

cave

Posted by strugglingandstrivngBT - 02 Apr 2010 15:13

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So, like all, becoming BT has by no means been easy, and I'm by no means there. One of the hardest parts has been in the area of sex, specifically "self gratification". While intellectually I understand what is so bad about wasting seed, I sometime have trouble attaching my heart to the idea. I have trouble with nocturnal emissions, and then to make it worse I have these bouts where the yetzer hara is so bad I'm shaking. When it happens I try to remember that Hashem doesnt want me to do this, but cant stop desiring it to happen, not just of it happening but of relief from the desire. I (to own up to my sin)/my yetzer hara tries to trick myself into having it happen "against my will" but I always wind up being to blame. When the bouts happen I feel so dettached from Hashem that I doubt everything and cant seem to process why I'm not allowed to do this. To make it worse I am not in a frum environment most of the time, and put so much attention on not looking or thinking about immoral things that I objectify people even more, and still think about them! Today I had this "genius"(terrible) idea to look at pornography to strengthen myself, and while I was able to resist for a while (left me feeling like I had a thick layer between me and my neshama) I ended up caving later in the night. I felt horrible and found this site, read a post and once again, while it makes sense and I feel that it is the ideal way of thinking, I cant seem to make myself believe or feel the truth.

I know that every time I cave I feel so detached and hate it, and everytime I tell myself I wont do it again, but then I go and do. This combined with other struggles and I cant even feel remorse for it, as part of me doesnt feel I did anything wrong and part of me is caught up in the other struggle (kevana vs keva, that in fighting this so hard I'm not really doing any proactive good for the world or serving Hashem). I feel like a hypocrit; how can I know it's wrong but do it, how can I daven and keep the mitzvot and avoid all these other prohibitions but this one thing I cant stop? Then in not wanting to deal with the weight of my actions or fall to despair, I try to look it as lighter or ignore it and cant even make since teshuva for it.

I think my post has two points: one is I needed to vent, but more productively, does anyone have any advice on attaching ones heart to the belief that this is wrong? I find myself thinking, "if I could let go of one thing this would be it" and then I think well if I do that then I dont REALLY believe in it, and if I dont belive in THIS do I believe any, and then I think about what I feel the ideal is and where I am, trying not to jump into things to fast and then using slow and steady as an excuse and justification of aveiras, and I get so confused. anyone have any advice? thanks!

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Re: cave

Posted by nederman - 12 Apr 2010 00:47

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When you are staring at that source of pleasure and you love it, and in the back of your mind you feel bad about it, that's how you know that you are addicted. But it's really irrelevant what you call it. The only thing that really exists is where you want to go and how you are going to get

there. Who do you want to be?

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Re: cave

Posted by strugglingandstrivngBT - 12 Apr 2010 00:55

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I want to be a servant to Hashem, humble, sincere and Holy. free from negativity and sin, shining my light on to the world. I want to be me...

how to get there...

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Re: cave

Posted by briut - 12 Apr 2010 00:57

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[strugglingandstrivngBT wrote on 12 Apr 2010 00:25:](#)

ps I would love to know where to find that mp3

[www.mostlymusic.com/volume2-p-833.html](http://www.mostlymusic.com/volume2-p-833.html)

Journeys, Volume 2.

Eli Gerstner etc.

The single is a download for \$1.50; the full album is more. (Preview is free.)

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Re: cave

Posted by nederman - 12 Apr 2010 00:59

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[strugglingandstrivngBT wrote on 12 Apr 2010 00:55:](#)

I want to be a servant to Hashem, humble, sincere and Holy. free from negativity and sin, shining my light on to the world. I want to be me...

how to get there...

Imagine you have just had an emission and are feeling spent.

After that, can you tell when you have the first thought or look at the first thing?

Another question: how many years?

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Re: cave

Posted by aryehtahor - 12 Apr 2010 03:02

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SASBT,

As someone who is both BT AND sex-addicted AND suffered a lot from mental problems, I think lust addiction, and addictions in general are not directly caused from the mental illness, but it's probably true that they are correlated.

What I mean is, if you did a survey of people who have problems with addictions, you would probably find much higher rates of psychological illness and/or traumatic events. It's not surprising. People find things that help them escape their reality and that they think will help them cope. Then the original situation passes and you're still stuck with the addiction and over time, it takes on a life of its own.

You sound like someone who, first and foremost, needs to address the underlying psychological problem with medication, therapy, or whatever else works. That is a yesod for everything. You can't address your life problems with your hands behind your back. After you feel "normal" again (not happy all the time, just normal), you will be in a position to start addressing the addictions, and any other aspect of your life that needs work. But until that happens, if you're like me, you will be overwhelmed with negative thoughts that you don't even realize are not the real you.

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Re: cave

Posted by Dov - 12 Apr 2010 04:08

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Holy mackerel, did that make a lot of sense! Too much sense for this time of night!

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