

My story

Posted by Cheshbon Tzedek - 29 Aug 2014 01:27

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Re: My story

Posted by Dov - 18 Sep 2014 21:06

[Cheshbon Tzedek wrote:](#)

[Dov wrote:](#)

You are geshmak.

But where is the cheshbon tzedek guy?

My wife and i are traveling together and theres wifi here! yipee!! So i have time to post a bit, bH. Hey, I love the chshbon tzedek guy. Hope he sticks with this wherever it leads him...especially if it leads off the path he expects.

I'm right here. Just got busy with life itself and didn't have time for much.

Dov, I really appreciate you taking the time to write and write some more and then some. What you write is very insightful.

I'll try to explain where I'm coming from and what I'm saying in a bit shorter than the long story above.

I was purposely vague in my timeline as one of my safeguards against being identified. But basically, after I figured out how to masturbate at the age of 17 (on Chai Elul!), I did it for several months. Then I stopped and was pretty strong until the year before marriage when I discovered porn. In between the age of 17 and marriage, I fell here and there but was clean the overwhelming majority of the time. It definitely wasn't a part of my life.

When I got married, I was clean for 2 years until the birth of my first child. Then I fell back in for several months and then on and off until I swore it off and was clean of everything for another 2 years.

After that, I never really went back to "porn". I did fall in other ways though. I guess what I was trying to say is that it hasn't been a part of my life for quite a few years now.

The ways that I did fall included more sensual stuff, erotic writing and a very short stint (a month and a half) with an online buddy. Of course, these falls came with masturbation too.

Sometimes I masturbated because I was stressed/overwhelmed and/or wasn't satisfied in bed due to my wife's low libido which the result of her mental/emotional illness. I'm not trying to justify anything, just stating the facts about how I felt at the time.

Ever since I got sick of porn all those years ago, I haven't gone back. I did that short stint with the online girl and realized that it was very dangerous. I stopped and never looked back. It took) to concoct my idea and then a few days to execute it. I didn't think it through all the way. I just wanted to ensure that I wouldn't be able to go back to her even if I wanted to.

Basically, I've been clean for the overwhelming majority of the time for a number of years now without any treatment. I slip with masturbation here and there when life gets tough. I don't think that makes me an addict, but hey, what do I know about addiction?

What I'm trying to work on myself is: that even if I'm not feeling well, and my wife is not well either, and money is extra tight, and things need to be done, the kids need to be taken to and from school, the house needs cleaning, laundry, supper, shabbos etc. and my wife is barely with

me once or twice a month.... That I shouldn't even masturbate.

It's a tall order because usually, when you're that desperate, you can be in the shower or wherever and it can happen before you realize what you're doing....

Hashem help me....

This post makes me see you as a basically normal Jew with a yetzer hora and a penis. Nu, not the greatest combination as far as I can tell, but every guy I know has it too (as far as I can tell). And apparently Tatty thinks it *is* a good combination, so who am I to argue?

So? Surely just because you sin does *not* mean you are an addict. It means you are normal and need help like most yidden (and goyim, too, by the way, sorry) do. Glad you are reaching out here, chaver! Chizuk is probably going to work wonders for you, as well as will opening up more and more to safe guys on the phone and by Email and in person, eventually.

That's not 'recovery', just health, and I wish you everything I and everyone has that's good. Like You are getting somewhere, obviously.

So - unless you feel your life is a mess and that you cannot live without a diet of fantasy and sex with yourself - I hope you never allow *anyone* to drag you through the silly process of trying to convince you that you have 'an illness' or 'an addiction'. And I (as always) pray Hashem helps you and me be more and more honest with ourselves, so that we will do the right things and ask for the right things. And one thing I have learned about self-honesty is that it usually comes after (sometimes long after) we get honest with others. And true honesty with Hashem comes long after both of them, no matter how sincere we think we are now.

Hatzlocha!!

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Posted by metalking - 18 Sep 2014 23:50

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Hatzlocha!!

Dov, this post of yours confused me. I ask not as a challenge but as a request for information from someone with experience:

How do you differentiate between an addict and a jew with a YH + Penis?

Answering Yes's to the "Are You an Addict?" questionnaire on many websites or is it something more subtle to you? I'm just an amateur but having read all of Cheshbon Tzedek's posts, I wouldn't have necessarily thought he would answer No to all the questions on the test, would you? If not, what then are the REAL defining characteristics of an addict?

I just want to make sure I'm not a jew with a yetzer wasting his time fighting a non-existent addiction. (I answered many Yes's on the questionnaire)

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Re: My story

Posted by Cheshbon Tzedek - 19 Sep 2014 02:49

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