

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

=====

Re: Back on the Site

Posted by strugglingguy - 09 Mar 2015 02:25

will quostodio help me from reaching stuff thru the APP STORE?! i bet not. cuz that's where I am at...

Thanks for your encouragement. I don't have any other plans of action, right now. what I did do though:

For a week, I was doing great. No phone in room at night - and I stuck to it, BH! (even tho it was hard a little to sit in bed with nothing to "do" or "listen to") until this afternoon.

I feel like playing catchup - next time it will be turn phone off on sun. afternoons when wife is away. but then ANOTHER opp. will pop up! and so on

I can go a week without it, but then - I feel that I need it, want it, love the excitement of the search for it... i don't want to trigger anyone so I will stop here ...

lets keep the convo going. ..

=====

Re: Back on the Site

Posted by yiraishamaim - 09 Mar 2015 04:02

At your point you must counter this false infatuation with porn with the attitude/emotion of what it really is.

Strugglin - picture yourself from start to finish acting out. Searching the web for that which interests you etc. However picture it from the outside looking in. You are viewing yourself. Do you see how pathetic you look? like a hungry animal trying to find - what exactly? Do you see how truly nasty/ugly/filthy it is? Are you not embarrassed?

Like a little boy who stole a cookie you hope upon hope you are not caught in this dastardly act.

To me you have to really truly see it as it is. You have to come to the realization that this way of life is robbing you of more than your dignity. *HACHAIM V"HAMAVES* is in front of you and you are choosing- get it- you are making a decision - to take [i]**MAVES**[/i]

You need this clarity to get to first base. You need to be motivated to change.

=====
=====

Re: Back on the Site

Posted by doingtshuva - 09 Mar 2015 10:00

strugglingguy

It's sounds that you have much of triggers (tigers) surrounding you.

Putting filters is a good and an important step, but it wont prevent you 100%

therefore having a list of things to do while your wife is away can help you.

Maybe make her a surprise by cleaning up the mess.

you can also have a **mp3** with music and shiurim which you can take to bed.

Once these devices are in our hand when we are board, tiered,.....

it's much easier to fall.

=====

=====

Re: Back on the Site

Posted by cordnoy - 09 Mar 2015 14:44

yes Qustodio can block your app downloadin'

=====

=====

Re: Back on the Site

Posted by strugglingguy - 09 Mar 2015 18:03

Thanks everyone.

YS - Thanks for chizuk (but I think what works better for me more are actions, not so much machshavos)

I like that idea about the mp3 but thing is - if I want to watch p***, I will just go from one to the other

I don't DOWNLOAD apps - I can even find stuff THROUGH app REVIEWS, etc. etc.! yes I am a sick desperate, man sometimes.

what works for u guys?

=====

=====

Re: Back on the Site

Posted by cordnoy - 09 Mar 2015 18:10

it will stop you from reachin' stuff in your app store.

and I agree about the actions and machshavos.

=====

Re: Back on the Site

Posted by strugglingguy - 10 Mar 2015 22:45

my counselor today told me to commit to turning off the internet on my phone when I am at home.

I will keep everyone posted on how this goes.

=====

Re: Back on the Site

Posted by cordnoy - 11 Mar 2015 01:26

what happened to qustodio?

didn't try yet?

=====

Re: Back on the Site

Posted by Dov - 15 Mar 2015 12:44

[strugglingguy wrote:](#)

Thanks everyone.

YS - Thanks for chizuk **(but I think what works better for me more are actions, not so much**

machshavos)

I like that idea about the mp3 but thing is - if I want to watch p***, I will just go from one to the other

I don't DOWNLOAD apps - I can even find stuff THROUGH app REVIEWS, etc. etc.! yes I am a sick desperate, man sometimes.

what works for u guys?

Things that block access do not work. There is gonna be a way around it eventually - and while the block really is working, we are guaranteed to be feeling resentment against the block and dependence on an outside thing that is really just temporary.

The entire exercise is limited and brings limited fruit - like running **even faster** from a train.

It all depends on what you want to achieve. If your goal is to score a high number on the GYE or to prove something to yourself then gimmicks are fine...they are even a mitzvah! Because preventing a sin even for an hour is truly a great thing in Torah and avodas Hashem. Of course this goal includes *eventually* being able to again enjoy the sweetness of our delicious porn and fantasy (and you and I *do* love it, of course) - so then blocks like these are perfect! Running ever faster down the tracks, we *know* the train will eventually catch up with us and we will feel that great feeling we need again of getting 'run over' by lust. After all, we are

But then, on the opposite side of the world from that, there is *stepping off the tracks*. Sounds simple...but most of us would actually prefer remaining 'strugglingguys' forever, strange as that may seem. If you think you might be *ill* and need to change - that what you *really* need is actual freedom from this stuff that is surely more precious than any money to you and me...then your goal is **not** to score big on the GYE 90-day chart of glory. You are no longer set on 'winning' or beating a record of the last time you stayed clean for x number of days or weeks or months. Rather, your goal is simply to be a free man today. Really free - right now, today.

The only way I know to have that - and it's sweeter than anything I know - is surrender. Unconditionally giving it up for now. And that means taking **real actions** to let it go. RaShb"I would not have made 13 years in that cave if he took a sandwich in there with him 'just in case'. It obviously does not work that way. We all can see that - except when it comes to *our own* stuff. Nu.

The tefillos of most of us frum porners and masturbaters are sincere and heartfelt, but exactly like this: "G-d! Please take it away (so that I won't have to actually *give it up*)!" For normals who are just sinning, it may work just that way. But as we know, it does not work that way for addicts. It's not about sinning or Teshuvah for us, for Teshuvah does not work for us - it just makes us worse. We need to leave Teshuvah (and especially tikun hacheit) for those more qualified to do it....all we need is to surrender. Give up the entire fight and step off the tracks.

But letting lust go today for real is not just theoretical. It always includes practical, concrete actions of surrender. Because our lust isn't just in our heads, but in actions, too. And actions of surrender are best taken with the advice and help of a sane person, not just by ourselves. I'll never forget the guy here in the forum who was sticking needles into his fingers as part of his TaPhsiC shvuah, or the guy whose big geder was never looking out of his 4 amos ever...real recipes for success, huh? And that's the kind of silly stuff my brain comes up with, too, unless I get help from another person - as in a sponsor who is really sober. Unfortunately, *normal* people who do not really *have* this problem are as clueless as we are, in stuff like this. So I avoid them.

Running down the tracks even faster **works** - for a while...but even 'one-day-at-a-time' of running down the tracks, does not work!

Getting off the tracks feels very, very good..and works one day at a time.

=====
=====

Re: Back on the Site

Posted by shomer bro - 15 Mar 2015 12:53

Excellent post! But, then why does gye still have the 90 day chart? Doesn't it promote the idea of just getting to 90 whether it's due to whiteknuckling or actual work on oneself?

=====

=====

Re: Back on the Site

Posted by Menachem clean by peach - 15 Mar 2015 14:35

GYE caters to non- addicts too, and like Dov said, it's probably a good thing for them.

For us addicts, it's good bait. We sign on her thinking "if I can get clean for 90 days I'm cured. Yooahoo!!"

By the time were done hanging around here for 90 days , we know it ain't so. Hopefully by then we develop a real plan for recovery. It's a GYE scheme.

=====

=====

Re: Back on the Site

Posted by cordnoy - 15 Mar 2015 15:09

[shomer bro wrote:](#)

Excellent post! But, then why does gye still have the 90 day chart? Doesn't it promote the idea of just getting to 90 whether it's due to whiteknuckling or actual work on oneself?

Dov is not GYE and GYE is not Dov.

They have common ground, but see things different here and there.

=====

I know I fell for it. And I'm glad I did!

====

Re: Back on the Site

Posted by Dov - 15 Mar 2015 16:13

[shomer bro wrote:](#)

Excellent post! But, then why does gye still have the 90 day chart? Doesn't it promote the idea of just getting to 90 whether it's due to whiteknuckling or actual work on oneself?

Cordnoy is right, of course. But the I believe the whole truth is exactly what "Menachem clean by peach" wrote:

GYE caters to non- addicts too, and like Dov said, it's probably a good thing for them.

For us addicts, it's good bait. We sign on her thinking "if I can get clean for 90 days I'm cured. Yoohoo!!"

By the time were done hanging around here for 90 days , we know it ain't so. Hopefully by then we develop a real plan for recovery. It's a GYE scheme.

My phone has about 200 guys in the address book who originally called me to talk because of frustration that the tactics they were learning like Taphsic, 90-day chart, anonymous-sponsor-on-the-phone, and 'telling 'all' the truth *because you are really not there at all* (cuz yer using a fake name!), were all failing for them after trying hard for six months or a year or so. They call and we talk. I save their numbers under the heading "G" (for GYE guy). Slowly over time they get more comfy talking the truth to a real person and using their real names and getting real about it all, far more real than ever before and accepting the situation without guilt but also without false hopes...and they get used to hearing an addict who knows *sick* (because I am a pervert too) - yet in recovery...and they often end up deciding to go to therapy or to SA meetings, or both. Then I change their designation in the address book to "S" (SA). MY S file grows and grows...but so does the G file, because there are at least 2 newbies calling (often in terrible suffering) every week.

So is GYE bad? No way! It's awesome for the non-addicts (who are clearly the majority) because they get the chizzuk they need; and it is a stepping stone for the addicts who fail and find they are finally ready to get the help that sick people like us need. It's a tremendous 12th step tool for me and other sober addicts here, and we are eternally grateful to Guard and the organization.

=====

Re: Back on the Site

Posted by TalmidChaim - 15 Mar 2015 17:21

Dov's insights make ingenious sense, as usual. Your brain, whether you're aware of it or not, will always be on a mission to figure out new ways to outsmart the mechanisms you set up to keep it away from the objects it desires.

Notice that I said brain, and not Yetzer HaRa, HaSatan, etc. I've been aligning my thinking more and more with the guys here who simply couch this conflict as, "You vs. You," not "You vs. An Outside Influence." There's always an outside influence, be it spiritual or mundane. There are always opportunities, moments of isolation, cell-phones lying around, billboards and magazine ads, trips to the store. If it's always you fighting the Whatever, it's always going to be a fight, and *fighting* is the problem.

I'm a frum yid, but I'm also a geek (witness, my avatar). So I love the idea of a comic-style super-villain always scheming new sinister machinations to ensnare me into the dark tunnel of Shmutz. He comes in the form of the aforementioned dark forces, taking the shape of whatever it is that has inspired me to act out (Oh cool, a Shape-Shifter!). That construct, the dichotomy of the Self vs. the Evil Influence, however, paints me as the super-hero, or at least, the embattled underdog (something we've been conditioned to really identify with)! When we focus on the Yetzer, or HaSatan, or the next temptation lurking around the corner, it's the same thing. We're trapped in the archetypical model of fighting evil, and fighting is what we're supposed to be giving up. It's really a fight...to not fight.

And to take this to an even geekier level (stop reading if you don't want to see me totally nerd-out here), I changed my avatar from a picture of Superman with a Star of David on his chest to a picture of the Incredible Hulk (who I'm pretty sure isn't Jewish). Why? Well, I'm not Superman, never have been, and never will be. I'm not fighting the Lex Luthor of Licentiousness and I don't have a single super-power to my name. I'm weak; I'm diseased; I'm feeble in the face of temptation; I'm power-LESS. Like Bruce Banner -- the Hulk's human altar-ego -- I'm just trying to do whatever it takes to not metamorphose into a raging, mindless monster. That's my "fight." And also like the Hulk (ooohh I love this!), it's anger and being in an over-excited emotional state that sets me off down the dark path. So fighting the urges, struggling, "white (err, um, green)-knuckling," just heightens my emotional sensitivity and makes me more vulnerable to *monster-ing out!* The only solution is to let go of the fight and passively let myself become one with...myself (yeah, this recovery philosophy gets a little abstruse sometimes).

So, my advice: remind yourself, loudly if necessary, that you are weak and powerless, especially when temptation rears its ugly face. Like Dov said, you'll never be able to erase all of the temptation, and if you're an addict, such a strategy means simply that you're just putting off the inevitable. I've taken to just whispering to myself that "I'm Powerless over this, and that I am nothing without Hashem."

=====
=====