

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 dms1234 - 11 Feb 2014 08:29

I also have similar problems, I made a neder and it has been working wonders for me.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 12 Feb 2014 00:58

I had a bad day. Mountains of pointless red tape from the government to get through only to be told that it wasn't going to help at all. To cut a long story very short.

I've felt quite flat since then but I was determined not to turn to porn for comfort. One. Day. At. A. Time. I still feel uneasy, but it's nearly bedtime. Hope tomorrow's a better day.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 12 Feb 2014 04:05

I don't have the tools to deal with anger, resentment or frustration in a healthy way.

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Re: From a deep pit to a tall roof
Posted by skeptical - 12 Feb 2014 06:03

What is anger, resentment and frustration?

They are all signs of not trusting in Hashem.

Everything that happens in this world is Hashem's doing and everything Hashem does is good. We **think** we know how things should be. Hashem **knows** how things should be. We have just one piece of a jigsaw puzzle, Hashem sees the whole picture. Everything is being orchestrated precisely for our own good.

This is why anger is likened to serving idols. If we would trust Hashem properly, we would never have reason to get angry. Instead, we would relax knowing that we are being taken care of.

If Hashem wants something to happen, not even a mountain of bureaucracy would be enough to get in His way.

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Re: From a deep pit to a tall roof
Posted by Pidaini - 12 Feb 2014 10:55

That's really beautiful skep, B'emet.

It's just that I knew that really really well while I was a bachur, I mean really well. After all it is in all the chassidishe seforim everywhere. BUT, I still didn't live it, and that is actually what frustrated me the most.

So, the big question is, how do we live it, how do we make that mindset change?

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Re: From a deep pit to a tall roof
Posted by cordnoy - 12 Feb 2014 19:06

not that it helps any, but it is in the Litvishe seforim as well.

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Re: From a deep pit to a tall roof
Posted by skeptical - 13 Feb 2014 05:44

Pidaini

So, the big question is, how do we live it, how do we make that mindset change?

I call it Positive Programming, or in other words, talking to ourselves. We need to tell ourselves what we believe and we will begin to believe it.

We all have had experiences in which we were worried about how things would go. In the end, they worked out well, even when they didn't unfold exactly how we thought they should. If we remember such instances, we can assure ourselves that Hashem is taking care of us now just like He did then.

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Re: From a deep pit to a tall roof
Posted by MBJ - 13 Feb 2014 14:47

Pidaini,

I think you know the answer to that one. **Talk to Hashem every day.** Let Him in on your frustrations and angers. Build that relationship with Him.

I don't trust strangers. If you make Hashem as a stranger, then you won't trust Him either. If you make Him as your friend, then you will learn to trust in Him. I am sure that you can tell me from your own experience that when you keep things to yourself and try to solve all your problems without reaching out to G-d, then you have a tougher time dealing with those problems.

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Re: From a deep pit to a tall roof
Posted by Machshovo Tova - 13 Feb 2014 20:30

There's a nice vort from the Heilige Rzhiner Rebbe zy"a on the Possuk in Tehillim:

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Regular Pshat is:

Until when will You (Hashem) hide your face from me?

Until when will I seek ideas for my soul?

But the Rizhiner said:

Until when will Hashem hide His face from me?

As long as I seek ideas on my own.

When we stop trying to be in control, and we surrender to Hashem, believing that only He can help us, that's when the hester panim will end and we will merit to see the salvation from Hashem

Amen

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Re: From a deep pit to a tall roof
Posted by Dov - 14 Feb 2014 08:56

Note that the 4th-7th steps come after the 1st 3 steps.

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Re: From a deep pit to a tall roof
Posted by SIB101854 - 14 Feb 2014 20:19

Great vort! Actually there is a black on white Mishnah in Avos that says one must nullfiy one's

will before one can accept the will of HaShem.

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Re: From a deep pit to a tall roof
Posted by Dov - 14 Feb 2014 23:33

Well, that's not exactly what the mishna says. I think it says "*If you want things to go your way, then nullify your will before His Will,*" no? My point is that it does not say "you must do this." It's just a word to the wise, a suggestion for a certain result which we may agree is best.

I see too many ideals in Torah and sforim being interpreted in the hearts of yidden as "*One must*"s and "*You have to*"s...I used to do that so often and so automatically, that it really ruined things for me for years and years.

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Re: From a deep pit to a tall roof
Posted by SIB101854 - 17 Feb 2014 03:16

Dov-Look at the Sefer Ymei HaSefirah on Pirkei Avos on that Mishneh and especially the Perushim cited by R Sacks (Agudah of Passaic) on that Mishneh of R Yonah, Meiri , Midrash Shmuel, Reishis Chachmah, R Chaim Vital, and Rashi who all understand that Mishneh as emphasizing doing Avodas HaShem BSimcha or MeAhavas HaShem.

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Re: From a deep pit to a tall roof
Posted by Dov - 17 Feb 2014 05:01

Thank you, thank you chaver! I will try to do just what you suggest, in shul this evening.

My heart is oozing with gratitude right now...just got off the phone with an old GYE guy who is So I share it here w you my chaver.

really making wonderful progress after a long, sinding trip. And now I see this gift from you!

Have a good night, chaver (and chaveirim)

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