

Kedusha and Sanity

Posted by skeptical - 02 Aug 2013 21:48

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**Dov**

I hope you remember that the real problem here is not lusting, but lying. Few here get it. Most think this is some sort of religious kedusha struggle or something. It's really just being a real human being. Derech Eretz kodnmah laTorah. Once we have sanity, all the rest falls into place. Hatzlocha getting some and keeping it. It's certainly not a thing you are mesugal for doing successfully, so this will be a miracle - as it is with me.

Love,

Dov

**skeptical**

Lying/not lying is also a religious kedusha struggle, or something.

Derech Eretz is Torah.

**Dov**

skeptical wrote:

Lying/not lying is also a religious kedusha struggle, or something.

Derech Eretz is Torah.

It may make you feel nice to see your own struggle to remain honest and real, as falling under the rubric of Torah and avodas Hashem, but do you see how the connection of this struggle in any way to Torah, Teshuvah, and Kedusha is poison for so many people? And if yes, do you see then that trying to be 'menachem' a person that "yes, your recovery is still Torah/kedusha," can really tempt them to run right back into the very 'holy' mentalities that have been fueling their porn and masturbation habit from day 1, 2, or 3?

Those are questions, not rhetorical, nor attacks. Just questions.

And have you read my post about "The Nuclear Reset Button"?

**mayer**

The answer (or rather my answer) to all of the above questions is yes, yes, and yes.

That being clarified at the outset (I have a sneaking feeling that this is gonna be a long hijacking), wouldn't it be fair to assume that the above mentioned "poison" is a distorted view of what Torah, Mitzvos, and Avodas Hashem are all about? They (Torah, Mitzvos, and Avodas Hashem) are NOT about MY oh so exalted levels of \_\_\_\_\_ (fill in the blank -Torah, Teshuvah, Kedushah, Chassidus, Mussar, etc.); that grain and perspective of humility, is game-changing. A more accurate, less "me-focused" perception and angle of Torah, etc. is indeed a (the?) (by)product of sobriety, no?

All Mr. Skeptical is saying, (I think) is that, if one truly has (something of the) the right perspective vis-à-vis Torah, etc., there is a way of looking at this endgame during the game, that's all; not removing it from the scope of Torah, without having his Avodas Hashem defined by masturbation.

As the saying goes "If the shoe fits, wear it!" Conversely, if it doesn't, (and if it's "poison", it certainly won't,) don't!

**Dov**

Yes, yes, and yes, Mayer. But my point is that if so, then WHY DON'T ALL THESE 'CORRECTED' JEWS HERE JUST KEEP THEIR ZIPPERS UP AND LEAVE THEIR PENISES ALONE!

But they do not.

Why?

Some of these good people (and I mean that 100% sincerely) are still searching for porn, still worshipping it, hot women, and sex with their wives, with devotion and mesiras nefesh that would be high madreigos in avodas Hashem, and are still keeping it private - so they can safely

keep doing it (hiding it and using fake names even n recovery here on GYE).

And if they are now enlightened and 'get the Torah right"...when did that sudden enlightenment occur? Did they undergo any real inner change that is a total revamping from the 'Torah' they knew and accepted back in the day (last week?) when they 'were still sinning regularly'? Or was it just a few posts they read that showed them a nice vort or chizzuk of some sort and 'now they've got it all right'? How can I have faith in quick sincerity-fixes rather than see them as gimmicks.

I have seen so many guys insist that they now 'get it', so many speeches from newbies still masturbating their brains out, spewing what they feel with their whole heart is sincere: about how "if you just trust hashem and do xy&z things, you will beat this thing!" And they 'fall' so badly they disappear in shame. This happens over and over. GYE helps a lot. But so many more than it helps, are lost to the denial of religious enlightenment.

Sorry for the rant here. But it hurts.

How is what you are saying any different than that? I just don't get it - please explain it to me, chaver.

## **MendelZ**

Dov is just keeping us real, as he is wont to do. I would like to take this opportunity to thank Dov for his super-valliant efforts to help us all realize that unless there is some serious paradigm shift occurring in the way we see life itself, we can be pretty sure that we've got a lot of work to do. Not to discourage us, chas v'shalom, but real recovery requires real realization. The misguided Torah lives we all live/lived is not the real Torah. We live/lived it because we thought it was about us. Its not. If we could see that as true, more true and real than whatever pleasurable feelings we had when we acted/act out, we would be able to make a little more room for the true and real Torah to have its glorious and uplifting effect on our lives.

**mayer**

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How is what you are saying any different than that? I just don't get it - please explain it to me, chaver.

There is but one difference (and although it may be dismissed as mere semantics by some, it drives others up the wall) and that is the insistence that for some people who are deeply mired and entrapped in porn, masturbation, etc., Torah is NOT the (an) answer.

Yes - certainly, their Torah ain't - real Torah is. I think we all agree on that one.

The point of divergence is whether one can begin to live that while still entrenched in the dirt. Just as saying "I'm powerless", without truly recognizing it is merely a lesson in self-delusion, so too is the "sudden enlightenment" of "get the Torah right"; Torah is not a lesson in mental gymnastics or enlightenment, but in action. Just as any other mode of recovery is a process, so too is this. One must be honest - difficult, very difficult.

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Re: Kedusha and Sanity

Posted by Dr.Watson - 05 Aug 2013 20:32

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Wait, I'm getting more and more confused. Are you saying I am an addict, I am not an addict or is it irrelevant?

Do I need 12 steps or shaarei teshuvah?

When you say help, do you mean GYE, phone conferences, live SAA meetings or talking to my Rav?

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Re: Kedusha and Sanity

Posted by Dov - 05 Aug 2013 20:55

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Doc, are you serious that you would take it seriously if someone told you that you were an addict? I doubt that is realistic.

I was told by Rabbi Twerski back in '92 that I was in serious trouble and could not get out of it unless I got intensive therapy and a group approach of some kind...and those were the days when the good doctor had not yet made up his mind whether lust addiction really existed, yet!

...and I did nothing real about it for five more years of hell.

People do not do what they really *need* to do until they themselves are convinced *in their own heart of hearts* that they are in serious trouble that they cannot get themselves out of using the old tricks any more, I believe. So, being told you are an addict will not help you (or anyone) a drop! Yes, you may do 'things' about it since you were 'warned'...but you will not do *what you really need to do* and make any real changes.

That is why so many people who are living through horrifying wreckage in their lives here on GYE, still use their fake usernames and give a paucity of real detail in what their problems (even in lust) really are. Don't get me wrong - many people here are fully open and honest! But many are 'not ready to do that'. Shame is still just too great.

So don't worry about any machlokes achronim, rishonim, or whoever. You, doc, have all it takes to make a decision and take the real actions that are needed for you, whether you are sick as I am, or not. And I believe you will do the right thing. (And I know I haven't a clue abt what that may be.)

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Re: Kedusha and Sanity

Posted by Dr.Watson - 05 Aug 2013 21:44

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I don't feel like i need a label. You're right, I don't think that would help. All i want to know is what would help me. I don't know why i keep going back to porn, maybe i'm addicted or maybe i just enjoy it. Neither is a good excuse. It's not like i get withdrawal symptoms when i'm off porn. And if addiction recovery is all about what there is deep down that drove me to it, i just can't see it, I am a happy contented person.

Other than using my real name on a forum where i know that some people who are not registered are enjoying reading about our problems and speculating as to who we are, there isn't much i haven't tried. i haven't really got anyone i can speak to about it, and i don't want to tell my wife because she'd be horrified. You're not going to like me quoting anything but "ashrei nesuy pesha kesuy chato'oh" I just don't see why it's so vital to tell anyone about my aveirahs, it's between me and Hashem.

Or am i an addict and an addict has to tell people for recovery? But maybe I'm not an addict I just find looking at porn relaxing. Maybe i just need a more constructive relaxation technique.

Does it have to get to rock bottom before i can truly address the problem? I don't think i am at rock bottom, and i'm trying hard not to get there. I don't think i was at rock bottom when i started on this, but b"H i've made some progress. Was that wrong of me? should i have waited until it was so bad that i had to label myself as an addict?

I mean, I don't know for sure but i suspect that this aveirah is extremely common. Maybe most guys do it from time to time, or at least did it as a bochur. But once is too many and it needs to be worked on. That doesn't make all of klal yisroel addicts. Maybe that's why there's 49 members on right now and 575 guest. there are 49 addicts and 575 ba'alei ta'avoh.

Remember this thread was started to address the topic of whether looking at this from a totally torah perspective was working. You asked me a question yesterday that I can't answer fully. But I think if masturbation was not an aveirah I wouldn't be trying so hard to control it.

Let's assume for a moment that i'm not an addict at all. It's an aveirah that i do every few weeks or so, but as a frum guy that's too much for me and i want to stop even that much. How do i go about doing that? Is GYE only for addicts so there's nowhere for me to turn? Or is the fact that simply not wanting to do it isn't enough proof that i am an addict and i'm in the right place?

Put another way: since this is an aveirah, not everyone who's trying to address it is an addict, they might just be good guys who don't want to do aveirahs. What would you advise those people to do? Just because they keep doing it doesn't mean they're addicted, after all it is an easy way to get something that a man naturally has urges for. You wouldn't say someone who misses shacharis every day was addicted to sleeping in. So what would you advise these people?



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Re: Kedusha and Sanity

Posted by Pidaini - 05 Aug 2013 22:24

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I'll give it a try,

I doubt I am an addict, at least not to lust. but I wouldn't have been able to stop without GYE. it's as simple as that. I personally think that all this addict talk is superfluous, the question boils down to what have you done and has not worked?

I had tried the main stream "torah", learning and davening to no end. I had even "opened up to MendelZ about 4 years before I joined GYE. But I was no where near stopping, I couldn't. I came here and with the group and chizzuk and fun, stayed clean for 5.5 months, and fell. I needed to change, to change myself.

The 12 steps appealed to me, but I was scared by (Dov) and others "12 steps is only for addicts". After reading some stuff and especially Rabbi Dr. Twerski's "Self-Improvement? I'm Jewish" I realized that that is what I needed.

I have certainly felt a change in myself, in my way of looking and dealing with life, and I BH do not have many or big challenges, but I feel this time it's different. It's only 50 days, but it's a different 50 days.

the 12 steps leads us to a very torahdigge life, a life where "tzaddik b'emunasoh yichyeh".

[Dr.Watson wrote:](#)

I just don't see why it's so vital to tell anyone about my aveirahs, it's between me and Hashem.

First of all, everyone here will tell you that that was the beginning of their recovery, why not beleive them? they're not in it anymore, they know the ropes, not us who are still very much in the mud.

As Dov wrote, don't get mugged by the YH, the thing that he is telling us not to do is certainly the thing that is his downfall.

I think we first need to get out, afterwards the worst that will happen is that we'll ask "did I need to do that?" but why will it make a difference?

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Re: Kedusha and Sanity

Posted by Dr.Watson - 05 Aug 2013 22:39

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[Pidaini wrote:](#)

I think we first need to get out, afterwards the worst that will happen is that we'll ask "did I need to do that?" but why will it make a difference?

My two pence (and it's still going down)  
The risk is that it could ruin a person's marriage for no reason. It's not as simple as just telling all and assuming it will be fine.

Besides which, what would i say, I'm not addicted i just enjoy it and keep doing it even though i don't really want to deep down?

EDIT: I just don't see why my ability to control my yetzer hora is entirely dependant on telling my

wife about it, like that's the make or break, nothing else counts for anything.

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Re: Kedusha and Sanity

Posted by Pidaini - 05 Aug 2013 22:43

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I did NOT mean telling OUR wives.

My wife does not know either. I meant telling other LIVE, REAL, people.

sorry for the misunderstanding

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Re: Kedusha and Sanity

Posted by Lizhensk - 05 Aug 2013 22:46

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well if u knew pidaini, you would know that his wife does NOT know, so it doesnt necessarily mean to ur wife. It means talking to real people in a real setting, as opposed to "hiding behind a fake name on a computer screen" in the words of dov. Pidaini and I both go to OINK meetings, and we both can testify that it has done wonders for us.

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Re: Kedusha and Sanity

Posted by nitzotzeloki - 05 Aug 2013 23:06

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insanity: doing the same thing over and over and expecting different results

what i saw from dov is that white knuckling is just doing the same thing over again without any changes

i personally am capable of justifying just about anything to myself. when i isolate i live in denial of reality. when i open up and talk to people, as hard as it is, i have to face myself. sitting with a

group of people and being honest about what iv'e done forces ME to face MY reality. and when those people are understanding and honest there is communal strength

and i dont have to be an addict to benefit from this

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Re: Kedusha and Sanity

Posted by Dr.Watson - 05 Aug 2013 23:10

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Sorry Pidaini, I misunderstood you.

I tried to get a recovery partner but I didn't get one yet. I'll look again.

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Re: Kedusha and Sanity

Posted by tryingtoshteig - 05 Aug 2013 23:32

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Hi Doc,

I have been following this thread, and had some thoughts on the matter. Maybe I am wrong, in which case you could just ignore me. I don't claim to have all the answers.

**you**

Besides which, what would i say, I'm not addicted **i just enjoy it and keep doing it even though i don't really want to deep down?**

and

I don't think i am at rock bottom, and i'm trying hard not to get there.  
and maybe some other quotes, which I can't find at the moment, or are not quite conveying  
mefurash of the attitude that I am reading in your "voice."

What I am hearing is that you are saying the following (please tell me if I am wrong):

"Sometimes when I come home, I raid the pantry and "steal" some potato chips crisps (sorry!). I know it's kind of unhealthy, the doctor told me at my last checkup a couple years ago that my blood pressure and cholesterol are a little high, and if I don't cut out the noshing, it may (or may not, who knows) come back to haunt me in 20-30 years. So do I know that its wrong? Yes. Do I know it could be harmful to me? Yes. Do I know it is unhealthy? The nutriition label on the back says so? Do I eat it anyway? Well, once in a while won't kill me, that's how we rationalize

Is that where you are? Only you could really answer that question.

Nobody can push you into thinking that your life is **unmanageable**. If a little p\*\*\* and m\*\*\*\*\* here and there is just noshing on potato chips, then I imagine that the 12 steps will not help you, even though the saturated fat is real to you, but it is just saturated fat, not rat poison. I am not sure if Shaarei Teshuva will help for that either. Maybe it will if you are a big yerai shamayim.

I am not wishing "rock bottom" on you. I hope you are able to quit saturarated fat because saturated fat is unhealthy.

anyway. After all, these are Sour Cream & Onion!!!

Was this relevant?

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Re: Kedusha and Sanity

Posted by ZemirosShabbos - 05 Aug 2013 23:46

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[tryingtoshteig wrote:](#)

Was this relevant?

other than calling it chips and going for Mesquite BBQ instead of Sour Cream & Onion it is totally relevant to me. thanks Tryingtoshteig.

and thanks Doc for the discussion

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Re: Kedusha and Sanity

Posted by Dr.Watson - 05 Aug 2013 23:53

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Yes it was relevant, everything I'm told on GYE is relevant and I take it all seriously. After all, it's not often one gets direct advice from a group of tzaddikim such as yourselves.

I'm not surprised my posts are difficult to understand, I don't really understand them either. I'm really not sure about myself at the moment.

Using your analogy I think it's like I used to eat cheesecake and deep-fried lard every day, and the doctor told me I have cholesterol problems. So i've cut out those foods but i still nosh on chocolate every so often. Not because i think it's OK, but because I'm feeling stressed or down and I find chocolate soothing.

I used to watch porn videos and masturbate every day. Now I look at naked pictures sometimes and masturbate every few weeks or so. That was the situation when i joined GYE, but i joined because even that is unacceptable to me. I don't want to masturbate or look at any form of porn ever again.

But I still do and I don't know why. I guess i find looking at these pictures relaxing, and looking leads to masturbation sometimes. So my avodah is to stop looking at all, but i find it hard because it is so relaxing and i'm so busy with work that i use it as a quick way to relax. Maybe that's all it is, maybe there's more to it that i haven't recognised.

My life is not unmanageable like this. To follow the analogy, my chocolate habit is giving my heartburn, not a heart attack r"l. The only reason I'm not happy with where i am is because Hashem says not to. Hashem understands me and the fact that i get stressed and that naked pictures relax me, and i use that to justify it a bit, but Hashem says no. So it's got to be a no, end of story. But i still do it and i'm ashamed of that fact. i want to stop but I'm finding it hard.

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Re: Kedusha and Sanity

Posted by cordnoy - 06 Aug 2013 00:00

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fascinating discussion

im no expert so I cant help much

I could add like some did already that telling people does help

I told a professional therapist all the gory yuchy details

told a rabbi in email in general (the rabbi was done anonymously; he does know me though), and I told frum woman in neighborhood, which helped me immensely...that's one that I wouldn't suggest...it has to be a perfect arrangement.

additionally, you mentioned 'rock bottom.' that might be a key. seven weeks ago sunday, I hit rock bottom. anyone wanna know gory details..if it will help you..just email me, and I will let you know. the next day (coincidentally?) is when I began my recovery. I did have a 60 day stint prior, but not as rigorous.

lastly, I have mentioned here many times...I have cried to God many tefillos (not as many as I should have), felt terrible about the aveirah, researched it in depth (even had some questions on the exact issur, especially if one has children and grandchildren); but bottom line, I am stopping because ITS NOT A LIFE PERIOD. Who wants to live like this? touching myself under desk; bringin phone into bathroom and viewing a two inch screen, getting legs all sticky while thinkin in bed, etc. etc. I was being hijacked by this addiction (used loosely, or whatever da #\$%@&\* it is), and I wanted no more part of it; so I say: GOOD RIDDANCE. And although I didn't understand Dov in the beginning, and I still don't understand him all the time (though his last 5 or 6 posts I felt very good that I had a basic understanding), I think this is what he was sayin: we gotta wanna stop cuz we are sick and unable to stop by ourself; then we have a chance.

b'hatzlachah

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Re: Kedusha and Sanity

Posted by tryingtoshteig - 06 Aug 2013 00:07

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Research has shown, according to my trusty sources, that eating carrot sticks can be just as relaxing as eating chocolate, perhaps even more so, and has even has health benefits for the heart (fiber and such [I don't know, you are the Doc around here, not me]). Do you have any carrot sticks that you can relax with, good fun "batalah" that is kosher, cholov yisroel, pas yisroel, yoshon, fat-free, cholestrol-free, no artificial flavours, colours, or preservatiuves?

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