

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 TehillimZugger - 04 Apr 2014 22:06

What are those four?

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 06 Apr 2014 00:26

phew, I survived shabbos in one piece. B"H. there were so many pretty young girls around that by the afternoon I felt that if I saw one more I would not have enough control over myself to not literally grab her. it's a scary thought.

I had a couple of revelations this week. I went to work without lunch and had to buy. there were regular sandwiches and bagels in the bakery, both the same price so I thought, you know I really like bagels, why not buy that? then it occurred to me that if I like bagels so much, why do I always find myself coming out of the bakery with regular sliced bread? if I like bagels why don't I ever buy myself bagels?! weird! so that's what I did.

in a similar way I realised last shabbos that I don't like whiskey. I used to like it but for about a year now I find that it just burns my throat and chest and makes me more likely to get a tension headache. so why in the world do I drink with it?! I think it's partly social pressure where I live. so I went out for Friday night meal and my host (who's very into whiskey) wanted me to try his latest purchase. it actually took some courage to refuse it but I did and felt much better later.

I wonder if it's something about being an addict that makes me not treat myself nicely.

one more thing. I came home Friday afternoon to find my house a mess, my wife emotional, washing still wet and ironing nt done. at first I was annoyed, how can we have a shabbos in this mess?! then it struck me, I had to make a choice, I can either have a clean house (by shouting at my wife and running around like a crazy person cleaning up), or I can keep my sobriety. which do I choose? so I accepted the house as it was, did a few things calmly and went to shul on time. I felt very serene. and then the weird thing happened. when I went back home after shul, the house didn't seem messy at all!

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Re: From a deep pit to a tall roof

Posted by kilochalu - 06 Apr 2014 05:37

[Machshovo Tova wrote:](#)

Here goes: See Pesachim 119a -

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R' Nachman says that from here we see that we should speak to Hashem with strong convincing tainos - that's what Hashem enjoys. As the gemara relates that when the sages yelled back at Hashem that He had no right to mix in their Talmudic arguments, Hashem chuckled and said, "My children won me over, natzchuni bonai."

MT

that is for one who is bemadreigas ben, but legabay an eved the gemara sanhedrin (107a) says Dovid HaMelech said it is not proper to be menatzeyach the adon (see iyun yakov in pesochim and sanhedrin)

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Re: From a deep pit to a tall roof

Posted by kilochalu - 06 Apr 2014 05:42

maybe the dr means in berachos and sukka and megila and taanis about never being matiach devorim klapay maala (the gemara says Moshe and Eliyahu and Chana and Levi did)

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Re: From a deep pit to a tall roof

Posted by TehillimZugger - 06 Apr 2014 05:46

[Dr.Watson wrote:](#)

I wonder if it's something about being an addict that makes me not treat myself nicely.

Duvid Chaim gives homework assignments every day to the participants of his call. One of them was "Treat Yourself". In the next 24 Hours, be nice to yourself just once. Don't "Indulge", be nice to yourself, treat yourself as if you were a deserving person.

We don't do that often, and then we end up treating others like dirt too, I'reacha kamocho, you know.

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Re: From a deep pit to a tall roof
Posted by Machshovo Tova - 07 Apr 2014 19:03

[kilochalu wrote:](#)

[Machshovo Tova wrote:](#)

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The Rashb"a paskens (vol.1 ch.194 & 242) like R' meir that we are always bemadreigas ben, even when we misbehave.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 07 Apr 2014 22:56

OMG can you guys please stop it, or at least take it elsewhere. you're not being fair.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 07 Apr 2014 23:12

it's becoming clearer and clearer that I am an addict. I'm seriously I'll. every time a woman walks anywhere within eye shot my head starts to move. I don't want it to, it just moves almost of its own volition.

there's a woman at work who's very pretty and I'm doing reasonably well in not looking at her at all. then a guy my age who works there had to discuss a work matter with her so he walked right up to her, looked her in the eye and talked about it. I was watching this guy from where I sit and suddenly it hit me. that's what it looks like to be normal.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 08 Apr 2014 00:20

im addicted.

im sick as well.

make your excel score sheet please...for one day.

Check every tayvah for second look and your success.

Put a column for third looks as well.

you wont need a column for fourth looks, for that won't be happening.

b'hatzlachah

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 09 Apr 2014 11:28

for me this is a disease of inner conflict. I woke up this morning desperate to have sex with a woman at work. at the same time I'm desperate to keep my sobriety.

no wonder I feel restless. and that is bad news.

acceptance is the answer to all my problems today.

have a good one.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 09 Apr 2014 20:51

30 days and 3 hours of sobriety.

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Re: From a deep pit to a tall roof
Posted by Pidaini - 09 Apr 2014 21:00

L'Chaim!!!

May we all be able to see that we want to choose life!!

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Re: From a deep pit to a tall roof
Posted by cordnoy - 09 Apr 2014 21:27

[Dr. Watson wrote:](#)

30 days and 3 hours of sobriety.

Great!

Now do one more hour!

Here is a "one month" chip.

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Re: From a deep pit to a tall roof
Posted by TehillimZugger - 09 Apr 2014 22:53

Great work counting hours.

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