

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 ZemirosShabbos - 31 Oct 2013 21:56

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Pidaini should be referred to as:

"First Lord of the Treasury, Lord Chief Justice, Commander-in-Chief, Lord High Admiral... Archbishop of Titipu, and Lord Mayor" and Lord High Everything Else

thank you

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Re: From a deep pit to a tall roof  
Posted by Dov - 31 Oct 2013 22:19

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Indeed!

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Re: From a deep pit to a tall roof  
Posted by Pure Daniel - 01 Nov 2013 05:05

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[Dr. Watson wrote:](#)

Also listened to R' Duvid Chaim for the first time this week. The last two days when I called in no-  
in a strange country I guess...(Don't tell Moish I said that). . That's part of living

Welcome to the Duvid Chaim call! If your in the UK we should exchange details ...

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 01 Nov 2013 15:31

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I didn't mean the first time ever, just the first time this week because of the clock change. I get a lot out of Duvid Chaim's conference even though I rarely say anything as I rarely get a moment of privacy. I'll pm you about details.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 03 Nov 2013 00:46

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Can I ask you guys something: am I the only one who starts to think along the lines of my wife is not good enough, not pretty enough, why couldn't I marry this one or that one or whatever? Is that normal or something to worry about? I had a dream about me and one of my wife's friends two nights ago. That's almost never happened before. I mean, I wasn't fantasising, it was a dream, I was fully asleep. Yet it bothers me. And possibly worse, possibly better, I know that I don't want to marry that girl, I just want to have sex with her once or twice and that's it. At what point did I start thinking like a disgusting goy?

I was walking around this afternoon with these thoughts and I walked past a group of very pretty young girls and the beast stirred. Thing is, they are 16, 17, totally out of the question even if I wasn't married. It got me thinking, does a 40 or 50 year old get this way about girls my wife's age. Does it ever end? If left unchecked is it every man's desire to be with much younger girls? Doesn't that make life hard?

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Re: From a deep pit to a tall roof  
Posted by skeptical - 03 Nov 2013 03:48

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I think it's very normal to think what-if scenarios, and I don't think it's anything to really worry about.

Looking at others externally, it may seem that they'd be better for you, for whatever reason. People may be looking at you and your wife in the same fashion, thinking you have the perfect marriage.

Who is rich? One who is happy with what he has. Remind yourself that Hashem has given you exactly the spouse that you need. Try not to look elsewhere. It really is a pointless and frustrating exercise.

Dreams are just dreams, silly imaginations running wild. Don't dwell on them whatsoever. Just take it for what it is and move on.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 03 Nov 2013 03:55

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I think being married makes it much harder to stay sober in a way. Before I got married I saw good-looking girls and just wanted to have pleasure from them, that's all. Now when I see a good-looking girl I start thinking "look at her she's much better than my wife, I want to marry her instead, I made a big mistake, well maybe if I imagine being with her for a while that will in some way help. Hhhmmm that seemed good maybe she is better. Oh wait stupid, she's 17 so it was never on the cards that I would marry her, what is your problem?! Ok but now my wife can't measure up to the fantasy so how will I ever be happy? Why did Hashem do this to me? It's up to me to take the pleasure I was so unfairly not given. Look at that guy with the beautiful wife, he's so lucky, why does he get her when I get....."

Argh it's so frustrating!! It's such a stupid line of thought, why do I keep going through it?

Reality is hard, I get that. I just don't get why.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 03 Nov 2013 03:58

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Thanks skeptical, I only saw your post after my last one. You're right of course, I just struggle with it.

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Re: From a deep pit to a tall roof  
Posted by skeptical - 03 Nov 2013 04:03

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The grass is always greener on the other side.

(Unless it's winter - then it's whiter and smoother.)

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Re: From a deep pit to a tall roof  
Posted by cordnoy - 03 Nov 2013 07:33

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and Doc, I know we are on guard your eyes, and that's for a good reason, but perhaps we (and I mean this for myself as well), we should go back to more basic mussar, as Skeptical was saying: We have what is perfect for us; let's look at all the positives. Yes, there might be negatives as well, but lets work on them. Now, obviously I don't know your complete situation, and I don't know how the balance sheet at the end will conclude; I do know by me the positives of my wife will by far outweigh any negatives, and yet, it is the negatives that are many times at the forefront. And then we get into our other problem. Let us spend some time on the first step; perhaps it is even our core issue; who knows?

Aleih v'hatzlach!!

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 03 Nov 2013 16:14

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I agree with skeptical, "what if" situations are normal. I can't tell you if these particular "what-ifs" are normal, but as the saying goes "normal is the setting on a washing machine". I personally don't think that way, I leave my marriage out of it and just think about being with the women, because as you said I wouldn't want to marry them either.

Who cares what is normal, I'm not going to miraculously change if I realize "Hey, I'm crazy". So the punch line is, once again, acceptance.

Wishing that I wouldn't think these "what-ifs" is as much a fantasy as the "what-ifs" themselves (I know you know that, just repeating it for fun).

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Re: From a deep pit to a tall roof  
Posted by MBJ - 03 Nov 2013 16:43

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While the "what-if"s may be normal, at least for me, they are the greatest poison to my sobriety. To me they are more dangerous than seeing porn. I can see a girl in non-tznius attire and shake that off a lot easier than if the what-ifs start to invade.

Doc, it is not that you are not normal that it happens, but you are treading in shark infested waters when you indulge in those trains of thought.

Pirkei Avos was already quoted here, so see my signature for a more contemporary authority on the matter.

Eli

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 03 Nov 2013 18:31

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I was thinking about how I could get my wife to do things in the house that I'd like her to do. Selfish, I know. Then I remembered the book I have "how to win friends and influence people" and I thought OK, instead of criticising her for things she doesn't do, let's try thanking her for things she does do.

I thought I had a good balance of thanking her for some things and asking for others, but when I thanked her for the first thing she said "why, what have I done wrong?" Boy that stung!

After a while I thanked her for something else and she said "what's got into you today, have you been reading something?" Ouch!

But you know what, she actually did everything I wanted her to do, and I didn't even ask her. And she's in a good mood! Thinking about it it's unbelievable.

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Re: From a deep pit to a tall roof  
Posted by Machshovo Tova - 03 Nov 2013 19:46

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[Dr. Watson wrote:](#)

...does a 40 or 50 year old get this way about girls my wife's age. Does it ever end? If left unchecked is it every man's desire to be with much younger girls? Doesn't that make life hard?

Dear Doc,

To answer your questions from the perspective of a guy that has been 40 and 50 (once upon a time): Yes, a 40 or 50 year old gets this way about girls your wife's age. No, it never ends. Yes, if left unchecked is can be every man's desire to be with much younger girls. Yes, it makes life hard.

BUT - there's good news. While we may never be normal again (as far as our allergy goes), we can learn to keep it in check. We can come to the realization that lust is no good for us, whether we lust about our wife, about someone else's wife, other girls, other boys, or ourselves - lust is lust, and when you feel that feeling you need to take it as a reminder to stay away from all shapes and forms of lust. Yes, it's hard to change so drastically, but B"H practice makes ~~perfect~~ progress. After a while, we can start feeling the real pleasure of cleanliness and serenity. And we can start realizing that the crazy life of fake pleasures is not really worth it and does not compare.

But as they say, "Nature abhors a vacuum". So we need to find other (kosher) activities and pleasures to replace our previous craziness. IMHO the best such thing for a Jew is a life of Torah and Dveikus BaHashem. It's gevaldig, especially when practiced in a state of cleanliness and purity.

Why not give it a try?

Hatzlacha

MT

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