

GYE - Guard Your Eyes

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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 ploni.almoni@gmx.com - 17 Oct 2013 16:49

Thank you. Thanks to you I have something interesting and deep to read. Plus I enjoy your writing style.

I agree with everything you said, including the fact that a cost benefit analysis doesn't keep you from acting out. That is definitely not the whole story. That alone would not keep me sober.

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Re: From a deep pit to a tall roof
Posted by Dov - 17 Oct 2013 21:07

The very fact that you actually read my entire post proves that you are probably as hopeless as

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 20 Oct 2013 13:46

Dissatisfaction causes me to turn to porn to escape reality by pretending I'm having sex with all these perfect women. At the same time, looking at all these beautiful women makes me more dissatisfied with life as I see more and more seemingly mind-blowing pleasure that I know I can never get. So the more I look the more I need to look.

How does a porn addict who spent over a decade looking at literally tens of thousands of beautiful naked women, imagining he was having sex with all of them, come to terms with the reality of having just one average-looking woman to have sex with. Especially as all those amazing women were never tired, never angry, never messy, never needed attention when I was working etc etc?

But thanks for the feedback, brother!
Reality can't measure up to the fantasy, it's not even close. So how does one not only let go of the fantasy but also accept and be happy with reality?

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Re: From a deep pit to a tall roof
Posted by MBJ - 20 Oct 2013 15:31

For me it is about realizing that your fantasy is just that. It will not happen, it cannot happen, and trying to pretend that it might is only setting yourself up for perpetual disappointment.

The flip side is finding the pleasure and simple joys that is real life. That is what I think happiness really is. Finding yourself in a situation and finding the ways that you can enjoy that situation. For me it is a quiet moment with my imperfect wife, or a silly moment with my kids, a challenging problem at work, etc.

If you are always taking your real life and seeing how it compares to your fantasy life, your real life can never win, and you will always be disappointed and dissatisfied. Not only that but you are also missing out on the pleasure that reality holds for you.

I once heard something, that although it approaches this from the wrong perspective, it is still valid:

"For every really hot girl out there, there is some guy who is tired of putting up with her [garbage]."

So while that is not put so eloquently, the point is, the grass is not really greener. So if you are envious of real or fake men or women you have to realize that they may be looking at you and saying, boy I wish I had his life.

Eli

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 20 Oct 2013 17:58

[Dr. Watson wrote:](#)

How does a porn addict who spent over a decade looking at literally tens of thousands of beautiful naked women, imagining he was having sex with all of them, come to terms with the reality of having just one average-looking woman to have sex with [..]?

You can't "come to terms with it." Your choice of vocabulary shows the underlying problem: **since the best thing I can hope for in my life is watching a woman make me climax**, how can I do better with my wife than with 10,000 professionals?

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Re: From a deep pit to a tall roof
Posted by Machshovo Tova - 20 Oct 2013 17:59

[Dr. Watson wrote:](#)

...How does a porn addict who spent over a decade looking at literally tens of thousands of beautiful naked women, imagining he was having sex with all of them, come to terms with the reality of having just one average-looking woman to have sex with...

Take it from a guy who spent many many decades doing that and more. But guess what! After a while of staying away from all that garbage, one can appreciate the freedom of getting off that sickening roller coaster. One can look back and acknowledge that all those false highs were not worth all the disappointments that followed. One can finally experience the pure serenity and happiness that comes with living a normal life, free from the clutches of the devil. All the pleasure of all those tens of thousands of naked women etc. is a drop in the toilet compared to the contentment of a holy Shabbos that comes after a full clean week. Try it and Enjoy!

Hatzlacha

MT

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Re: From a deep pit to a tall roof
Posted by George999 - 21 Oct 2013 08:32

[MBJ wrote:](#)

I once heard something, that although it approaches this from the wrong perspective, it is still valid:

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So while that is not put so eloquently, the point is, the grass is not really greener. So if you are envious of real or fake men or women you have to realize that they may be looking at you and saying, boy I wish I had his life.

Eli

I once went out with a really attractive woman.

But her personality was horrible, she was demanding, cruel, cold, ultra materialistic, always used to put me down.

When we first started dating I enjoyed the sex (I am not Shomer mitzvot) but after a while I really started to dislike her, and got so fed up with her that the sex became about me trying to hurt her, to take revenge for the way she treated me.

The relationship broke up very soon after I began this behaviour.

Trust me, looks are not everything.

And masturbating to videos/photos is just a make up wearing/airbrushed form of idol worship.

The high of orgasm from masturbating is NEVER worth the feelings of regret after.

Tonight I once again fell, met a stranger for sex.

Before it I was on autopilot, like a remotely controlled zombie unable to prevent it.

But I did something tonight for the first time.

In the middle of sex I realised what a load of nonsense it was, how I had no feelings for the other person and how it was a sin.

So I immediately stopped, put my clothes on and ran out of the door.

She was furious but so what...it felt good to me to do that, to realise my mind could control my lust, even though the lust won the battle at first, I was able to fight it and not orgasm either.

The war can be won.

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 21 Oct 2013 12:06

Cool.

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Re: From a deep pit to a tall roof
Posted by MBJ - 21 Oct 2013 12:35

George,

That you were able to stop in the middle and walk away is incredible. That you were able to focus during the act and realize the emptiness and meaninglessness of it and then stop, WOW. I can't even do that in the middle of masturbation, let alone actually having sex.

You have to take that and move forward with it. You realize the emptiness of it. Now you have to find real things to fill the emptiness in your life that you are trying to fill with sex.

Good Luck

Eli

(Edited to remove the awkward unintended sexual innuendo that cordnoy pointed out.)

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Re: From a deep pit to a tall roof
Posted by cordnoy - 21 Oct 2013 18:38

great thought and chizuk...like usual.

you might wanna change/edit that last paragraph though.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 21 Oct 2013 19:07

George, that is incredible! The ability to stop in the middle is amazing, I don't think I could ever walk away from that scenario.

Allow me to repeat what I said yesterday to someone here. When a sotah, i.e. a woman who was suspected of having extra-martial sex, is forced to drink the water in the beis hamikdosh, if she's guilty she dies, and if she's innocent she is blessed with brilliant children. R' Chaim Shmulevitz zt"l asks on this, why does the 'innocent' woman get such a blessing? Think about it, to get to that stage she had to be in close quarters with another man, after her husband specifically told her not to because he suspected her of having an affair. This is no tzadekes! Why is she entitled to a blessing just because she only did a small aveiroh and not the big aveiroh that we suspected?

He answers that it's true she should never have been in that situation. It was silly of her to even take it that far. Even so, there was a moment when she was alone in a room with a man, she desired him greatly and no-one could see them, they could do whatever they wanted and no-one would find out. The temptation was huge! But she stopped herself. She didn't go through with it. At that moment when the desire was at its strongest, she did the right thing. That's why she is so blessed by Hashem.

I often stupidly put myself in bad situations. I incite the yetzer hora against myself and put myself in a situation where it's almost impossible to not sin, and I feel like even if I stopped, I'd still be a rosho because it was a sin to even go that far. But that's not right. Whatever situation we're in, however we got there we always have a choice to do the right thing, and Hashem always wants us to do the right thing and if we do it, He will consider it a big mitzva.

George, you a huge tzaddik!

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Re: From a deep pit to a tall roof
Posted by Dov - 21 Oct 2013 22:03

I did not read George's post because it seemed like I might end up reading it for the sex content, so I stopped as soon as I saw where it was going.

I do not doubt his good intentions and see that a few guys here have posted very positively about it. So great job, George (or whatever your name is) and more power to ya, brother!

But does anybody think the post needs to be edited for content? Let's remember that many young and old chronic, breathelss, porn readers who are not seriously considering stopping are also reading these hallowed pages, no?

Again, I am not accusing or assuming - just asking if anybody thinks it is too explicit, that's all.

Thanks,

Dov

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Re: From a deep pit to a tall roof
Posted by Machshovo Tova - 21 Oct 2013 22:31

I do.

As the besh"t said, "You are where your thoughts are". And I'd rather not be there.

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Re: From a deep pit to a tall roof
Posted by tryingtoshteig - 21 Oct 2013 23:02

I also had some thoughts that maybe this is a bit too explicit. But I suppose an argument could be made that it is "borderline" (whatever that means). I don't know what the standard is. I suppose that as admin, Dov, you have the right to set the bar however you see fit.

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