

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 cordnoy - 31 Dec 2014 02:09

I wrote this recently:

It's just us and the objects of our desire, and they always love us. I don't know if you watch porn or not, but you ever wonder how they always love us; they would do anythin' for us; they would bend over backwards to fulfill our wildest fantasies. You know why? For then it is stress-free; there is no resentment, no anger, no revenge. Imagine if you'd have your own porn star, and you would ask for sex and she would say no and slap you for it, would you go back to her? Would you dream about her? In general - that is not what we crave.

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Re: From a deep pit to a tall roof
Posted by Watson - 02 Jan 2015 03:21

Oy what a day. Lust has been creeping in over the last week and really caught up with me today.

I found a way round the filter again. It doesn't bypass the whole filter but does access some pictures. My feeling is that I have not been sober since I decided last Friday to test my idea to see if it really works.

B"H I have now plugged the gap in the filter but a lot of damage has been done already. Funny how you can read words of the Big Book or White Book that you've already read several times but they suddenly take on new meaning:

"Lust throws my whole system out of whack. I lose my equilibrium, my control, and have to recover as if from poison."

I literally feel ill - physically, emotionally and spiritually.

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Re: From a deep pit to a tall roof

Posted by cordnoy - 02 Jan 2015 07:00

We are listenin'.

So is God.

even more intently.

He could.

And He will.

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Re: From a deep pit to a tall roof
Posted by Watson - 08 Jan 2015 04:25

The poison of lust is slowly leaving and I again realise how unmanageable my life is. I'm so tired I can barely function and I feel like if I could just get things in order, the house clean, back into my learning schedule, etc everything would be plain sailing, but somehow I just can't, I'm too unmanageable. I know G-d can do it but I'm finding it so hard to ask Him.

Funny how acting out makes me feel afterwards. One week of depression, one week of resentments, one week of tiredness, then I start to feel human again. Why would I keep doing something that makes me feel like this? A few minutes of pleasure followed by 3 weeks of pain!

As the White Book says "Knowledge was not power...What I needed was not more knowledge...but power to stop what I was powerless over."

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Re: From a deep pit to a tall roof
Posted by Shmeichel - 08 Jan 2015 04:37

the yaaros devash quotes ????? ??? ????????

when the farmer gives the herd some salt blocks to lick upon, so the wool should grow nice and

long, only to be able to shear them afterwards

dont lick them salt in the first place, dont go near such a farmer at all, he is our gr8test enemy

the y"h doesnt mind some period of recovery in order to regain some lost energy of sinning, lets use the new energy in enrouting from that farmers path

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Re: From a deep pit to a tall roof
Posted by shomer bro - 08 Jan 2015 05:32

Great mashal!

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Re: From a deep pit to a tall roof
Posted by Watson - 08 Jan 2015 13:30

It's not a question of what, but of how.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 09 Jan 2015 18:12

Perhaps the "how" is up to God; all He is askin' us is "when?"

b'hatzlachah

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Re: From a deep pit to a tall roof
Posted by Watson - 09 Jan 2015 19:49

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Warning: Spoiler!

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Re: From a deep pit to a tall roof
Posted by Watson - 23 Jan 2015 04:38

I just had the feeling I know so well wouldn't it be great to enjoy a little lust today, after all it has been a hard day at work and you've been good for a while, what's the harm in a little fantasy and playing back porn videos in your head.

Then I read a little from this thread and came across this again:

[Watson wrote:](#)

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

I shudder. I can almost feel the hell of looking through hundreds of photos of naked girls with

empty dead eyes staring into the camera. They're almost saying with their eyes "why are you making us do this?"

Like I said elsewhere, it really is like getting sucked into a pit of quicksand made of ice cream.

"Help meeeeeeee... I'm getting sucked iiiiiiiiin! I can't get ooooouuut! I.... I.... I..... is that chocolate?"

Best avoided.

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Re: From a deep pit to a tall roof
Posted by shomer bro - 23 Jan 2015 06:57

Great mashal

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Re: From a deep pit to a tall roof
Posted by Shakeitoff - 23 Jan 2015 19:54

Thanks for this.

Especially for the lead-in: "it's been a hard day at work..."

The hard day/ flat tire/ mess the dog made/ situation in Israel/ meaninglessness of my life/ itchy rash/ whatever... I have no trouble finding excuses for porn, overeating, self-pity, blah blah blah.

I'm trying to plan better ways to react to the next "negative". Quick, simple, cheap, always

available. My thinking is that the porn or whatever has been a way to medicate my bad feeling, whatever the cause of that feeling.

I'm afraid of rambling if I continue, but thanks again.

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Re: From a deep pit to a tall roof
Posted by Watson - 23 Jan 2015 20:08

Feel free to ramble as much as you like.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 29 Jan 2015 18:39

Pure Daniel wrote well:

What ya' think Watson?

[Pure Daniel wrote:](#)

Dr Watson you are completely normal.

The fact that one's wife may be attractive doesn't stop our fantasies. The fantasies can be about anyone. even our own friend's wife or younger aged girls.

The addiction is one that can be manifested in many different ways. Some people have a lust for men, some even for animals.

Does it ever stop? NO. Not unless we work on it. And even if we work on it, it doesn't stop it is just 'shelved' as long as we keep up the work.

This is a life long mission. But let's be thankful that we have been chosen for this mission.

Hashem wants us close to Him and so we need to constantly be reminded that we need to think of Him always and work on focusing on being givers rather than a takers.

We all have a gift and may we be blessed to realise that we have this gift each and every day.

Thanks to all those on this forum that give chizuk to each other. What tremendous reward we will all get from this!

Stay Pure,

Daniel

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