

Once or forever

Posted by doingtshuva - 19 Nov 2015 11:08

Hi,

Sadly to say when was I was young Bucher there were Buchrim in my Yisheva who had xxx rated videos.

One of them even lend me his laptop with some Cd's and believe me I became sick.

From then on even though I tried to learn I was craving to see more and more garbage.

You can imagine that it was a secret and I didn't dare speaking with anybody about it. I was lost I didn't want it, wasn't looking for it, and couldn't look on it.

And then one day I couldn't live without it.

Whats going on with me?

Even though for a long time I don't look at porn (99% - every body has some small falls) I still have the urge, It sometimes makes me crazy nervous angry And I could ask myself should I go look just to calm myself? but the answer is always NO it wont calm me anyway.

So what are the solutions?

Thank you for your help.

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Re: Once or forever

Posted by markz - 19 Nov 2015 12:25

My friend

It sounded like you have porn under control. No? What means 99% - you only fall once a month?

What have you tried, that hasn't worked for you?

Does posting on the forum help

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Re: Once or forever

Posted by doingtshuva - 19 Nov 2015 22:58

Hi Markz and thank you,

my Urge isn't yet in control, I work alot on the computer and it's a daily fight.

How can I just focus on my work without being disturbed.

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Re: Once or forever

Posted by Shlomo24 - 20 Nov 2015 03:40

I think that there is no simple answer to your question.

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Re: Once or forever

Posted by doingtshuva - 20 Nov 2015 09:07

Shlomo24

It might not be simple but is there any advice that can help me?

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Re: Once or forever

Posted by doingtshuva - 20 Nov 2015 10:05

I'll try to make my question more clearly.

If you **once** looked on porn will you want to look on porn **forever**?

I know very well why I shouldn't dare looking on porn!

You don't even enjoy it, and you regret it a second later. It ruins every thing in life- work-happiness-marriage-and what not.

So what I'm dealing now is to get rid of the urge or will to see just a bit or just for 10 sec'

I'm also looking for advice to teach myself not to want it at all.

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Re: Once or forever

Posted by Shlomo24 - 20 Nov 2015 15:19

[doingtshuva wrote:](#)

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You don't even enjoy it, and you regret it a second later. It ruins every thing in life- work-happiness-marriage-and what not.

So what I'm dealing now is to get rid of the urge or will to see just a bit or just for 10 sec'

I'm also looking for advice to teach myself not to want it at all.

I don't think that the urge will go away completely. I don't think that should be the focus anyhow. I think we all know that looking at porn is "bad" but the desire can overcome logic many times. I don't know if trying to "not want it at all" will help. I mean, the stuff they show is pretty exciting and thrilling.

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Re: Once or forever

Posted by markz - 20 Nov 2015 18:55

1) [doingtshuva wrote:](#)

If you **once** looked on porn will you want to look on porn **forever**?

I have a feeling there are some people that that never looked at porn, but may also want to look forever

2) [doingtshuva wrote:](#)

I know very well why I shouldn't dare looking on porn!

Go on - please explain

3) [doingtshuva wrote:](#)

You don't even enjoy it,

I do

4) [doingtshuva wrote:](#)

and you regret it a second later

I don't

5) [doingtshuva wrote:](#)

It ruins every thing in life- work-happiness-marriage-and what not.

Not mine (at least not apparently)

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Re: Once or forever

Posted by mggsbms - 22 Nov 2015 05:52

"If you once looked on porn will you want to look on porn forever?"

If the question is "want", i don't think you have to look even once to want to look forever. Its just before you look once it is easier to say no.

As for becoming addicted I've heard Rabbi Twersky say that you can become an addict from looking "once". It doesn't necessarily mean that it will happen but it definitely could happen if you are prone to addictions.

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Re: Once or forever

Posted by mggsbms - 22 Nov 2015 06:00

"So what I'm dealing now is to get rid of the urge or will to see just a bit or just for 10 sec'

I'm also looking for advice to teach myself not to want it at all".

This is exactly what the 12 steps are here for. It is not something we can "teach" ourselves, if we start living life differently we won't have the "need" to fill ourselves with the artificial high that we are craving for.

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Re: Once or forever

Posted by doingtshuva - 22 Nov 2015 19:59

Thanks mggsbms,

Do you have experience with the 12 steps? I don't.

Can you please share.

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Re: Once or forever

Posted by doingtshuva - 22 Nov 2015 22:59

[markz wrote:](#)

1) [doingtshuva wrote:](#)

If you **once** looked on porn will you want to look on porn **forever**?

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It ruins every thing in life- work-happiness-marriage-and what not.

Not mine (at least not apparently)

Don't learn me "?????"

If porn is enjoyable for you , you don't regret after using it, and it doesn't yet ruin your life. So why are you in recovery? Enjoy, but it might be that the porn mixed you up? makes sense?

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Re: Once or forever

Posted by peloni almoni - 22 Nov 2015 23:52

[doingtshuva wrote:](#)

Hi,

Sadly to say when was I was young Bucher there were Buchrim in my Yisheva who had xxx rated videos.

One of them even lend me his laptop with some Cd's and believe me I became sick.

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You can imagine that it was a secret and I didn't dare speaking with anybody about it. I was lost I didn't want it, wasn't looking for it, and couldn't look on it.

And then one day I couldn't live without it.

Whats going on with me?

welcome to GYE. a lot of people come here with some variety of this story, and almost all of them are in panic thinking they are the first ones or only ones with this experience.

Even though for a long time I don't look at porn (99% - every body has some small falls) I still have the urge ... So what are the solutions?

solutions? well, how long are you able to stay clean for? check out [this page](#) (link also available in my signature) for some guidelines and suggestions based on this.

also, consider this: what have you tried in the past? looking at pornography when it is not

enjoyable, and not being able to stop, sounds like textbook addiction. have you considered that it may not just be a yetzer hara, but a deeply ingrained need for ... something you are missing. if so, refer to the page above, and work your way through.

for starters, let me suggest two things from my own experience:

1. download the GYE handbook, and read it at least twice (see link in my signature).
2. get used to the idea that one day you will have to share your problem with someone you trust. someone real, not someone represented by words and pictures on a screen. you may not be ready today, but if you want to really recover, it is necessary. see quote in my signature about sobriety before ego.

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Re: Once or forever

Posted by peloni almoni - 23 Nov 2015 00:11

[quote="Shlomo24" post=269160][doingtshuva wrote](#):

If you **once** looked on porn will you want to look on porn **forever**?

no one can answer this - it is all guess work. how much the desire for lust-related material is minimized or is under-control depends on many factors, including the level of your addiction, and the quality of your recovery.

i agree with the above posters that this should not be where the focus is now.

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Re: Once or forever

Posted by doingtshuva - 23 Nov 2015 10:00

Hi peloni almoni,

Working on my sobriety started 2 years ago when I came alone to an understanding that I have a problem or a yetzer Hara. Thanks to Hashem that my struggle was only with reading or searching the @ which is bad enough. I never made or had contact with same or with other genders. Even not online contact.

That's the ????? of the @ no one knows or sees you, (besides Google NSA and Hashem) you can be a magid shiur and surf with a Gartel in the Beis Medresh in front of a Gimure while shaking your Paies mit a Nigun. And we tell ourselves that it's only a small tiny ????? of looking on Goishe women who we don't even know, and it doesn't even make me being ??????????

We just Bluff ourselves with ??????

Back then I searched on Google "How to break free from porn" which is how I found GYE, but I was still scared to become a member. Only after I had Emailed R' twersky and he is the one that gave me the push, so Burich Hashem for the past 2 years I'm totally a different person. Back then I couldn't even focus on my small job. Writing an Email took me 2 hours- you get me why?????????????????????

Today I manage to focus on double and even more.

Again I didn't ask advice how to stop and I also can't share everything I did in the past 2 years. what yes I read a lot but I mean alot, I printed out almost all the books in the Ebook section, I listened to alot Shiurem on the issue and the most I never gave up. and believe me it wasn't easy. I didn't always see Hahem helping me, but that's part of breaking free, if it was easy to break free, then who would be an addict?

wish you all the best

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