

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 - 10 Apr 2014 20:21

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I'd prefer some chocolate chips please

Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 13 Apr 2014 15:04

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The following thought struck me on Shabbos. If the way to stay sober is to pray to G-d and ask Him to keep me sober, how is it that a guy who's been frum since birth and davened every day can become an addict in the first place?

The answer is now so obvious. I had porn and Hashem confused in my mind. Hashem was a nuisance to me, something extra I was supposed to do, but as far as I was concerned I could take it or leave it. Porn on the other was something I needed to have in my life. It was my solution, the thing I turned to for help and comfort during any bad time. I had a private and personal relationship with porn, and I was consistent in it, spending time with it every single day.

I've begun to realise how mixed up I have been in my mind. Porn should have been a take it or leave it thing, Hashem is what I need to have in my life. The only difference between me as a frum guy before and a frum guy now is that now I feel like I *need* Hashem. Through realising how hopeless and useless I am by myself, I can come to need Him and have Him in my life in a way that I never had for all those years of using my own abilities to learn torah and daven with kavona and do mitzvos in the most lechatchilah way. I didn't feel the need for Hashem to help me learn, I could figure it out. I didn't need Hashem even to help me daven, it was up to me to have kavona, who cared if He listened to my davening or not. Or more specifically, He couldn't *not* listen when I had such kavona. It was all up to me.

Oy gevalt I've been such an idiot.

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Re: From a deep pit to a tall roof  
Posted by Dov - 13 Apr 2014 19:38

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Yes, that's my experience exactly. But you say porn should have been a take it or leave it kind of thing....I suggest that really sex should be a take it or leave it kind of thing.

The terror we feel in our gut not getting sex, makes us assume we cannot live without it, cannot love our wives without it, cannot be good Jews without it. And it is a lie.

And that lie is the anchor that holds the porn and lust in our lives. Like water in a shoe we just refuse to dump out. We walk all over with it squishing, squish, squish, squish...limping through recovery. (And we find ten Chaza"ls and a few RMB"Ms to blame for that cuz they 'prove' that we *need* sex to be good or healthy. Just plain dumb and misunderstood.)

We made orgasm and porn a Power Greater than ourselves, no question. Unfortunately it was a power greater than ourselves that restored us to *insanity*, not sanity.

So yes! We frum sexaholic types were all idiots. That's why I relate so much more to Par'oh than to the Yidden in mitzrayim. Par'oh was the addict, not the Jews. He was unable to let his precious Jews go, makkoh after makkoh, pretend letting go afer pretend surrender...he just couldn;t do it till he hit rock bottom at yam Suf in a last crazy grab for his sweet precious Jews...(see RMB"N who says exactly that there). He started out hardening his OWN heart - soon it was imposed on him...exactly an addict. I started out with desire - in later years it became a need. Then it became an illness I could not beat, period. My heart was hardened and there was no hope but complete surrender of my life - not just my lust - to a Power greater than myself.

In the Torah it says that Hashem tells Moshe that Par'oh has been made the fool. And He tells Moshe that all the makkos were for the Egyptians, not for the Yidden ("So that Mitzrayim will know that I am G-d," and "That there is nothing like Me anywhere," etc - Hashem's words, not mine!).

Nu. Addicts need a turnaround. Taking these little steps of opening up the whole truth to each other as you are doing right here, is the way we do it. But many have reported that it is only a start.

Now I hope you can do this work with real people that are safe and you can trust, so this all becomes really real, rather than just the virtual/comfy thing it is with the goofy usernames and faceless business.

Continued Hatzlocha, doc.

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Re: From a deep pit to a tall roof  
Posted by dd - 13 Apr 2014 21:52

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thanks dov!!

you hit it on the nail as usual very well said we really are more the parah type, so bh tomorrow we will overcome him be"h,(don't worry not the faceless usernames), maybe thats why sipur yetzias mitzraim has to be done with others bderech shaelah veteshuvah to teach us we can't get out of this addiction on our own only with opening up to others,

a gut yom tov!!

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 14 Apr 2014 16:30

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Gevaldig!!

On the other hand, I remember hearing from my rebbe that one of the reasons that there was a desire to go back to Mitzrayim was because as difficult as it was in mitzrayim there was one thing that they didn't have to do, and that was make decisions and take responsibility. The difference between an eved and a ben choirin is that an eved doesn't decide what his day is going to look like, he doesn't need to worry about whether or not it's productive, he just has to do what he is told.

A ben choirin is a person who has to make decisions, and has to take responsibility for his decisions. So when klal yisrael came out of Mitzrayim, they were suddenly hit with this massive task of deciding on that the best thing was, they had to start measuring each step they took, and so something inside of them cried out "I can't handle this, take me back to Mitzrayim" They were willing (to a certain degree, and certain people) to cry and to suffer, to be beneath the Egyptians, pitied beings, but not have to take that responsibility for everything that they did!!

I can relate to Klal Yisrael as well. Sometimes I feel that I am ready to go back to crying, complaining, fighting, and all else, just not to take responsibility, just not to do what I need to do and be able to blame it on the fact that I'm "enslaved" and that I can't make my own choices!

May Hashem help us see the freedom and liberation of Pesach and help us work towards it during sefirah and the whole year round!!!

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 14 Apr 2014 17:39

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thanks guys. and Dov, you should be very proud of me. I've made so many phone calls to SA members that I've not only exceeded my monthly minutes but I've hit the limit of how many extra I can't make any more calls until I pay my bill, which I just did, cos I can't be unable to make calls. looking for an unlimited package now.

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Re: From a deep pit to a tall roof  
Posted by TehillimZugger - 17 Apr 2014 20:50

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Try Vodofone, Yankel made me like that company.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 01 May 2014 17:03

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Something is hidden for guests. Please log in or register to see it.

I think I sometimes feel entitlement to have lots of women, or, more specifically, really gorgeous women, i.e. ones with bigger.....or smaller..... But, with the knowledge that Hashem is my shepherd, I am not lacking any gorgeous women in my life. No need to fight reality. It's like a SA prayer I heard someone say: "G-d, please let me find in You what I'm looking for in acting out" Boruch Shomeah tefillah!

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Re: From a deep pit to a tall roof  
Posted by some\_guy - 02 May 2014 04:10

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Dr. Watson, I always find you inspirational. You seem to always pull through hard times. I feel that if you can make it through those challenges, then I can make it through mine!

Eliyahu / Elias / some\_guy

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 13 May 2014 00:24

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Has anyone else noticed that when you want to post on GYE you have to 'submit'? Without submission we can't get anywhere on GYE.

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Re: From a deep pit to a tall roof  
Posted by shivisi - 13 May 2014 10:13

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[Dr. Watson wrote:](#)

Has anyone else noticed that when you want to post on GYE you have to 'submit'? Without submission we can't get anywhere on GYE.

And to broaden this idea, Here is a copy of ALL the definitions of the word "**SUBMIT**" from the Merriam-Webster Dictionary.

If you think about it ALL of these definitions fit the bill for GYE!!!

[I'LL LEAVE THE EXPLANATIONS FOR SOME1 ELSE]

## **SUBMIT**

### Full Definition of SUBMIT

transitive verb

1

a : to yield to governance or authority

b : to subject to a condition, treatment, or operation

2

: to present or propose to another for review, consideration, or decision; also : to deliver formally

3

: to put forward as an opinion or contention

intransitive verb

1

a : to yield oneself to the authority or will of another : surrender

b : to permit oneself to be subjected to something

2

: to defer to or consent to abide by the opinion or authority of another

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 14 May 2014 00:18

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I really want to act out right now so I'm going to post here instead.

I was doing so well and then, earlier this week, from nowhere came the idea to look at a few pictures. A few turned into a lot and I fell 3 times. I haven't fallen 3 times in one day for over a year.

I was so upset. I thought I had figured out the minimum I needed to do each day to keep my sobriety but it seemed I was wrong. What's the alternative? To listen to the guy who told me he needed at least 4 meetings a week?! You know I have other things that need doing too!

Then I remembered that I actually had not done my program that day at all. I had not done the reading and only done one prayer instead of at least two. So maybe it's not so bad after all. If I can stick to my relatively easy routine maybe I'll be alright.



I'm in a bad mood today though. One of my co-workers wasted so much of my time today I came home feeling very frustrated. I think he's confused between explaining something and making me watch him do his work. It's really irritating. Sort it out in your own mind and then tell me what you want to tell me. Don't call me over and then start thinking!

I had to hang around an extra hour and a half waiting for him to explain something that, now I know what it is, could have been explained in 3 minutes. It's really not right to waste my time like that!

I'm also a bit worried that I looked and sounded as impatient as I felt and I'm making problems for myself at work.

Besides that my boss looked over a piece of work that I did with extra care, trying to make sure it was thorough and complete. He ripped it apart. Not a nice word was said about it.

I'm kind of upset about it and kind of determined that next time I'm in his office he'll have to compliment my work. Of course that's what I said last week too.

So things happened to me that are beyond my control and I didn't enjoy, and I feel like taking something for myself which I will enjoy. Only I also want to stay sober.

This morning as I was praying I asked Hashem something for the first time. I thought if Hashem can do anything anyway, why am I always asking for sobriety just for today? Why shouldn't I ask for what I really want? So I asked for 90 days, and iy"H another 90 after that and another and another.

Of course my mindset still has to be about today, yesterday and tomorrow are irrelevant. But I can still ask my G-d for more than that. Harchev picho va'amal'eiyhu, no?

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Re: From a deep pit to a tall roof

Posted by TehillimZugger - 14 May 2014 18:26

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Gevaldigggg Doc

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 14 May 2014 22:31

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I don't know what's so gevaldig about being in a bad mood, but thanks for replying.

I really want to look at some porn right now. I turned my computer on to study and I basically decided to look at some pictures. Not to masturbate chas vesholom, oh no no no no, that would be wrong! Just a bit of looking.

And then I thought "Wasn't it you who said to a guy a couple of weeks ago that staying sober is your number one priority, that whatever you need to do to stay sober is worth it because it's the path to so much brocho? Hypocrite!"

Then I noticed a shiur by R' Twerski sitting on my desktop called 'doing your part to repair the world' so I thought I'd watch it. First I'll look at a little porn, then I'll watch the shiur.

No no no, idiot! Anyone can act out then watch a nice shiur about how I can do my bit to perfect the world and feel inspired. It's feeling inspired *before* acting out - that's the bit that actually perfects the world! So I will try my very best to see the day out without looking at even a single pornographic picture. Hopefully some good will come out of that, even if I fall tomorrow.

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