

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 dd - 31 Aug 2014 23:11

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GEVALDIG DOC!!!

thats really amazing to see how using the system really is a life saver,

KOMT and KUTGW!!!

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Re: From a deep pit to a tall roof  
Posted by cordnoy - 31 Aug 2014 23:12

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As it says in the whitebook (and this is an answer to those who say, "why should I call someone? What will he tell me that I do not already know?):

Whenever I felt some experience, image, memory, or thought was controlling me, as was often the case, I would bring it to the light, talking it out with another program person. Get the air and sunlight on it. Lust hates the light and flees from it; it loves the dark secret recesses of my being. And once I let it lodge there, it's like a fungus and starts flourishing-the athlete's foot of the soul. But as soon as I bring it to the light, exposing it to another recovering sexaholic, the power it has over me is broken. Light kills lust. I did this with specific experiences, not in generalities. Sometimes it meant imposing on a person's time, but it cleaned me out and kept me sober. Every time I talked it out in surrender, the power of that memory or experience was broken. Another new and powerful breakthrough.

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Re: From a deep pit to a tall roof  
Posted by Machshovo Tova - 03 Sep 2014 01:43

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As R' Dov has mentioned many times, this idea is also mentioned in the "Tzetel Koton" (# 13) of the Rebbe R' Elimelech from Lizhensk zt"l - That one must constantly speak out to a mentor or a trusted friend about all his lustful thoughts, for by bringing it out into the open it breaks the power of the evil inclination so that it will not be able to overpower him next time, besides the fact that he may receive some good advice from his friend.

Hatzlacha

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Re: From a deep pit to a tall roof  
Posted by gibbor120 - 03 Sep 2014 20:43

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[cordnoy wrote:](#)

it (lust) loves the dark secret recesses of my being. And once I let it lodge there, it's like a fungus and starts flourishing-the athlete's foot of the soul.  
Great line!

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 04 Sep 2014 23:02

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"Horaini Hashem darkecho un'chaini beorach mishor"

It's easy to think that we only need directions when we're going a complicated route. In fact we need even more direction on how to get down a straight path.

For example, how much lust can I enjoy without consequences? None. Simple as that. The path ahead of me is straight. But I still want to see just how off-road I can go and still get to the end of the path.

Why? It's so much easier and safer just to stick to the road, everybody knows that. Yeah, but my ego tells me it's much more geshmak to get to the end of the path my way. I might fail but at least I'd have done it my way. well hurray.

But in truth there is only one way to get down a straight path. Only I need to be guided along it.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 05 Sep 2014 02:14

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I was reflecting on this on the way to a meeting and I realised the reason why I need so much guidance along a straight path is because the path might be straight, but I am crooked.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 22 Sep 2014 11:26

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B"H I had the opportunity to tell some of my story over again to another member and re-enforce the knowledge that I am powerless over my addiction. I cannot stop myself from acting out any more than a man in quicksand can pull himself out. In fact the more I fight it the quicker I sink. My job is simply to stop fighting and call for help.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 30 Sep 2014 23:46

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[Dr.Watson wrote:](#)

I was reflecting on this on the way to a meeting and I realised the reason why I need so much guidance along a straight path is because the path might be straight, but I am crooked.

As we read in the haftora of shuva Yisroel "Ki yeshorim darchei Hashem, vetzaddikim yelchu vom uposhim yikoshlu vom". The road might be straight but I can easily trip over it without

Hashem's help.

I felt a little distance between myself and the rbsh"o today and I found myself getting a bit frustrated. Things didn't go exactly as I wanted, and I was worried that I done damage instead of good. I spoke to a friend and he said "did you do the first or third step prayer today?" I said no. He said "Oh, well then what I was going to say won't work exactly (loved the assumption that I ) but yeah, if you are powerless and you want to turn yourself over to G-d instead then you realise that you don't have the power to make things turn out either good or bad."

Now I feel guilty that I didn't daven beforehand, but it's a step up from feeling guilty for messing up.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 05 Oct 2014 21:57

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I saw these and just had to share them:  
had though

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 05 Oct 2014 23:05

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Stop making fun of me!!! :mad:

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Re: From a deep pit to a tall roof  
Posted by John Watson - 19 Oct 2014 01:52

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Wow, so much to write about yom tov I'll start with just one thing.

I was holding one of the poles holding up the 'chuppah' for kol haneorim and I was trying my best to hold it straight. A couple of times though someone else pointed to me to move it a bit further back. From where I was I couldn't see that it was crooked, I was too close to it. It took someone with a little distance to see that I was holding it crooked.

The lesson is that sometimes it takes someone else to show me that I'm crooked. I can't see it in myself.

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Re: From a deep pit to a tall roof

Posted by John Watson - 23 Oct 2014 01:07

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So here's the thing.

I just relapsed. It's been months since I've seen any form of pornography and I was desperate. It's been a couple of days and tonight I gave in. Not right away of course, first my addiction convinced me I should just browse a bit, after all I have a strong filter. In the end I found a clip that could barely even be called porn and relapsed.

A lot of thoughts went through my mind right after but I think that in truth I don't mind the falling so much. It's about progress not perfection and b"H I'm making progress. So I'm not there yet, nu nu.

No, what bothers me is that I know the 12 step program works. I've seen it in others and I've experienced it work a little in me too. I simply cannot compare the periods of abstinence I had before to the periods of sobriety I've had since.

I want to be able to help others experience the same sobriety and much much more and to do that I need to be able to convince people that it's good. But how can I do that when I've never even got to 90 days?

That's what bothers me when I fall.

It's not how I feel about the fall itself but my pride. Who's gonna listen to me now I've relapsed yet again?! I wouldn't.

I think this attitude has been affecting me more and more recently. It happens at meetings and you can see it in my posts. Gone is the honesty, the vulnerability, replaced by a self-styled 'teacher' to the confused. Well it's really me who's confused.

And I think that pride is getting in my way. Heck, maybe it's the only thing that's getting in my way.

When someone messages me about what they get from this thread my head swells up. See John, there's someone who I can help. Even if I never make it myself maybe I can 'succeed' through him.

And when I post, why do I then check to see how many people liked it? If I write a post to one person all I should care about is whether it helps that one person, who cares how many other people liked it. And I'm powerless cos I'm gonna check this post too, I know I will.

I don't know what I'm going to do next but I'm not sure I'm capable of using this forum in the good spirit in which it was intended. If it's become a vehicle for my pride then I think I need to surrender it entirely, or maybe just my profile.

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Re: From a deep pit to a tall roof  
Posted by cordnoy - 23 Oct 2014 01:31

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Ridiculous!

We all have ego; we all have pride (well, most of us I guess; for sure I do).

Write with honesty; you're good at that.

I am goin' thru a touchy time, and I write that.

Am I still 'sober'? Yes, but there are times when i'm not strong.

And, there are plenty who will remain nameless, who have also struggled, but it stays more in emails or chats, and nevertheless, they provide chizuk for the oilam.

It's fine.

I wouldn't suggest masqueradin' as someone you're not, but words from the heart, and especially yours, are good ones, and we certainly don't wanna miss that.

Doc (that was your name); stick around; keep pluggin'; keep 12 steppin', and keep postin'.

thanks

b'hatzlachah

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Re: From a deep pit to a tall roof

Posted by newaction - 23 Oct 2014 02:44

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Mr John Watson excuse my ignorance but why do you name yourself John from the previous Doctor . i am just trying to understand .

With regard to what you wrote i have seen some posting something like they are "asirim" in "beis ha asirim " and the asir can not set himself free without his friend's help. So disregarding your status in the way going up . Your experience , advise and knowledge could help and even save many who read your posts.

Secondly as you for sure know when you help somebody you are also doing yourself favor

because your words that are spoken with honesty influence you yourself and you can derive Chizuk from them . Needless to say that isnt helping others one of the 12 steps ?

with regard to the other thing you said (about checking ), i think you are a very rare specimen of honesty and truth embodied in one person. You deserve all of our admiration and much more.

More over even with regard to learning Torah it is better to do "shelo-lishma" as long as you are learning . Something as vital for members of these forums as posting, can be done , in my humble opinion , shelo lishma .

So i dont see any reason why after your "relapse" you will devoid all the oilam from your extremely important words of wisdom . May Hashem enlighten your eyes , and ours, to see what is the ???? and what is ????. And reach the point that our eyes are guarded for His Sake.

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