

Hi...

Posted by selfloathing - 13 May 2011 15:11

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I am new to the forum, how I wish I had found this thread 15 years ago when i first started to slip...

I discovered this site yesterday through the add on vosizneis, while i had another window open in the background loading up the disease...

Boruch Hashem after reading a couple of testimonials I was able to push it out of my mind, albeit temporarily.

I am B"H happily married with 2 children, but my adiction has gotten to the point where I have more of teiva for watching videos online than to "spend time" with my wife, even when she isn't a nida...

Just to explain, I still love my wife, and I am very attracted to her, but 30 minutes after we "spend time" together and she is asleep I find myself inexplicably getting the urges again and sometimes will sin within the hour of being with my wife.

I have been trying to find a way out, but I am not ready to see a therapist or group therapy, my pride it too great...

I hope that the 12 steps and support of this group will be what I need to finally free myself from the torturous jail I have made for myself when I was a teenager.

I think that's enough for now, this is the first time I have shared this with anyone, so I am a little uncomfortable despite the anonymity of the site.

A big thank you to the founders of the site, this is the biggest tzedaka I have ever encountered.

Hopefully this will help be be able to stop the,

Selfloathing

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Re: Hi...

Posted by alexeliezer - 16 May 2011 16:59

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I was tempted to send this as a private message rather than posting it in the open so as not to set off (another) controversy. But I was assured that "GYE is not SA." Which means we condone approaches that work, even if they're not classic 12 step.

Selfloving: I totally relate to not wanting to join face to face groups. I really didn't want for my recovery to become as consuming as the addiction was. I wanted to move on. I studied the 12 steps here and even spent some time on the SA website. I applied most of them, just between me and the Ribono Shel Olam. I composed a little tfila that incorporates the first several steps. (you can find it in my initial post in the archives of Introduce Yourself). I chose not to tell another person about my addiction. I reasoned that I would try to do this "myself" and if I failed, then I would have to turn to support groups, either online, on the phone, or in person and follow the rest of the rules. I was fortunate to see success, and I have extended by beginner's luck streak to over 2 years now. Just sharing what worked for me.

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Re: Hi...

Posted by Me3 - 16 May 2011 17:23

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Why was that controversial? I'm doing very much the same.

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Re: Hi...

Posted by alexeliezer - 16 May 2011 17:53

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That's good to hear. Now I don't feel like such a rogue here. Forget what I said about controversy. I just want to be helpful to our chaver, Reb Selfloving

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Re: Hi...

Posted by silentbattle - 16 May 2011 18:35

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The controversy comes when people try doing that, and it doesn't work for them - but they still keep trying that without actually going to live meetings.

What's the line? Insanity is doing the same thing and expecting different results?

In general, i would add, that having *someone* in real life that you can talk to about this IS very important, in my experience. But it can be a friend, a rebbe, or someone you met here, if that works for you.

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Re: Hi...

Posted by Dov - 17 May 2011 16:45

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To whomever this belongs:

So if the calls do not work after a few months and you have not gotten the relief that you seek, then what? Are you willing to go to any lengths to get and stay clean one day at a time, or is this not really bothering you that much? Only time will tell. And that is the same for me, you, and everybody else.

I am not trying to be nasty, but just trying to say that I have heard so many excuses from guys for why in-person meetings are not really necessary (and they may be correct about that!) - but when no other option was working, they **still** didn't go. They cited some other reason that it was

just too...whatever. And that proves to me that the only reason they were ever not choosing to go, was only one: They wanted to be able to keep looking at porn and masturbating. Plain and simple. And I have been there.

And being a powerless addict, I cannot blame them in the least. I'd never have stopped if I didn't have to. I just couldn't go on any more...

So why am I saying this at all? Becuase I believe it is important to say from the outset that whatever tools we are trying to use to get clean and stay clean one day at a time, we are willing to go and try whatever else we will need to if these do not work. We will not stop until we find the help we need or Hashem takes us away. Period. This is our lives and the lives of our families we are dealing with here. Nothing less.

Hatzlocha with the calls!! I love you, brother!

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