

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 Watson - 30 Nov 2014 01:23

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

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Re: From a deep pit to a tall roof
Posted by Watson - 30 Nov 2014 22:54

So I'm sitting here at my computer, bored, trying to procrastinate and I just want someone to write something so outrageous on the forum that I can spend half an hour or so writing a reply, with quotes if I'm very bored, so I can 'fix' him, take the credit, get my ego stroked and relieve my boredom for a while.

Then it suddenly hit me how sick I am myself. Getting pleasure from commenting on other people's personal hell when I'm currently one week clean!

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Re: From a deep pit to a tall roof
Posted by cordnoy - 01 Dec 2014 00:13

That's usually me!

So, I meant to take some of our old letters on trip...this way maybe I could figure out why we got married in the first place.

Lo and behold; I forgot.

Now what?

I'm supposed to think of five reasons, and the only one I can come up with is her organization skills.

Geez; I could hire a secretary, and I'd be much better off!

Perhaps two secretaries (with varied schedules).

Hopefully, over the flight, i'll think of four more.

But, like I've been sayin' the last several days....I will be prayin' for help in this area.

Now Doc; go for it!

And don't be nice.....(please).

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Re: From a deep pit to a tall roof

Posted by Watson - 01 Dec 2014 00:26

lol, I guess I kinda walked into that one!

I guess the fact that you have letters in the first place says a lot. And the fact that you still have them over 20 years later.

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Re: From a deep pit to a tall roof

Posted by cordnoy - 01 Dec 2014 00:33

Wimp!

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Re: From a deep pit to a tall roof

Posted by lavi - 01 Dec 2014 18:00

[Watson wrote:](#)

So I'm sitting here at my computer, bored, trying to procrastinate and I just want someone to write something so outrageous on the forum that I can spend half an hour or so writing a reply, with quotes if I'm very bored, so I can 'fix' him, take the credit, get my ego stroked and relieve my boredom for a while.

Then it suddenly hit me how sick I am myself. Getting pleasure from commenting on other people's personal hell when I'm currently one week clean!

lol at self

got a idea for you, post how much you appreciate gye and then tell me that my idea was a good one, and stroke my ego instead.

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Re: From a deep pit to a tall roof

Posted by Watson - 02 Dec 2014 03:06

I'm very grateful to Hashem to day for keeping me sober today.

I'm very grateful to GYE for pointing me in the right direction, and for allowing me to pour my insanity onto this thread.

I'm very grateful to Lavi (and everyone else) for being an inspiration to us all.

In other news, I blocked youtube yesterday. I can barely believe how long it took to be willing to give it up, but b"H I did. I barely used it anyway, I just went in every so often to disable the safety features and act out with what can't even accurately be described as porn.

I heard another gem from Sandy yesterday. How long does it take to do a fourth step? About one year and 4 hours. So true!

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Re: From a deep pit to a tall roof

Posted by cordnoy - 03 Dec 2014 07:13

Great stuff; like usual!

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Re: From a deep pit to a tall roof

Posted by Dov - 12 Dec 2014 06:33

The dear man, Sandy B. just passed away this week. Boruch Dayan haEmes. A real loss, to anyone who has heard and grown from knowing him or his talks for AA. What a spiritual mentch.

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Re: From a deep pit to a tall roof
Posted by Watson - 19 Dec 2014 00:34

[Dov wrote:](#)

The dear man, Sandy B. just passed away this week. Boruch Dayan haEmes. A real loss, to anyone who has heard and grown from knowing him or his talks for AA. What a spiritual mentch.

A real loss. I have gained tremendously from his talks.

I thought I would post one of his talks here. When he says 'AA' and 'drinking' you can change that for 'SA' and 'lusting'. Audio starts after about 10 seconds

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Re: From a deep pit to a tall roof
Posted by Watson - 21 Dec 2014 05:21

Man alive, I am just bursting with resentments right now. I've been picking up resentments quicker than I've been asking Hashem to remove them. Today I remembered what one speaker said about allowing people to irritate me 6 times for free so I thought OK, just for today I will allow my wife to do 6 really annoying things and I'll let them go. Just 6, after that I can be justifiably upset.

So when the first thing happened I got angry at first then remembered it's OK, she has a free pass. Fine. The second thing happened and I remembered I have to let 6 things pass before I say anything.

Of course once you've let 6 things go you feel pretty silly making a big stand against the 7th. But of course she picked up that I was irritated, so she got upset! What a chutzpah!

The slight annoyance in my voice she picks up on, but the fact that she's married to the biggest

So now it's after midnight, I have a headache and I just want to chill for a bit before bed..... This addict will self-destruct in 5, 4, 3, 2, 1.

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Re: From a deep pit to a tall roof

Posted by Watson - 29 Dec 2014 13:30

~~tzaddik in the world she doesn't even notice!~~ Unbelievable!

Quick update. Last Thursday I had a very difficult day and I came home lustful. The lust grew and grew and in one instant I thought of a brilliant way of finding some pictures of naked women online. So I found them and looked for about 20 minutes. Then again motzoei Shabbos for about 20 minutes then on Sunday for about 5 minutes.

All I did was look, I didn't have sex with them so I'm still technically sober but I don't feel it. In truth I didn't find the pictures all that amazing. I spent almost an hour searching for one with anything other than dead eyes in them, and I only nearly masturbated with only 2 of them.

It occurs to me that without lust they're just naked human bodies. It doesn't excite me by itself. I can use them to fantasise lustful scenarios but by themselves they're not really all that great. This morning I am using the same computer and I don't feel any pull to look for the pictures again. Maybe I'm surrendering on an empty stomach or maybe the very fact that they're naked isn't enough for my addiction.

Truth is I'm much more sensitive to lust than before. I used to take long walks along the beach in the summer despite the half-naked girls there. Now I think my head would explode. But pictures behind a screen? Yes she's very good looking. And...? What am I supposed to do with

that?

But still surrender is in order. I told my sponsor already and will share with my recover partner. I'm playing with fire, I don't need this, I don't want this. I want to leave all those pictures behind when I hit the submit button, let G-d handle them, and move on with the steps.

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Re: From a deep pit to a tall roof
Posted by Dov - 30 Dec 2014 03:13

[Watson wrote:](#)

Truth is I'm much more sensitive to lust than before. I used to take long walks along the beach in the summer despite the half-naked girls there. Now I think my head would explode. But pictures behind a screen? Yes she's very good looking. And...? What am I supposed to do with that?

I am much more sensitive to lust than ever now, too. I used to be able to watch porn for hours and 'save it up', even for a day or two...to do lots of other things, too, without masturbating. But the way I am now after 17 years of sobriety in recovery, I could never succeed at doing that. If I) I'd lose it in my pants without even getting an erection. I know this to be true, for I have felt it start with little provocation.

Yet that sensitivity does not mess with my real sexuality and I can b"H still function totally normally with my wife.

Lust must obviously be totally different than sex in love. For one thing, it's not 'stealing' anything and it's not sneaking...and another thing about sex in love is that it is real. In so many basic ways it is totally different than fantasy. Only the fake thing gets a person crazy. Unlike lust, sex in a stable, real relationship can be optional. Wow, what a great experience it is. Peaceful, satisfying. The exact opposite of doing it with one's hand secretly in the bathroom that all of us here are so very familiar with. No philosophy or 'Torah' is needed here to explain it at all, it is just the the way things are.

The sensitivity is not to women or even schmutz...it is to wanton use of it. That sets off a machine that is as sick as ever, and perhaps gets sicker as time goes on, *whether we recover or not*.

To those who feel dissapointed with that description of recovery, I'd ask this: Do you define 'Getting better' as 'Getting the ability to use pornography or fantasy *a little*, yet still not have to pay the price of acting out sexually as a result of partaking?'

Believe it or not, many here - even frum people - do indeed describe it *exactly* that way, though they do not realize it.

So...is any that relevant to what you described in your post?

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Re: From a deep pit to a tall roof
Posted by cordnoy - 30 Dec 2014 05:21

Hey Doc!

Sound familiar?

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