

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 Sparky - 12 Feb 2014 14:06

For the phone calls guardyoureyes.com/tools/calls

Please see my apologies on your thread.

=====
=====

Re: Back on the Site

Posted by skeptical - 13 Feb 2014 07:18

Hi Dov,

There is nothing personal about this discussion. I am/was not insulted by you. I agree with most of what you write, as is evidenced by the fact that we are apparently in agreement over this, too. The reason I brought it up in the first place is because what you mean and what you write are not always as clear as you may think it is.

When I first joined the GYE forum, there was an active poll asking how GYE members would react if they were recognized in the real world. Believe it or not, though I didn't vote in the poll, my answer was that I'd be mortified. There was no way, no how that I wanted to be identified. It was way too scary a thought for me.

There are lots of guys on GYE today who are of the same opinion I held when I first joined. And it is for them that I am most concerned about with the way you and others sometimes write. They come to GYE, get some tips and start to work on themselves. Sometimes it takes them a few tries in the beginning before they really get going as they are learning new tools. Sometimes they actually do pretty well, but then for whatever reason (complacency, rationalizing, being triggered, etc.) they fall. Sometimes instead of getting the support they need to get back up, stay connected, keeping on being honest, etc., they are being told, "See? You can't do it alone! Are you ready to finally try to get real?" For someone who is petrified to meet anyone, this is poison, for he is being told that the **ONLY** solution is to go to meetings which is totally out of his element. He may as well just give up now!

For someone who has already shown his face in association to this stuff by having gone out to meet women, while the idea of an SA meeting may be scary to him, perhaps it's not really such a huge leap. But for the guy who had been perusing stuff in the comfort of his home and would never **dream** of showing his face in association to it, it's quite different. Maybe that's what Rabbi Dr. Twerski is suggesting.

You mentioned in your last post that getting open and staying open is one of the main things. Why don't we encourage guys to continue to start and maintain **real** relationships on GYE, even with their usernames? Let them get comfortable with the **real** people on the other end of the computer and be open and honest, just as I did, and maybe one day they'll feel comfortable enough to meet. Let's assure them that there is still a lot of hope out there, because there are real, live people very much like them out here, who really care.

=====
=====

Re: Back on the Site
Posted by Dov - 13 Feb 2014 16:19

I really hope you read this.

First, the poll was "if you were recognized in the real world" - what does going to meetings have to do with that? Nothing. People who are so untrustworthy of themselves (cuz they swear - and end up masturbating again anyway!) of course indeed find it very hard to trust that they could go to a meeting of real perverts like them - even meeting other from 'real' porners and masturbaters like them there - and **not** be jeopardizing their anonymity in the community at all. GYE is not

really where anonymity is found...it's 'unknown', not 'anonymous'. 'Anonymous' (as in AA, SA, NA, etc.) is anonymous because we keep identities *within* the fellowship and do not share the names or identities of anyone we meet in the meetings *with anyone **not** going to meetings*. We do not tell our wives the mechanchom, rabbomin, doctors, and kolel guys we just met in our SA meeting. We do not tell our wives or anybody anything at all about who is there, ever! 'Anonymity' of 12 step groups is of course not 'anonymity from the people in the meeting'! That's just '*unknown*'. Like GYE, and it works for some - but that is not the legacy of AA. It's just not. It's something valuable, maybe, but very different.

And people come to (real) meetings and remain anonymous every day!

Ask the frum guys in SA meetings in Montreal, Monsey, Borough Park, Baltimore, Crown Heights, Flatbush, Monroe, Beit Shemesh, Chicago, Miami, and Yerushalayim. They will tell you (if you are safe). Meetings are a lot safer than people think they are - even for frum people (who are sadly often *not* the least curious and talkative bunch). I have met over 300 frum people in person at a time in SA Shabbosos twice a year, where many of the wives are even present for the conference as well. There is davening, a sefer Torah, seudos together, and shtrreimels all over...we do not get 'found out' on the outside. We do not drop dead from shock when we meet each other. And the experience has ALWAYS been helpful - often life-altering. For we all have these fears, and they are just, plain silly.

The fear should rather be for our acting out and *ourselves*, not for our meeting 'real live recovering perverts like us in recovery venues. For *we eventually get caught* with our porn, dirty emails, secret phone calls and chats, anyway. *We get caught* with our sperm on the laundry. Whatever. It may take 20 years of 'great fun', but the truth grows out of the ground, you know. I think the sweet guy desperately masturbating in the corner and getting back to his frum wife, kids, and tikkun klali, can learn this before it is too late: *we are actually the **worst** keepers of our secrets*. It's good to know. I love that sweet, suffering guy. I am him, too.

But you'd rather protect them and tell them none of that is true, *just to keep them **here***? If they hear that stuff and 'give up' or 'run away', then I personally doubt the issue matters that much to them anyhow, man. 'Kol mi sh'ein bo deyah assur l'rachem olov' must have *some* practical application! I think it is for the guy who cannot be told his real options because they seem scary. I say let him alone with his beard, peyos, and porn. He (or she) is obviously not ready for change yet cuz it doesn't hurt nearly enough. But protect him from facts about options they have for getting *more*? Why?

And no, I have never posted that meetings are needed by *everyone* to get real or to really stop

or to really recover, and I have never even told *anyone* that he is an addict in the first place.

[skeptical wrote:](#)

There are lots of guys on GYE today who are of the same opinion I held when I first joined. And it is for them that I am most concerned about with the way you and others sometimes write. They come to GYE, get some tips and start to work on themselves. Sometimes it takes them a few tries in the beginning before they really get going as they are learning new tools. Sometimes they actually do pretty well, but then for whatever reason (complacency, rationalizing, being triggered, etc.) they fall. Sometimes instead of getting the support they need to get back up, stay connected, keeping on being honest, etc., they are being told, "See? You can't do it alone! Are you ready to finally try to get real?" For someone who is petrified to meet anyone, this is poison, for he is being told that the **ONLY** solution is to go to meetings which is totally out of his element. He may as well just give up now!

Please tell me when I *ever* written or implied that the **only** solution for a struggling person is **to go to meetings**? Find it please and let me know here.

You mentioned in your last post that getting open and staying open is one of the main things. Why don't we encourage guys to continue to start and maintain **real** relationships on GYE, even with their usernames? Let them get comfortable with the **real** people on the other end of the computer and be open and honest, just as I did, and maybe one day they'll feel comfortable enough to meet. Let's assure them that there is still a lot of hope out there, because there are real, live people very much like them out here, who really care.

I have suggested this very thing many, many times, here on GYE. It's not my fault you have not
)

It seems to me that what is going on here is this:

In a few cases here and there I have posted to *specific* guys in the context of *their* posts, that meetings would be a great option *for them* given what's going on with them and that things are not working yet even though they have opened up a lot *here*. I have occasionally suggested it *to them* as part of a process - knowing that there is shock-value in it; because the fellow might be very scared of the entire idea (who wouldn't, really?). Through this discussion, many guys finally realize that his fear/shame is actually far *smaller* an issue than his sexual acting out is...and that people actually are *doing* this 'meeting' thing and not dying. This is a necessary shock - and yes it is practically *always* a shock. So?

Again, I have never to my recollection EVER told guys that here on GYE that the only way to get real for them is to go to meetings (what they call here 'face-to-face' meetings) as a general necessity for honesty and recovery. But if - as you say - I have somehow been misunderstood that way here, I refuse to take responsibility for other people's misunderstandings and assumptions. Especially since it is probably only in discussions like this one which are not practically relevant for the guy himself anyhow, that I am drawn into making statements that sound more global...which you are probably referring to in the first place. Gevalt. Do you hear what I am saying here?

What are you exactly suggesting I do different? Please tell me and I will promise you that I will consider it.

=====
=====

Re: Back on the Site
Posted by Dov - 13 Feb 2014 17:46

I will use **BLUE** for my responses, Doc:

[Dr.Watson wrote:](#)

I think most people here even the ones with fake names have real relationships with other members too, and meet people in real life too. It's not either-or. And I don't get why calling yourself by your first name here makes forum posts any more real. I still don't know who you are Dov, except by your posts. And you know my real name too, even though I haven't published it online for all the world to see.

We both know you are welcome to your opinion. I am not in the mood to rehash all this. But you are taking each separate thing and standing it alone on a pedestal and asking "why is this thing here necessary?". But what I am talking about is a *whole picture* of coming out of the closet. I have these beliefs because each one is a block that when taken together break open the BS people hide behind that I learned from my own experience and see over and over with the people I meet from GYE. Porn and yetzer hora or sin are not the enemies, but rather, *BS* is.

And BTW, you are indeed free to meet me in person, as I have had had the pleasure of meeting more than 50 guys from GYE in person already so far and it has helped my recovery and (I think) theirs as well. Then you will know all you want to know about me. And there are other guys here who would do the same.

[Dov wrote:](#)

I'd take issue with it for the simple reason that masturbating oneself is not a virtual act at all. Neither is looking at porn. The porn may be virtual, yes. But no one here will say that when he was looking at porn it was not a real, live, visceral experience!

So it seems he was misquoted.

I get what you're saying but the logic of this bothers me. If watching porn on a computer is real, then so is typing on a computer. The porn may be virtual but the person is really looking. The forum may be virtual, but the person is really typing and expressing their thoughts.

If the issue is whether there's a human connection, I'd suggest that there's more human connection on GYE than in me looking at a picture of a woman I don't know, will probably never meet and certainly won't remember.

Yes, and for precisely for this reason most people see moving on to porn-chat and videos as a more real experience and connection and so, a more powerful drug than "just looking at a picture of a woman I don't know" is. So what?

But is the sex the guys are having with their hand afterward less real than the connection the GYE guy has with his friend? That is my point. Is the sensation and the orgasm feeling he gets less real, like the pictures you refer to? No, it is more real...far more real than the relationship that many guys have here, which can be rather weak - yet the sperm and the shover are so incredibly real in experience and speak so much louder to him.

[Dov wrote:](#)

Chaza" I tell us, "Kol ha'over aveiroh b'tzin'ah, nifro'im mimenu bagolui." In other words, I believe they are telling us that it is our choice: Either recover by opening up to real people and feeling that gilui *in a recovery venue that is actually safe* - or end up getting caught and publicly embarrassed by the fruits of our own fake lives and wreckage. It's not a 'punishment' at all, but just the way real life works.

Again, I take the point but I don't agree with your explanation of this gemoroh. The gemoroh is not talking about addictions but any aveiroh, and you certainly wouldn't suggest we talk about all our aveiroh in a public meeting. That would actually be quite wrong "ashrei nesuy pesa cesuy chato'oh" Surely this gemoro is referring to a person who is being punished for his aveiroh. One shouldn't think if it's in private it will remain that way forever. But, if he does sincere teshuvah, Hashem wouldn't drag that into the open to embarrass him for no reason.

I never meant to say that Chaza" I were referring to an addict there (I believe they very rarely refer to addiction, actually). I was just making a drasho and applying it to this experience. I am allowed to do that without being a rebbe. And mo, I do not believe that Hashem has the capacity to be bad or mean to us. Saying He can be *mean* is like saying He can get the flu and die, or trip and fall. It's just ridiculous talk. He is always and only good to us.

But the thing that really got to me, and the reason I'm faking (*what did you mean by that - typo?*) this post is this:

[Dov wrote:](#)

It sounds to me that you simply have not suffered enough pain from your lack of self-control. I

wish you no pain c"v, but it seems to me that whatever pain you have had is just not enough to help you take this seriously - perhaps it has only been *private* and *theoretical* pain. *Philosophic* pain. Like the horrible guilt and the idea of gehinom, etc.

And of course, in the long run, all that stuff proves useless to pretty much all the people here - for they are *still here*, still falling, still looking for the magic bullet. 'More chizzuk may do it, no?'

I love you Dov, but this got me quite annoyed. It's something that's been on my mind for a while. I can't say that my life has become unmanageable because of porn. **So what?** Twisting the meaning of the word until it fits my life seems deceptive and wrong.

I agree 100%. Don't let anyone make you do it! i think you will see that I never suggested you do that, but you probably read it in the GYE handbook, or from other people who tell people things like "you just gotta come to see your powerlessness or unmanageability in your life if you want to get better!" and other drivel.

I just don't feel that way (about *yourself*, you mean). I've always been in control enough that it never got out of hand, and I never did anything that caused me serious harm in the normal physical sense.

Then that's 100% fine! I agree! And it is **exactly** what I *meant* when I wrote that you have not had enough pain yet. Why would I ever ask you to get *more* pain? And so, I understand and agree with the following that you wrote:

So excuse me for catching myself before I did anything totally stupid. Excuse me for caring enough about my yiddishkeit to try and work on this problem just because it's a aveiroh, rather than circumstances forcing me to. Are you seriously suggesting that Hashem has created a world in which someone in my position could never actually stop doing the aveiroh, just because it wasn't serious enough!

If you can stop, then you can stop! When did I say that you can't stop without admitting you are powerless and your life has become unmanageable by you? Never! Who says you are an addict (as I define it)? Not me. And who says the 12 steps are the only way for anyone? Not me.

I'm sick of being told how I should feel about my addiction and what my experience must have been. I think I am addicted because I haven't managed to quit yet, and I do feel somewhat powerless over porn. That's it. But when the book writes about my first share and how I should include all the most emotional aspects of it. Oh shut up, there are no emotional aspects of it.

(More about this in a minute)

Nothing really bad ever happened because of it.

(You have sounded rather miserable about it in many of your posts. Is the way you feel nothing really bad to you? Why?)

Sure, if I exaggerate my past and my feeling I could fake some emotion behind why I want to quit, but fake is what it would be. I just want to quit because I don't want to do the aveiroh and feel the spiritual malady that comes with it. And I don't see anything wrong with that.

And neither do I. Have I ever asked you to change your motivations?

So I have very little pain associated with it, so I'm stuck. I can't get better and I don't want it to get worse. Why would I? Why the hell should I? Sure if I end up with a zona tomorrow I'd probably go to the meetings and cry my eyes out, but I'm going to try and stop myself getting anywhere near that far.

Please do not attack me for asking, but: Why do you consider 'a zona' the real thing, but sex with your hand *not* the real thing? No, I am not a complete moron and I *do* understand the differences between using a zona and using my hand. But I am asking you why to you having sex with yourself using you hand, for example, is not a thing to take seriously and go "cry your eyes out about"? And I am not referring to 'level of sin' here, at all.

I also suggest to you that if you in fact *used* a zona, you'd probably be so embarrassed that you'd hide it even here on GYE - as plenty folks do - and it would eventually **become** exactly as acceptable to you as having sex with *yourself* has become to you over the years: "No big emotional or damaging-to-my-life-deal...it just **bothers** me a lot". I know many frum guys in that boat, sir.

So I'm worse off?! Talk about hitting a nuclear reset button, I'd have to fall very low indeed just so I can have something 'real' to share at my first meeting?! Please. Tell me you can see where

I'm coming from.

p.s. I hope my post, angry in tone though it is, will be taken in the way intended. The tone is an expression of how I feel about some of the issues being raised, and not because I'm upset or annoyed with Dov or anyone else. I always look forward to reading Dov's posts and see lots of wisdom in them, I'm just looking for clarity in my own situation, like everyone else I suppose.

Of course it's taken well! We are here to learn and grow together, I hope. I know / am...

Your plight is very common. I think that you may not be an addict at all, and are coming up against a wall of some people who have only a hammer in their toolbox, so suggest to you that you must be an addict and therefore you must need the 12 steps and therefore you must admit you are powerless and that your life is unmanageable". But who says? Why not do what Jews have always done? Open up fully honestly with a trusted Rav, mentor, expert (ie., a good therapist) and hide nothing about the facts of your behaviors since day one. Get it all out there with a safe, trusted person who is wise, and then go from there. Jews have always done this. Even the tzet'l kotton (#13) recommends this. "k'sui chato'oh" has nothing to do with being honest with safe spiritual advisors about all the whole truth and getting help. If it did, then you would be saying something equally absurd as the (good) point you are making about your 'needing to get *worse* in order to get better': namely, that if the problem involves a sin, it precludes the option of getting help from another real person. Get me? I hope you understand that.

Get *real* help, if you have a *real* problem. If the help you are getting is not working, then it is probably not because the help you are getting isn't *right* enough - but because the help you are getting is not *real* enough. Look, you are saying that you are doing the posting-thing here and yet not stopping, and unsatisfied with that. Fine. Then if your problem does not upset you enough for you to actually open up with anyone real to get help that is more real, then that means your pain is not great enough.

And I am *not* saying 'you need to have more pain from worse acting out'. Please! Rather, I am just avoiding whining and instead simply accepting the fact that this issue simply *does not* bother you enough to get *realer* help, whatever that help may be. And I am not referring to 'the 1st step' or to 12 steps help, at all. And as far as I am concerned, that's fine. I am not a bleeding heart sperm-saver guy judging you as a sinner and not good enough to stop, or anything like that. It's your choice, period and I do not judge your morality, b"H.

Finally, about your "Oh shut up, there are no emotional aspects of it," statement. I just want to let you know that it is an experienced fact that many people including myself have discovered a strange thing. We are no dummer or smarter than you are - but we found that it was not clarity of the emotional issues and pain that brought us to sobriety. Rather, it works the opposite way around. Sure, pain is what motivated us to get into recovery - but the true extent of our self-lying, loneliness, self-loathing, hatred of others, doubt in G-d, fear of life, worship of women, and love of porn and fantasy never became known to us until a while **after** we quit using it completely.

So I am not moved or surprised by your contention that you have "no emotional aspects of it!" You - whether or not you are an addict - are still in it...even if you happen to get a few weeks here or there clean. You are still inside the box, and it usually takes good a while *out of the box* to begin realizing how sad and silly we really are, sitting in there.

=====
=====

New Day
Posted by strugglingguy - 28 Feb 2014 02:49

One day at a time - today is a new day - BH I am healthy....

Wishing everyone well.

=====
=====

Re: New Day
Posted by Pidaini - 28 Feb 2014 07:39

Thanks for sharing!!!

KOMT!!!

=====
=====

Re: New Day

Posted by strugglingguy - 13 Mar 2014 19:43

Fell twice in the past couple days... donated money to gye, sponsored someone on a 90 day journey, texted my gye friend and might join taphsic

=====
=====

Re: New Day

Posted by dms1234 - 13 Mar 2014 19:52

That's amazing! Keep it up!

=====
=====

My TAPHSIC - I did not yet say out the Shvua...

Posted by strugglingguy - 14 Mar 2014 01:14

Ani Nishba (I swear), beshaim Ad---- (in the name of G-d) that until __April 1st [Fill in the end date we decided above]

If I have a fall, which is defined by one of the following things:

Either

(a) I intentionally motzi zera livatala (masturbate) while fully awake

or

(b) I intentionally obtain in any way adult sexual material of any sort, digital or printed (including magazines, DVDs, etc.)

or

(c) I intentionally go to any websites or web pages, pictures, videos, chats or forums, for the purpose of viewing adult sexual content (including any type of adult oriented images, drawings, videos, audio, or erotic reading material) and I actually viewed or listened to inappropriate content

or

(d) if I initiate contact with - or respond positively to - any woman other than my wife for a sexually related purpose (including by e-mail, chat, webcams, etc.)

or

(e) if I partake of any illicit sexually oriented services of any kind (including calls to adult phone lines, massages)

Then, if I called my partner, sponsor, or a fellow GYE member who knows me, and I told him that I feel I want to fall, and I stayed on the phone with him for at least 5 minutes. [Fill in Distraction 1 that we decided above]

Or/And . **I did exercise for 15 minutes (sit-ups, push-ups, jumping jacks, etc).** [Fill in Distraction 2 that we decided above. This is optional]

Or/**And went on walk** [Fill in Distraction 3 that we decided above. This is optional]

within the 90 minutes proceeding my fall, then

within the next 36 hours (or other time frame) I will _ **I will take a lukewarm-cold shower** _____ [Fill in 'Normal Knas' that we decided above].

for each day (or 3 hour period) in which I fall.

If I did not do any (or all) of these things in the 90 minutes proceeding my fall, then

within the next 36 hours (or other time frame) **I will email a Rebbe of mine and tell him what I did** [Fill in 'Heavy Knas' that we decided above].

Some disclaimers to say immediately after making the shvuah (Toch Kidai Dibur) :

- If I had to do ['Normal Knas'] more than 3 times, the shvuah should no longer be binding on me.
- If I had to do ['Heavy Knas'] even once, the shvuah should no longer be binding on me.
- If I had a fall without remembering that I made this shvuah, I will only do ['Normal Knas'].
- If I am honestly not sure that I had a fall, I will not have any KNAS.

Advanced Tip: If you find a specific situation to be a major stumbling block (for example, if you found a loop-hole in your filter which is tempting you to fall more than anything else) you can use the TaPHSiC shavuah to help you make this particular loop-hole not even an option in your mind, by adding the following words in bold (at the end of the Shavuah above):

If I did not do any (or all) of these things in the 90 minutes proceeding my fall,

[Or if I use 'a given loop-hole' to fall],

then within the next 36 hours (or other time frame) **I will email a Rebbe of mine and tell him what I did** [Fill in 'Heavy Knas']

By making the consequences of your particular stumbling block into a 'heavy knas' regardless of what you did before falling, it makes this particular method of falling no longer an option in your mind.

=====
=====

Re: Back on the Site
Posted by dms1234 - 14 Mar 2014 03:51

strugglingguy

if I called my partner, sponsor, or a fellow GYE member who knows me, and I told him that I feel I want to fall, and I stayed on the phone with him for at least 5 minutes

But why do you have to only call a partner, sponsor or GYE member when you near a fall? How about even when you're happy?

=====
=====

Re: Back on the Site
Posted by strugglingguy - 17 Mar 2014 07:15

ok - ur saying bottom line that accustoming myself to calling someone randomly will help me to call when I need to (I have heard that svara before and it makes sense)

=====
=====

Re: Back on the Site
Posted by strugglingguy - 18 Mar 2014 00:16

ok il take u up on very offer

=====
=====

Re: Back on the Site

Posted by chaimyakov - 18 Mar 2014 17:03

imho looks like you are heading in a GOOD direction.

KUTGW.

Hatzlacha in all things GOOD!

chaimyakov

=====
=====

Re: Back on the Site

Posted by strugglingguy - 26 Mar 2014 03:45

So some things happened today this afternoon after a class and a shiur:

- a) I wanted to look at stuff so I told my friend and together we helped myself move on. a victory
- b) Later on I went to the couch with my phone which BH has NO capability of accessing anything - but I still tried to do so but to no avail
- c) Then later doing work, etc. I got urge and looked at stuff - it lead to videos and a fall.

what lead to it? home alone. doing schoolwork for my wife. havng my own work - stressed about those things. my wife not feeling well and dealing with that, etc.

how did i feel afterwards? good, i guess. some of the videos turned me off - irnocially that happens - we want to look but then we dont. u guys experience tat? talk to me.

one guy told me I succeeded and I guess not to let my failure ruin my success....

what du guys think?

Also I guess I have to check my Taphsic to see what I need to do for that - altho i never actually took a verbal shvua so maybe I am ok....

=====
=====