

I am Back After a Long Leave Of Absence

Posted by waydown - 12 Sep 2016 21:06

Hi All Ish Kodoshim,

Unfortunately , I have been gone for a long while. I have been out there up to no good. I'll just cut to the chase. Recently, I meet a semi- frum lady albiet not in person. She was almost ready to take it all the way. But as we continued to chat she made two observations which convinced her not to go further.

1) My marriage is basically a happy one. Despite the fact she was married too, her marriage was not a happy one while mine is (other than intimacy which is my own doing). Therefore, she felt that she was not comfortable wrecking someone else's marriage if at least the other party is in a happy marriage.

2) While we are both orthodox she is barley frum and does not always keep shabbos anymore. I on the other hand am a very upstanding jew in all other areas. I am a bal chesed and learned person. I still attend minyan 3 times a day etc... She felt it was unbecoming of me to sin. It did not pas for someone on my level to stoop so low.

I thought both those two thoughts were very powerful enough to send me back home. Plus its elul where we all return to our father. (whether we return or not hashem is near us in Elul. (ani ledodi vdoedi li). So I unplugged all sinful e-mails and social media profiles and I am back home.

I should add that it is a tough time now as BH my wife is in her first trimester. That means I need to be a single dad for the time being because she has no koach to clean the house , watch and take the kids on trips. of course no relations follow suit. But I am still glad to be back.

Before you all ask whats your plan just please let me settle down and then we will talk. This all happened today!!!!

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Re: I am Back After a Long Leave Of Absence

Posted by Shlomo24 - 18 Sep 2016 19:37

Done.

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Re: I am Back After a Long Leave Of Absence
Posted by serenity - 18 Sep 2016 21:01

Regarding SA, it's been the experience of many that SA it is a last resort. SA works for people who are desperate to be rid of lust and feel they have no other options. That was my experience with SA. When I showed up to my first meeting I was defeated and broken and out of options. People don't have to have to sink as low as I did before they come to this realization though. Many people can come to the realization sooner. And many people went way down to depths that I didn't and even further.

In the words of SA: "What is a Sexaholic and What is Sexual Sobriety?"

We can only speak for ourselves. The specialized nature of Sexaholics Anonymous can best be understood in terms of what we call the *sexaholic*. The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop. Lust has become an addiction. Our situation is like that of the alcoholic who can no longer tolerate alcohol and must stop drinking altogether but is hooked and cannot stop. So it is with the sexaholic, or sex drunk, who can no longer tolerate lust but cannot stop.

Thus, *for the sexaholic*, any form of sex with one's self or with partners other than the spouse is progressively addictive and destructive. We also see that lust is the driving force behind our sexual acting out, and true sobriety includes progressive victory over lust. These conclusions were forced upon us in the crucible of our experiences and recovery; we have no other options. But we have found that acceptance of these facts is the key to a happy and joyous freedom we could otherwise never know.

This will and should discourage many inquirers who admit to sexual obsession or compulsion but who simply want to control and enjoy it, much as the alcoholic would like to control and enjoy drinking. Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery. Sexaholics Anonymous is for those who know they have no other option but to stop, and their own enlightened self-interest must tell them this."

A lot of people use GYE as a tool to prove they can stop on their own. They put together 90

days or whatever and then breath a sigh of relief. They can stop when they want. Then with total disregard for their wives and families they embark on another binge. I didn't have GYE but I did this plenty of times. Thank God I was eventually able to realize that I was miserable.

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Re: I am Back After a Long Leave Of Absence
Posted by Watson - 18 Sep 2016 21:11

I don't know about anyone else but I think I've learnt a lot from this thread. Thank you all.

I want to apologise to Waydown and Bigmoish for any hurt or offence I caused.

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Re: I am Back After a Long Leave Of Absence
Posted by serenity - 18 Sep 2016 21:16

I know a guy who lost his wife and family for doing the kind of stuff Waydown does. That wasn't a bottom for him though. At times I shudder to think about what his bottom might be. He blames his wife for the divorce and for not being with his kids. He's miserable and full of self pity. He can't hold down a job. Can't daven without being full of guilt. Can't face his community without shame. What is his response? To act out more and more and in progressively worse and more dangerous ways. Even if he still had his wife, as waydown does, what kind of a life is that? I will tell you, because I lived it. It is full of misery.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 18 Sep 2016 21:20

Markz,

Re, "Look guys I'm continuing masturbating, and am not looking to change. I just want to post daily here so that I don't return to chat rooms etc"

Its kind of how you spell it out. But I would not say not looking to change. Rather as I often said I don' t want to change. I do want to want to change the M"Z part too.

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 18 Sep 2016 22:43

Personally, I would like to say that my words may have led to misconceptions. I understand why people may have had them. I'm not apologizing, because I don't think that's necessary, but I can see how it happened. I'm going to be holding off a bit from exclaiming when I feel the need to.

I do have one question for waydown though. It's a repeat of what Mark said, but I think you may have made a typo. What do you want to change about yourself?

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 19 Sep 2016 01:01

Serenity,

Yes very well said. I know I can loose my wife and gorgeous children from committing the sins I did even though I never meet anyone in person. And something deep inside me tells me everyone gets caught eventually. So its either quit or get caught. Just listen to some of the high profile news cases recently and you'll see. And yes its shame that "getting caught" is what scares me more than the morality behind it.

However, there is that little crazy bug in me that says as long as I keep the lusting to levels where its not a call for divorce (even if it may cause some problems getting caught doing it) I.E. M"Z then I am OK. Of course it's a very wrong approach because half hearted measures don't work. But my" addiction" or whatever you wanna call it does not necessarily work with logic.

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Re: I am Back After a Long Leave Of Absence
Posted by Shlomo24 - 19 Sep 2016 01:10

Ok, so considering what was just said, how do you reconcile masturbation with yiddishkeit?

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 19 Sep 2016 01:15

I don't its wrong and assur. There are terrible stuff written on it. But its still not gilul arois.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 19 Sep 2016 01:18

Re, What I want to change about myself this second?

Not screwing up my marriage and only "lusting in manageable" ways. I know that sounds crazy and wrong and it is. But that's just the honest truth.

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Re: I am Back After a Long Leave Of Absence
Posted by waydown - 19 Sep 2016 14:52

day 6 and still hanging around.

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Re: I am Back After a Long Leave Of Absence

Posted by Shlomo24 - 19 Sep 2016 18:40

[waydown wrote on 19 Sep 2016 01:15:](#)

I don't its wrong and assur. There are terrible stuff written on it. But its still not gilul arois.

Ok, I hear that.

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Re: I am Back After a Long Leave Of Absence

Posted by Shlomo24 - 19 Sep 2016 18:43

[waydown wrote on 19 Sep 2016 01:18:](#)

Re, What I want to change about myself this second?

Not screwing up my marriage and only "lusting in manageable" ways. I know that sounds crazy and wrong and it is. But that's just the honest truth.

Objectively, I don't think it sounds crazy. It's definitely not "wrong." Honesty is a good policy. I hear you.

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Re: I am Back After a Long Leave Of Absence

Posted by serenity - 19 Sep 2016 21:09

I was thinking about this today and I was remembering how I used to think and wondering if you were having the same thought process. And, the answer is yes. So I can relate very much to what you are going through. I hope you get healing soon.

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