

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 gibbor120 - 08 Jan 2014 01:15

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Yes, I am also naturally shy. Mainly through one of the phone groups, I learned to accept myself, and not worry as much about rejection and being perfect. I can take on a situation that used to scare me, and not stress about it so much.

Being able to (more easily) accept reality, has reduced my need to escape into fantasy. It is quite liberating.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 08 Jan 2014 02:52

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[gibbor120 wrote:](#)

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 08 Jan 2014 02:56

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[Pure Daniel wrote:](#)

The program is about 'LETTING GO'.

I've heard this idea before but I don't understand it. Let go of what? Let go of self-control?  
Please help me to understand.

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Re: From a deep pit to a tall roof  
Posted by gibbor120 - 08 Jan 2014 03:12

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[Dr.Watson wrote:](#)

[gibbor120 wrote:](#)

Being able to (more easily) accept reality, has reduced my need to escape into fantasy. It is quite liberating.

So what's my reality? That I don't learn, don't daven, don't have yiraas shomayim, don't have social confidence? I'm not even talking about being mr. smooth, I mean I look like a rabbit in a car's headlights just walking down the street, and I hate that about myself. If I accept these things will I be less likely to act out?  
Have you ever gone for therapy? Have you ever considered it? It sounds like you need more help than an anonymous forum can give you.

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Re: From a deep pit to a tall roof  
Posted by chesky - 08 Jan 2014 13:27

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and really not as scary as you  
might imagine.

And BTW I too, identify with many of the issues you wrote about. Many of them I was not aware of, or was in denial about before I came to SA. And yes, acceptance is the key to recovery. Or you could start with SA meetings. They are much cheaper. Maybe not the recovery I imagined ..... but today I accept that too; one day at a time.

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Re: From a deep pit to a tall roof  
Posted by Dov - 09 Jan 2014 17:01

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[Dr.Watson wrote:](#)

[gibbor120 wrote:](#)

Being able to (more easily) accept reality, has reduced my need to escape into fantasy. It is quite liberating.

So what's my reality? That I don't learn, don't daven, don't have yiraas shomayim, don't have social confidence? I'm not even talking about being mr. smooth, I mean I look like a rabbit in a car's headlights just walking down the street, and I hate that about myself. **If I accept these things will I be less likely to act out?**

Yes, of course.

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Re: From a deep pit to a tall roof  
Posted by Dov - 09 Jan 2014 17:06

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It is a start.

A humble start, yes, but a start.

And since when is a humble start, a bad start?

And why do you ask such a question at all? Do you think the way out of the trashhole you have shoved yourself into will be the shiny, pristine way marked by obvious good sense? Just drop the shock and accept that truth, man.

If it is true about you, then Hashem has known it all along. No reason to fight.

OK. And now what?

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 09 Jan 2014 20:28

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I don't know, Dov. I don't want to accept my shortcomings. I'm struggling with that concept to be honest.

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Re: From a deep pit to a tall roof  
Posted by gibbor120 - 09 Jan 2014 21:15

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[Dr.Watson wrote:](#)

I don't know, Dov. I don't want to accept my shortcomings. I'm struggling with that concept to be honest.

Accepting the truth about yourself is really the first step. If you don't do that, you have no basis for recovery at all.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 09 Jan 2014 21:36

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[gibbor120 wrote:](#)

[Dr.Watson wrote:](#)

I don't know, Dov. I don't want to accept my shortcomings. I'm struggling with that concept to be honest.

Accepting the truth about yourself is really the first step. If you don't do that, you have no basis for recovery at all.

But I want to create a 'better' truth about myself.

I don't feel that my past is me. Just because I haven't davened with a minyan much in the past doesn't mean I want to accept that as a part of me. I want to be a better me tomorrow.

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Re: From a deep pit to a tall roof  
Posted by gibbor120 - 09 Jan 2014 21:50

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[Dr.Watson wrote:](#)

[gibbor120 wrote:](#)

[Dr. Watson wrote:](#)

I don't know, Dov. I don't want to accept my shortcomings. I'm struggling with that concept to be honest.

Accepting the truth about yourself is really the first step. If you don't do that, you have no basis for recovery at all.

But I want to create a 'better' truth about myself.

I don't feel that my past is me. Just because I haven't davened with a minyan much in the past doesn't mean I want to accept that as a part of me. I want to be a better me tomorrow.

I didn't say that acceptance was the goal. It's just a starting point. A **VERY** important starting point.

If you want to sit down and make a budget, do you first say, well I'd like to make a million dollars this year, so let's start there? No. First you take stock of your **actual** salary and assets, and go from there. You can't get anywhere if you don't have any idea what you **really** have. Your **imagined** fortune is of no use at all.

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 10 Jan 2014 01:00

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[Dr. Watson wrote:](#)

[gibbor120 wrote:](#)

[Dr. Watson wrote:](#)

I don't know, Dov. I don't want to accept my shortcomings. I'm struggling with that concept to be honest.

Accepting the truth about yourself is really the first step. If you don't do that, you have no basis for recovery at all.

But I want to create a 'better' truth about myself.

I don't feel that my past is me. Just because I haven't davened with a minyan much in the past doesn't mean I want to accept that as a part of me. I want to be a better me tomorrow.

First of all, how about sticking to lust. I didn't accept everything about me, and I am BH sober today. Each thing that I want to work on I have found I need to make a seperate acception.

If it was not saying KRISSH, I needed to accept the fact that I am not going to want to, I'm not going to be in the mood. I needed to make gedarim to remind me, to push me.

Lately, my chavrusah has been telling me that i need to write down chidushim if i want to remember. I told him "yes, I need to, I should.....BUT I'M NOT GOING TO, so why play the game of saying how much I should and feeling bad, let's just put out the facts...I'm not going to!!!" I told him afterwards that if I really felt I needed to I would do something to force me to, but I don't feel the great need.

But if there is some behavior, or lack thereof, that I am upset about, then I need to honestly be able to see what the problem is. Only then can I prescribe something, only then can I really do something about it.

So whether it is getting up for shacharis, or KRISSH, or porn, the only way I can really do something about it is by knowing and accepting that it's a problem.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 10 Jan 2014 19:31

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Short erev shabbos update. It's been a tough week for many reasons and I think the number of falls I've had is a barometer of those things. I want to thank all the people who have helped me this week here and elsewhere and I now realise how much work I need to put into bitochon, accepting Hashem's will, letting go of resentments, having the patience to accept what I can't change, the courage to change the things I can, and the wisdom to know the difference.

Have a good Shabbos shira. May Hashem open up His path for each of us as well.

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Re: From a deep pit to a tall roof  
Posted by gibbor120 - 10 Jan 2014 20:33

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Have a wonderful Shabbos Dr!

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