

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

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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.d. the filter w a proxy). So, that is that...

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

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Re: Back on the Site

Posted by Shlomo24 - 22 Feb 2017 23:17

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[Hashem Help Me wrote on 22 Feb 2017 21:41:](#)

He said what he watched and what he did during the last 2 days.

Yeah, I was asking about your terminology of "giving in." It didn't seem too empathetic either...

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Re: Back on the Site

Posted by Hashem Help Me - 23 Feb 2017 05:05

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[Shlomo24 wrote on 22 Feb 2017 23:17:](#)

Yeah, I was asking about your terminology of "giving in." It didn't seem too empathetic either...

Sorry if my choice of words was not the best. What I was trying to convey was that after a birth can be a very challenging time due to the normal stress the simcha presents. Also sometimes we feel hopeless due to the extended off limits time. Reaching out to a chaver in a moment of distress may be helpful.

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Re: Back on the Site

Posted by Singularity - 23 Feb 2017 07:28

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[Workingguy wrote on 22 Feb 2017 22:56:](#)

[strugglingguy wrote on 22 Feb 2017 18:27:](#)

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it's hard post-birth in terms of tashmish ... the gemara says that a bris is 8 days bec wife can be tahor after and parents can both be happy -- but of course nowadays it does not work like that ...

but yes, i have to realize that i do not need a release - it's all my head, etc.

last two nights i have read p\*\*\* and m\*\*\*\*\*d

I have to imagine that even back then she wasn't necessarily in shape to jump back into bed seven days in.

I remember my struggles shortly after the birth of one of my kids – boy did that feel miserable. Acting out so shortly after the birth when I had so much to be thankful for really made me feel like a sick addict.

I like to give it a good amount of time before I act out again, haha. Enough time for that euphoria of gratefulness to subside.

Perhaps there's a higher level of honesty what you guys did. I'm not faking *dveikus*, screw that. I am an addict and I'm gonna act out *erev* 8th day!!!  
Sorry to hear from both of you.

I'm not saying do so. But for me I was kidding myself. Worst words of an addict:

"Oh, BH! We had a baby boy! What a reason not to masturbate!"

That's the first thing I think of? How selfish :-)

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Re: Back on the Site

Posted by Workingguy - 23 Feb 2017 16:11

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[Singularity wrote on 23 Feb 2017 07:28:](#)

[Workingguy wrote on 22 Feb 2017 22:56:](#)

[strugglingguy wrote on 22 Feb 2017 18:27:](#)

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Yeah, the selfishness is astounding. Like a selfish monster took over everything normal we know.

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Re: Back on the Site

Posted by Dov - 23 Feb 2017 19:40

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[strugglingguy wrote on 22 Feb 2017 18:27:](#)

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Look, strugglingguy...You are a fine person, I am sure, but I know you for years since you came on the site (and maybe even before that) and we have PM'd a number of times over the years so I have the right to an opinion. Besides, being a New-Yorker I arrogantly believe I have the right to an opinion (and can immediately honk my car horn at every light that turns green and scream obscenities in Italian, as well). And now to the serious part...

So at the expense of sounding like a whiner (like my baby son sometimes). You make light of whining in your post. But I think that whining has a positive aspect to it. I realize that whining isn't *solution*-oriented...but at least it does indicate that **something** is bothering the person doing the whining. So I say that deserves some (little) respect.

So we can see that you are not entirely happy with using porn and having sex with yourself for the past two days.

But besides the fact that you are whining about it and not entirely happy with your choices, what evidence do you have that you are actually trying to learn how to live without it?

I bet none at all. Tell me that my sincere assumption is wrong, please. Please!

You have been posting here for years. Maybe you have had some real improvement - I do not know, but will believe you if you say you have. And if you have then great! But if you are doing worse or are still essentially the same as a year or two ago, then I wondered why you imply in your post that you are 'having a hard time with staying clean' and even whining about it (which I admit does mean something)?

But then I reread your post.

You wrote, "*it's hard post-birth in terms of tashmish.*" And you explained that the wait for sex is unfortunately a lot longer than the 8-day d'oraiso wait, nowadays. You are saying exactly the truth. What is hard for you is not staying clean. What is hard for you is getting enough tashmish. Getting enough sex is what you see as your problem, your struggle. I will now bet that at your core, you believe getting sexual satisfaction is absolutely essential. And I'd bet that you also believe as a dovor poshut that your aspirations of staying clean can only have a chance of success provided that you are getting enough sex to offset your hunger.

But chaza! I say something funny, and the experience of perverts like myself actually bears this one out in practice: "Eiver koton yeish b'odom: mar'ivo - sovh...masbi'o - ro'eiv." Less indulgence allows your penis to rest and relax - life is ok without constant sex after all, and it gets even easier to live without it then. And the opposite is true, too: The more I try to 'finally get what I want' or 'get enough', the less satisfied I will feel and the more I will come up with new 'needs'. And this phenomenon of increased hunger with indulgence is not even referring to sex maniacs, but to normals! Kal v'chomer is this true with lust addicts or the porn-perversed (you and the rest of us GYE guys).

What do you say to that, old pal?

Oh, and mazel Tov. Please consider this post from me our belated baby present!

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Re: Back on the Site

Posted by strugglingguy - 31 Mar 2017 23:07

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My last post was accidentally deleted so I am rewriting it

Thanks, Dov. I will re-read and respond. but i am in a post lust phase right now so cannot really think. The points appear valid as always and on point and I would like to explore them further.

I spent an hour on lit p\*\*\* and the m\*\*\*\*\*d in the shower. I am acting reclusive in my apt, just wanting to be alone. I am no longer going to 12 step meetings - too lazy. also not yet connected with a potential sponsor, so have to do that

?my job is stressful so maybe I use that as an excuse.

giving a shiur tomorrow in shul and taught torah today to 4/5 graders (nothing too high level trust me) - but what does this all say about me?

good shabbos

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Re: Back on the Site

Posted by serenity - 02 Apr 2017 02:24

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I hope it's okay if I'm a bit of a jerk here. We needed someone to fill in one day for a shiur and someone suggested a particular guy. I happen to know that guy is an active sex addict. I do feel bad to have said no based on that. I mean there are plenty of guys giving shiuring who are not practicing what they preach and I don't know what they do in their private lives. This happened to be a mussar shiur. To be honest I thought I might get nauseas hearing him give a mussar shiur when I know what hes's doing in secret. Is that fair of me? Probably not but I politely

declined. Just so we are clear before I continue I was that guy at one time. I was living a double life and it was eating me alive. Therefore I feel it's okay for me to say this. Why do you/we/this guy think it's okay to give people a shiur and put ourselves out to be something we are not. And of course it goes way beyond this. We lie to our wives, our children, our friends and to the people we are giving shiur to. I know that I'm way to grumpy and lack the necessary patience to comment in this forum, so I try to avoid it. I happened to have been subscribed to this thread so I check in once and awhile. So apologies for my negativity.

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Re: Back on the Site

Posted by cordnoy - 02 Apr 2017 02:40

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Your post hits me in the gut, but what choice did I have? Most of the time I avoided internet speeches, but several times I even did those.

I mostly included myself in all the wrongdoin's of the klal, but nobody really believed me.

Bottom line, I don't look backwards; I hardly look forward.

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Re: Back on the Site

Posted by serenity - 02 Apr 2017 03:01

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I guess you're right that is my own short coming. I mean I never believed the guys when they included themselves in the shortcomings. I do believe them now though. It's kind of the opposite for me now. The more someone preaches against or about something, I suspect them to be guilty of it. Especially the guys who scream about the aveiros of klall Yisroel. Those guys I suspect are the worse offenders.

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Re: Back on the Site

Posted by Shlomo24 - 02 Apr 2017 03:22

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I think that your concerns were totally valid and I can't imagine I would have felt or acted differently than you in that situation.

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Re: Back on the Site

Posted by cordnoy - 02 Apr 2017 03:25

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[serenity wrote on 02 Apr 2017 03:01:](#)

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Il never said it is your shortcomin'.

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Re: Back on the Site

Posted by GrowStrong - 02 Apr 2017 19:57

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I read this whole thread over the past day.

Its a great thread.

StrugglingDude pops in every couple of months to get more change for the merry-go-round meanwhile the deepest and most relevant and important discussions on the forum happen while hes going round and round.

One of the reasons it could happen here, in this thread, is because StrugglingMan is a classic example of an addict - and B"H this thread is eventually going to be a magnum opus of recovery.

All StrugglingPerson needs to do now is find his own rock bottom - its looming in the hazy distance, just beyond his grasp.. so near yet so far.

He didn't yet truly grasp the meanings of the words, but he is so so close.

Around the middle of the third page the true significance of the discussions show such clarity of relevance to his journey.

StrugglingGuy have you had a chance to read this thread from the start since you started it? Its an amazing thread.

You don't have to stay StrugglingForever, you can change your name to ManWhoUsedToStruggle...

If you really want to.

I hope i didn't offend with the way I posted this.

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Re: Back on the Site

Posted by strugglingguy - 09 Apr 2017 21:44

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Thank you for your thoughts.

Grow Strong -- I do know I am an addict which is why I went back to my 12 step meeting last Sunday. I missed today, though. (I think that is your point, no? - namely, that I do not realize I am an addict. But I do.)

I know that I need to speak more with people from gye and my 12 step group. I know I need to read more.

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Re: Back on the Site

Posted by strugglingguy - 22 May 2017 23:34

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been 1.5 months since I have been on gye

Had gone two weeks clean a few days ago but since then - two falls.

reached out to some gye people...

i feel like a failed a test. i was minding my own business in my room when suddenly my phone was plugged in beside me. of course I had to reach for it and the rest was history. it was probably a nisayon and I failed.

so back to the drawing board. i will now do some gye reading.

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