

Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 09 Nov 2014 23:22

Married happily, with kids blie"h

but neighbor women on my block is my biggest trigger,

by now (after a few yrs)

went a little more then passing on the street (pls don't think the worse)

what should i do?

who can help me?

(details inquired within)

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by DuddyM - 18 Nov 2014 01:26

regarding ur 1st post about the 2 ideas what u gave me, i printed it out

but still not clear 100 percent how to go about it, i guess will have to discuss it on phone or email

about ur question what i have done to help myself, i started for the last 3 weeks to learn and go-over the 12 steps slowly and clearly

and since last Thursday i started being on a live phone conference every day or 2.

pls reply

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by Dov - 18 Nov 2014 10:44

Conferences are nice. But assuming you are a frum guy...we are *used* to going to a shmuz, getting chizzuk/inspiration, new info...and then two days later living *just* as we did before.

That may be acceptable for regular life, yiddishkeit, parnossah, marriage, etc...but addicts in addiction eventually have to find a way that *works*. We really have no choice in the matter.

The problem I see in phone conference meetings is that people usually do not identify themselves there by (even just *first*) name. They hide in the background and just listen...recovery does not ever happen vicariously.

Or, callers usually participate in some way - but from behind the safety and fakeness of a false name (username) rather than being themselves for various logical-sounding reasons. But all the recovery shiurim, logic, information, and figuring-out in the world, will not save an addict from failure. Surrender is not a thing to be understood - it is a thing to be **done**, or not done. Being around and getting to know people who are surrendering in a practical and real way is helpful...but *talking* or learning *about* surrender is about as useful as talking about humility is..."I

Either way, members easily fall through the cracks on phone conferences, not realizing that the reason they chose phone conference recovery work was specifically in order to keep the freedom to disappear! To remain free and on their own. Nu. I understand that. But that doesn't make it *effective*, now.

Of course, people can also disappear from real, in-person meetings, too! But being a faceless person on the phone is a way to avoid any accountability at all by isolating. Just like when we walk off, hide w our porn in the bathroom, and masturbate ourselves. All alone, safe.

That having been said, if phone conferences are working for you, then great! I'd *never* recommend against them if they are working. But you just started! Ket this sink in and if you are clean and doing OK after a few months, then you know you are working this thing right and will be able to make a decision about what to do next.

It will work if you work it, and you already are starting that. Hatzlocha taking more and more actions of recovery, chaver. And daven for me and all the other powerless sexaholics out there, especially the ones who are still alone because they think they must be.

But more important than all of us, I still suggest you daven *for whoever you lust after and do not let go of*. She will need your tefilos and you will need the freedom from obsession about her. They arrive simultaneously, similar to *gita v'yada bo'in 'echod*.

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 21 Nov 2014 01:50

thank you

dov

i will email u to discuss it by phone.

Thanks every1 for trying to help and care

I feel even more Powerless then Powerless can mean

A Yid - A kind fin Bashefer

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by Dov - 24 Nov 2014 22:27

I am here, and surely at *least* as powerless as you are, chaver. Knowing that and being able to live with it is why I am sober today.

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by cordnoy - 25 Nov 2014 02:26

Dov,

We have discussed your level of "powerlessness" over the phone several times.

I do not have the chutzpah to write here how I understood the difference between youre and mine or someone elses.

I will state, however, that although I do understand what you mean when you write that about yourself, i think, at times, it is counterproductive to write it, for it scares us more than inspirin' us.

Yes, you will say that you wanna show how you need to keep workin' the program or meetin's or openin' up and more. I do understand that.

But the bottom line is imho that you are not as vulnerable to lust as you were 17 years ago, and that is somethin' we need to hear more of as well.

My apologies and thanks

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by ineedchizuk - 25 Nov 2014 04:22

All I know is that when I began conveniently forgetting that I'm powerless over lust, thinking instead that I have a mehalech and I don't really need to worry or ask Hashem for help with this, that's when I began to fall again.

So I will only speak for myself when I say that to me, Dov seems to be speaking ????? ??????
?????.

On the other hand, come to think of it, ??? say ?? ????? ????? ?? ??? ?????. The simple meaning is we're powerless over the yetzer hara. And they're not even speaking about addicts!

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by cordnoy - 25 Nov 2014 04:50

R' Ineedchizuk,

What was your mehalech when you were recoverin' and then you began to think that you had it beat?

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by ineedchizuk - 25 Nov 2014 05:07

Notwithstanding that I did not have a specific program that I was consistent with, I was thankful to Hashem for every moment/ day clean, made huge progress with shmiras einayim, kept in touch more often with gye friends, and discussed the struggle, and tried to post my progress, or lack thereof, on the forum (the hardest for me).

Oh, and I davened a lot to Hashem to help me stay clean.

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by cordnoy - 25 Nov 2014 06:29

While that is very commendable of you, I was referrin' to someone who worked/works a program with real people - hundreds of them, and live meetings and concrete steps with sponsors and actions every day for 17 years.

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Re: Any1 can relate to me? Issue: Neighbor on my Block

Posted by Dov - 25 Nov 2014 10:36

OK, let me clarify, Cordnoy/Avrohom (cuz you brought up the point). I guess there are two bechinos of "powerlessness":

One is that a person is unable to withstand the temptation and is guaranteed to succumb. For example, an alcoholic and his entire family knows, that he will definitely drink again.

The **second** is that whether he will drink again or not, one thing is absolutely clear: unlike normal people, *this guy cannot drink well*.

Sure he can drink a lot...but never well. Meaning that if he drinks, he will become a mess even if he does not become drunk. Once he resumes drinking it is just a matter of time before he runs his life and family into the ground by missing work, lying to his closest loved ones about where he is and why, wasting time and money secretly, not being present emotionally cuz he is worried about his next binge, and just generally puking his life away, because he is dependent on it.

If I consciously take in lust by intentionally viewing porn, people being sexual with each other in their car or home, reading a dirty book, or touching myself in a sexual way - I am finished. Not only will I just ejaculate before even being able to get an erection, but I will feel very crazy inside and it will rather quickly seem undeniably *logical* that I absolutely need erotic satisfaction and cannot live another hour without it. My entire sense of logic will change and there is no way out of that, because the truly crazy person cannot see himself as crazy...till after it will be over.

So once I start drinking, I cannot control it the way a normal person (Jew *or* goy) can. I cannot lst like a gentleman. I do not 'lust well' though most American's do. They watch a little porn and enjoy it - I could not 'enjoy' it at all, for it would take my mind over. Whenever I saw a movie with a little schmutz in it, my friends talked openly about the entire movie and that scene was in the discussion, too - while I was the quiet one...*but that scene was all I thought about all night long!*

15 years ago I could not go to my sister-in-law's high school graduation in a healthy way. I tried, but had to look away and walk out and turn my glasses upside down and my head inside out. Sex with my wife was so complicated and troubling that it made problems even when it was good. Relationships with females in my family and wife's family and my work were all filled with

tension for me.

Now, I can do all those things, function and relax, w/o getting distracted by the lust, feminine power, or whatever.

In other words, if you stick a dirty image in my face I can surrender it and be fine. But if I intentionally examine it and take in the sweetness of it, I believe I will be lost. I even feel my 'engine' down there running, as described above and know I will get past that good old 'point of no return' (that is the horror of all 'partially masturbating' yeshiva boys right before we start trying to squeeze it back in, if you recall) and ejaculate, losing my sobriety.

Yet I can have normal nice sex with my wife without rushing it at all. Obviously, my sex isn't at all like erotic stealing, acting out, or porn use. And that's not simple. It requires frequent work on keeping it that way, I often stray and need an adjustment, and have used longer periods of mutually voluntary sexual abstinence to help get things back on track (wife still going to mikvah, just no sexuality) and not based on lust. Real life is not linear and not a smooth ride. It's OK. G-d helps and my friends are there for me to admit it all to - and they won't try to convince me not to act out...they will just listen and understand. And that works! It helps me surrender when i need to.

So I believe I am even *more* sensitive to my own lust than before *should I choose to use it* - and generally not affected by *other* people's dirty talk, nudity, lust, schmutz, women scantily or normally clad, nor to comfortable sexuality w my wife. That is what i mean by my being powerless over lust, and actually *even more powerless than ever*. It's not the prospect of lusting that i am powerless over - it is active lusting. If I do that, my threshold is very, very low now. No clue why that is, but it is.

Unfortunately, so much of the GYE chevra see lust as all about 'sin', the 'yetzer hora' and about women in the street that are so big and scary and 'grab your kedusha away from you if you don't

And seeing a pretty woman isn't lust - it just turns lust *on if* we take her image in and try to use it as though we were normal people and can enjoy such things as normal people may. *They* can do that and get away with it, but we addicts cannot. We cannot lust well, just as alkies cannot drink well. When we try to, we start isolating, self-pitying, OCDing about kedusha and tahara, lying and faking (and using fake

names in chat, phone, etc.), and Nobody ever grabbed our hands and forced us to masturbate and nobody ever forced us to lust and fantasize.

Does that make sense yet? It's very late and I am very sleepy, so forgive me if this was unclear.

- Dov

And as far as the first bechinah of powerlessness, I am sometimes afraid I wont be sober by next week...but it's not because of a *specific* temptation. Today I have the keilim to surrender that, be"H and G-d is really Good to us addicts.

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by cordnoy - 25 Nov 2014 11:02

thank you

and yes, this is what you told me on the phone several times

I can't write it at all like you

but this point is pretty important for many of us lust addicts

we admit we are powerless

you admit you are powerless

but we know that this cannot be

this confuses us

I again cannot speak for other people as to what their conclusions are, but my assumption, and from hearin' from them, it is not so good

this clarification is fantastic!

and you have said it and written it before

when you write next time that you are powerless over lust, put an asterisk, and have gibbor, gevurah, zemmy or skep send the link to this post.

now, you don't need to take my advice, for ver bin ich? I am a lust addict who has not recovered in any significant way yet; I have made some strides, and I am sober for the moment....and you certainly know much more than I do.

I am just statin' my feelin's.

That's why I spoke to you on the phone regardin' this subject twice.

One time you may remember it was in context with a hotel room and the television and other stuff.

I thank you again.

Your post, although long, was worth every word!

thanks

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by serenity - 25 Nov 2014 11:39

Thank you, Dov, for these insights and for your willingness to share so openly. I can relate to everything you are saying and it all makes sense to me. One point that is particularly grabbing my attention right now is how people get all bent out of shape when they lust and start looking at outside causes of their desires. The Torah tells us not to pursue the desires of our hearts and the lust of our eyes. We will have these lusts and that is not a sin. To pursue them is the sin. Thoughts that tell us otherwise originate in ego. And with addicts, I understand you to say and I

believe to be true, that we even have something beyond that. I do not need to see promiscuity to act out. The thought of engaging my addiction can enter my head upon waking in the morning, in the middle of a day at work, after leaving shul, 5 min after a 3 day yomtif, after shachris on a fast day etc. Once I have the thought to act out, then I start considering what the stimulus would be. I think this is very different for an addict than for a non-addict. When I am in recovery and I see something I like, I can turn my thoughts from it. Sometimes it's harder than others, but I can do it. Maybe I will have to call a chaver or my AA sponsor or anyone just to ground myself, but I can do it. When I am not in recovery, I will see a trigger and think to myself, I can't pass up this opportunity, this will be a thrill (and it's more of a full body emotion and pull that a lust.) I become insane and my thinking is insane. Or, I will get the feeling that I need to act out then I will seek out the trigger.

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by gibbor120 - 25 Nov 2014 21:22

Here's the link to the "dov quote". I haven't added one in quite a while.

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/124072-Dov?limit=15&start=150#244098

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Re: Any1 can relate to me? Issue: Neighbor on my Block
Posted by DuddyM - 25 Nov 2014 22:33

hello again,

any1?

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