

From Bad to worse or vice versa?

Posted by halevaimetoo - 21 Aug 2024 01:22

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Re: From Bad to worse or vice versa?

Posted by youknowwho - 21 Aug 2024 02:22

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Hey HMT! Welcome to the forums, may it be with hatzlacha.

All questions aside about the YH and what is worse religiously...I'd love it if you could please fill in at least some of the missing details.

How did those 60 days of staying away from porn feel? Were you "white knuckling"? Meaning, were you working on having clarity that you are living a sober life worth living (for whatever reason you may have) a life where lust doesn't control your thoughts and actions all day...or were you holding your breath under the water?

If you were holding your breath, it would possibly explain why you exploded, even in worse fashion. Many true addicts here have had the same experience. Stay away from one thing and fall flat on your face even uglier with the next...

There's a lot to learn here about how you can move forward, whether with "fighting the YH" method, or SA. Look around and you'll find your place!

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Re: From Bad to worse or vice versa?

Posted by freespirit - 21 Aug 2024 03:07

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The battle with the YH is ongoing. Sometimes you'll have the urge to masterbate, you may or may not ejaculate. Depending how horny you

are. Massage parlors are dangerous because you could get STD. If you are sexually actively with different people you need to get tested. Try to stop masterbating, you'll never be satisfied. Maybe you could find a partner where you could be nude together without masterbating.

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Re: From Bad to worse or vice versa?

Posted by halevaimetoo - 21 Aug 2024 06:36

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Thank you YKW for your response. I'm not 100% sure what your two options are. When you say "holding your breath", do you mean that it felt hard? That I was having urges that I needed to control and deal with? Most definitely. A part of my issue is that in my ***mind*** I know that this is terrible but feel detached from ***feeling*** the terrible'ness of it. Obviously, the 1st step to recovery is wanting to change. I ***know*** all the reasons to change but am struggling to ***feel*** them. So, although it felt good to be sober during those 60 days, I can't say I was feeling this tremendous euphoria that I've seen people here describe when they are freed from their addiction. This is obviously a byproduct of my lack of ***feeling*** how terrible my situation was. (If a person knows he's a slave but doesn't feel like a slave, he's not going to feel freedom when his slavery ends.) When you say "working on having clarity that you are living a sober life" what do you mean? By reading up on the tremendous ma'ala of living a sober life and about how life with this addiction isn't a life? By repeating to myself "I am hereby sober!"? Please don't misunderstand me, I don't mean to be sarcastic. I just want to understand what you mean?

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Re: From Bad to worse or vice versa?

Posted by youknowwho - 21 Aug 2024 11:02

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Good morning HMT!

Thank you for very clearly and beautifully articulating how you feel during the “off times”.

What I meant to point out is that there’s a difference between working some kind of modality of recovery, whatever that may be, (whether by constantly keeping yourself clear about your goals to fight the YH, The Battle of the Generation etc, connecting to others etc, or working the 12 steps) versus kind of floating forward, not feeling much motivation per se, which feels more like the issue is in dormancy, or “dry drunk” in SA terminology.

Even if there’s no sense of euphoria (you’re absolutely correct, not everyone experiences that) there’s still a certain state of mind that comes along with recovery. I’m working on this too, and have come to recognize the difference.

As part of the cycle of addiction, we can sometimes be clean for a little while by kind of floating forward. But it’s still eating away inside of you...and than, bam! It comes out again, and again, sometimes in even worse manifestations.

There’s clearly been a progression, going from online to in person. Progression of the *risks* you’re willing to take. So while you may not be more addicted than others who are doing only online stuff, nevertheless your risk tolerance is increasing, which can be quite alarming to say the least.

Reading Dov’s posts has helped me a ton in trying to understand what the difference is...perhaps you can benefit from this as well. Ever read his stuff?

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Re: From Bad to worse or vice versa?

Posted by vehkam - 21 Aug 2024 12:46

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[halevaimetoo wrote on 21 Aug 2024 01:22:](#)

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You are fighting on a more dangerous front. Keep fighting.

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Re: From Bad to worse or vice versa?

Posted by chosemyshem - 21 Aug 2024 13:54

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[halevaimetoo wrote on 21 Aug 2024 01:22:](#)

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This is a great question for a rabbi. I'm not capable of calculating if a massage parlor every x days is more favorable in G-d's eyes than porn every y days. It's also a good question for an addiction specialist. Dov's definition of an addiction is a pattern and a progression - which I think means you find yourself repeatedly acting out and in progressively worse ways. Other people have different definitions.

I think the only person really capable of answering the question though is . . . you.

Do you feel like a move to acting out in person is a new and more dangerous level that you have progressed to? Do you see yourself potentially doing other, even more dangerous, things you never would have imagined doing? Do you feel out of control and that you *need* to act out? Or do you think that it was truly somehow a one time thing that will never happen again (okay a two-time thing but surely it won't happen a third time)?

The good news is that you were also right and it's not such a relevant question. Where you are holding now is mostly only relevant to the extent it teaches you what tools you need to use to get to where you want to be. If this is a manifestation of addictive behavior the tool you might want to use is SA.

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Re: From Bad to worse or vice versa?  
Posted by siyatta - 21 Aug 2024 14:39

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Welcome to a group where you can safely share your experiences, doubts, struggles and keep growing. I can totally relate to your question but I believe the approach is wrong... Instead of focusing on how you fell, and which way is better to fall, I would focus on how long you went without falling, 45 days is great! Let's work on 90 now. If you can do 45 you can do 90, it's the same process, the beginning is hard but once you get past that, which you've done already, and change certain habits, it gets easier... You got this!

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Re: From Bad to worse or vice versa?

Posted by youknowwho - 21 Aug 2024 14:52

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[siyatta wrote on 21 Aug 2024 14:39:](#)

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Respectfully asking you to clarify... "*45 days is great*", when a person has twice crossed another red line in what may be a serious progression of his addiction, taking serious in-person risks.....what is great about that and what does "*you got this*" mean?

Is this how you think he will get the help he needs?

Please don't mind my bluntness, I'm just an anonymous schmuck on the internet and I may need another coffee.

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Re: From Bad to worse or vice versa?

Posted by redfaced - 21 Aug 2024 14:55

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[youknowwho wrote on 21 Aug 2024 14:52:](#)

[siyatta wrote on 21 Aug 2024 14:39:](#)

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Not so anonymous Voldy . Not so anonymous at all

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Re: From Bad to worse or vice versa?  
Posted by thompson - 21 Aug 2024 17:54

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I'd say it depends.

P.S. "Bam" was expressed perfectly, no need to apologize for it.

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Re: From Bad to worse or vice versa?

Posted by halevaimetoo - 21 Aug 2024 19:13

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Thank you everyone for your input. I definitely appreciate the point made by YKW and vekham that I have obviously progressed downward with regard to my risk tolerance, which as was said- should be alarming. (similar to what I said in my 1st response to YKW, I know that it **should be** alarming but need to really internalize it to become genuinely **alarmed**) I think I have to think that point over a lot and mabey from there I will be able to really **feel** how bad my situation is and what it can deteriorate into, if I don't put some serious thought into the modality that I can use to recover. At the same time, I know from past experience that I need to balance those "scare tactic" thoughts about my situation, with clarity about my potential in order not to fall into the trap of yiush due to what I have already done. Meaning, I need to analyze the past in order to really build up my desire to extricate myself and work on the modality of recovery that will work, but at the same time I can't dwell on the past as it will bring me to yiush..not sure I being clear? Thank you Siyatta for your words of chizuk.

I would like to read Dov's stuff. I've read so much about him and seen him quoted all over. Is there a place where they are melaket all his stuff?

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Re: From Bad to worse or vice versa?

Posted by chosemyschem - 21 Aug 2024 20:08

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[The "Dov Quotes" thread](#)

It's not all his stuff (he wrote a lot when he was posting) but it's a nice chunk.

You can also check out some of his recordings. I'm a big fan of the 12 step workshops linked in my signature.

But I'd recommend you just call him. His number and email are available on the site. You'll gain alot from asking him the question you started this thread with.

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Re: From Bad to worse or vice versa?

Posted by BenHashemBH - 21 Aug 2024 20:09

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Shalom and welcome Brother HMT,

What I read from YKW's posts was that you may be focusing too much on what you want to not be doing, and not enough on what you want to be doing. All your defenses were battling the YH on your right, and he launched a sneak attack on your exposed left.

To answer your question about what to think of your situation: could be that before you were winning the porn war, and now you know that that was a battle in the greater war against lust. Time for updated battle plans. You have strong resolve. Would you consider reading The Battle of the Generation? It is available on GYE and on Amazon.

Hatzlacha

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Re: From Bad to worse or vice versa?

Posted by siyatta - 22 Aug 2024 15:28

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[youknowwho wrote on 21 Aug 2024 14:52:](#)

[siyatta wrote on 21 Aug 2024 14:39:](#)

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This is probably a terrible mashal off the cuff but here goes...If someone has a tendency to fall into a small garbage can and all of a sudden he falls into a big garbage can, should he stay there and cry about it? Of course he should get up, clean himself up and work on not falling into any garage can.

The question posed was is it better to be falling this way or that way, and my response was "don't focus on how to fall, focus on staying clean", ultimately when a person acts out whether through porn, or in person, it comes from the same place and requires the same approach. Because the writer has shown great resolve in the past by going 45 days clean, I recommend to

use that to push further and improve, and not try to cheshbon which is the better or worse  
aveirah. Hope that helps

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