

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.

=====

Re: From a deep pit to a tall roof

Posted by needtoquit - 11 Oct 2013 09:05

---

[George999 wrote:](#)

I find that avoiding looking at women walking down the street is good for me.

If I look, it promotes lust.

Easier said than done, but it can become a habit to look away after the initial glimpse (which cannot really be helped, I mean, one has to see other people to some extent to avoid bumping into them!).

I quite agree. However, make sure to do a census in your head and make sure that the people  
back and upon realizing that indeed I had to "avoid bumping into" many more women under 50  
than any other demographic, decided that I'm just fooling myself into thinking I "need" to look  
the first time. I did the census a while

Hatzlacha,

NeedToQuit

=====

Re: From a deep pit to a tall roof  
Posted by chesky - 11 Oct 2013 09:39

---

[Dr.Watson wrote:](#)

who you "need to see to not bump into" aren't mostly women under 50.

I just need to get something off my chest regarding what Chesky wrote. I'd rather be Watson than Holmes any day. Watson is kind and humble and subjugates himself to someone greater. Holmes can be a bit arrogant sometimes. There, I said it!

The gadlus of Sherlock Holmes is the ability to get out of the problem and focus on the solution!

Elementary my dear Watson!

=====

=====

Re: From a deep pit to a tall roof

Posted by MendelZ - 11 Oct 2013 19:44

---

[chesky wrote:](#)

[Dr.Watson wrote:](#)

I just need to get something off my chest regarding what Chesky wrote. I'd rather be Watson that Holmes any day. Watson is kind and humble and subjugates himself to someone greater. Holmes can be a bit arrogant sometimes. There, I said it!

The gadlus of Sherlock Holmes is the ability to get out of the problem and focus on the solution!

Elementary my dear Watson!

It is well known that Holmes was addicted to cocaine. He usually went for it when he wasn't working on a case that was stimulating enough. In one story, Watson says that Holmes is an addict whose habit is "not dead, but merely sleeping", even after Dr. Watson helped wean him away from the drug.

Just saying.

=====

=====

Re: From a deep pit to a tall roof

---

Posted by ploni.almoni@gmx.com - 11 Oct 2013 20:40

---

Wow. Cool.

=====

=====

Re: From a deep pit to a tall roof

Posted by ZemirosShabbos - 11 Oct 2013 20:42

---

Holmes didn't really exist any more than a metaphorical pastrami sandwich did. Maybe Sir Arthur Conan Doyle was an elter zaide of Bill W.

=====

=====

Re: From a deep pit to a tall roof

Posted by MendelZ - 11 Oct 2013 20:54

---

I always thought it was interesting how Doyle used Watson to tell a story about Holmes. Why didn't he just tell the story "himself" about the both of them? Its davka Watson's perspective of Holmes that he was telling. In essence, all the stories are really about Watson's view of Holmes, rather than about Holmes himself. Just stam a ha'ara.

Also, in the stories, Holmes has no interest in women whatsoever. Not in a lustful sense anyways. They are only worth the cases they bring to him. I guess GYE wouldn't be the place for him to get help.

Bill W...atson?

=====

=====

Re: From a deep pit to a tall roof

Posted by ploni.almoni@gmx.com - 11 Oct 2013 21:01

---

He sounds a lot like Humphrey Bogart. They are all crazy about him, and he runs away from

them. But there is a scene in Casablanca where he is in Paris and he is in love.

Fool.

=====  
=====

Re: From a deep pit to a tall roof  
Posted by cordnoy - 11 Oct 2013 22:48

---

holmes I think was a sexist; perhaps it was doyle.

it might have represented the culture they lived in then.

he did have an interest in one I believe....forgot who though.

=====  
=====

Re: From a deep pit to a tall roof  
Posted by MendelZ - 11 Oct 2013 23:02

---

There was only Adler. But its clear that he was only interested in her because she outwitted him. In the stories its made very clear that he had no love interest. Any relationship he ever had with women was in order to crack a case. His extra fascination with Adler was simply because he respected her abilities.

=====  
=====

Re: From a deep pit to a tall roof  
Posted by cordnoy - 13 Oct 2013 19:56

---

Irene

thanks

=====  
=====

=====

Re: From a deep pit to a tall roof

Posted by Dr.Watson - 15 Oct 2013 19:03

---

I think that I do have RID, resentment, irritation and dissatisfaction. Not because my life is bad, b"H my life is great. Hashem has been very kind to me and given me everything I need. But I think that as I am today, I would not be satisfied with life unless I was a multi-millionaire who knew all of shas backwards, had an important job but also learnt 8 hours a day, and had time for family and the community, single-handedly funded kollelim and yeshivas and revered by everyone who knew me but still able to be humble.

I have such a massive ego. I don't think I'm even exaggerating.

I am a small man.

=====

Re: From a deep pit to a tall roof

Posted by Dr.Watson - 15 Oct 2013 19:14

---

I think that I do have RID, resentment, irritation and dissatisfaction. Not because my life is bad, b"H my life is great. Hashem has been very kind to me and given me everything I need. But I think that as I am today, I would not be satisfied with life unless I was a multi-millionaire who knew all of shas backwards, had an important job but also learnt 8 hours a day, and had time for family and the community, single-handedly funded kollelim and yeshivas and revered by everyone who knew me but still able to be humble.

I have such a massive ego. I don't think I'm even exaggerating.

I am a small man.

=====

Re: From a deep pit to a tall roof

Posted by MendelZ - 15 Oct 2013 19:29

---

Hey Doc! You hit the nail on the head for me too. I often have RID. But then sometimes I look around and feel pretty good about what I have in my life. So I came to same conclusion you did. Its not that life is bad. Its that my expectation of myself and life is so unrealistic that I end up with RID. When I remember how ludicrous that is, and instead focus on what I am today (what Hashem wants me to be), the RID becomes less gripping.

Thank you for keeping on posting.

=====  
=====

Re: From a deep pit to a tall roof

Posted by cordnoy - 15 Oct 2013 22:49

---

since im in the same boat, I can say you forgot....gorgeous, blond/brunette/red-head, knock-dead wife, 5-inch heels, who is willing to.....

And then, there will be no reason to aspire to Heaven.

=====  
=====