerful ones, which convince me to death that i need something to fill that need, otherwise.....but only feelings.

Step One: I am powerless over these feelings. They are very real to me, and there is nothing I can do to take them away (except acting out).

Step Two: Look around at guys who have sobriety, here on GYE and SA against all odds. Perhaps you yourself remember reaching out and remaining sober - so you know that He **can** help you retain and restore your sanity, even if you do not act out, and even if at this moment you think that nothing can help you.

Step Three: ask Him for guidance to do His will today, and for the willingness to accept it. Turn your will and life over to His care - Yes, He cares and he loves you!

Thank you for the opportunity to share this.

May He grant us a day of sobriety and sanity.

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Re: From a deep pit to a tall roof

Posted by Machshovo Tova - 26 Nov 2013 20:27

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[Dr.Watson wrote:](#)

I'm under so much pressure that I have no time for anything. Barely time to daven, very little time to learn. I'm on day 16 and i should be happy but I'm not. I need to feed my neshomoh.

Hang in there, Doc! Chanukah is coming! That's when Hashem comes down to the lowest of the low, the darkest of the dark, the coldest of the cold, the leftest of the left... So no matter where you think you're at, you can look forward to connecting with the Shechina when it comes to visit you in your own home. Take advantage and sit by your Menorah and bask in it's warmth. Sing to Hashem with dveikus and longing, and (when nobody is watching) have a few words with Him.

B"H something spiritual to look forward to.

Happy Chanukah,

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 26 Nov 2013 21:35

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It's bothering me that I won't be able to fully enjoy chanukah this year. The pressure is really on full blast until the Friday after chanuka so I'll miss it. I mean I'll light the candles and sing, but my mind won't be fully engaged with it which is a real shame.

I always felt bad for my parents when they were forced to work on chol hamoed, but I never understood it properly till now.

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Re: From a deep pit to a tall roof  
Posted by Machshovo Tova - 26 Nov 2013 22:38

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Bayomim haheim bizman hazeh - Regardless where you are or what you're doing, may the little bit that you manage to do, shine into you for the full 8 days.

MT

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Re: From a deep pit to a tall roof  
Posted by skeptical - 02 Dec 2013 06:34

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Instead of telling yourself that your mind won't be able to fully enjoy Chanukah and that your mind won't be fully engaged with it - when the time comes to light the menorah, try to be fully in it in the moment.

One moment at a time.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 10 Dec 2013 20:01

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So the stress at work has largely passed. B"H I survived.

I knew I was at a higher risk when the stress stopped and I could finally relax, and that's what happened. I had another fall. I'm upset because it happened so fast that I couldn't stop it. It was

almost unfair.

Anyway, that makes 4 falls since y"k.

Now I need to rededicate myself to learning and davening which I let slip recently. I need to get back into a normal sleeping pattern so I can get up for shacharis, and I need to get back into the habit of going out to learn. It's proving harder than I thought it would be.

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Re: From a deep pit to a tall roof  
Posted by cordnoy - 10 Dec 2013 21:20

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sorry to hear doc

keep strong

we are with you

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Re: From a deep pit to a tall roof  
Posted by some\_guy - 11 Dec 2013 03:02

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I think things will get a lot better for you once you get back into a regular sleep pattern. I always have a harder time when my sleep cycle is thrown off.

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Re: From a deep pit to a tall roof  
Posted by Dov - 16 Dec 2013 00:35

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Less stress is a very good thing! It makes ***being***, easier. And *while* you are busy just *being*, I wish you hatzlocha enjoying life a little more, being a little nicer to yourself and to your tired brain and body, and smiling a little more at those you love...including yourself.

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