

another new guy

Posted by wannabehappy - 17 May 2011 23:16

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Hi I don't feel I have much to add here with my personal story. but I do need the help from the guys. So here I am.

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Re: another new guy

Posted by alexeliezer - 13 Jun 2011 21:51

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Wow! Totally geshmak! Intellectual candy!

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Re: another new guy

Posted by TheJester - 15 Jun 2011 10:28

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[dov wrote on 10 Jun 2011 21:32:](#)

I am happy to be powerless over lust till the day I die. All the things I am 'missing out on' will have to stay that way. That is what recovery means. You gotta feel you are giving up something, no? Otherwise what is the big deal.

Torah says this. Rebbi Akivah had to give up his life - his students had a hard time with that, he explained what I am saying but in a religious way. If we are supposed to innately want to do only what Hashem wants and not desire the destructive stupid stuff at all, then what **are** we giving up for Hashem in b'chol levov'cho?! So having the desires and knowint that they are still alive in me is no ma'yloh, at all. It is unnatural and not the avodah that Hashem wants from me. Sort of how the Tanya explains "Halevai I should be a beinoni" - that's not good enough?

Have a great Shabbos!

Dov,

Thank you for your perspective on this. It took me five readings over a week, but I think I'm finally getting it.

For me, "to stop" isn't the hard part. Once upon a time, I could not help myself, but now I think I can - I've not "fallen" in years. It's the fear of what is potentially inside, and *caring* enough about it, at all times. And building on having stopped the external actions (active pursuit and acting out), so as to internalize the cessation into my eyes and thoughts. I act like a recovered person, I see like a *recovering* person, and I think like a battling person. Don't read too much into that last sentence - the word choice is pathetic. This leads me to believe I'm doing something wrongly. But there is a wealth of material on here that I'm wading through, with some excellent tools and responses.

I'm not sure if I make sense there. :o

Anyway, thanks for helping to clear up my thinking.

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Re: another new guy

Posted by Dov - 16 Jun 2011 00:09

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And thanks for clearing up mine!

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Re: another new guy

Posted by wannabehappy - 06 Jul 2011 18:43

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I think I have that problem.

I get so excited to stop and I can and I do.

But when a week goes by I stop caring at all. I actually start to doubt why im spending so much energy and time, how bad could it be....

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Re: another new guy

Posted by Serene smile - 07 Jul 2011 18:27

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"How bad could it be"?...

Well, families are being broken, children are suffering, Torah communities are falling way below the 'holiness' they claim to have, needless \$\$\$ is being wasted and lost, deadlines are missed, personal dignity is a dream, precious time is lost lost.. (Let's not even bring shulchan aruch here)..

"The lips of a foreign woman drip with honey, but the end is bitter wormy wood" (mishle)..

One 'small ta'avah' then another eventually add up..

So I guess, not too bad after all. No?

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Re: another new guy

Posted by wannabehappy - 21 Jul 2011 04:41

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So....

Would like to update the oilam here.

I decided to be patient and see if anything about me changed or would change over a couple week period.

The results are in.

I overall do better guarding thoughts and eyes a lot better. I have small winning streaks.

But I fall and fall hard.harder than before. It used to be I would act out and finished everything would go away.

Now I am not just wanting to act out. I begin to toy with the idea of really going all out. Figuring out ways to act on bad thoughts. With other humans.

I don't know what it all means.

I did listen in on dc 12 step once. That's when I decided to be more patient with my progress. I don't want to commit the time and scheduling issues it would cause.

I find my major triggers are depression, stress, and sometimes good old s drive.

im working on restructuring my life to lessen stress but its harder than I thought.

I get scared now sometimes that if I don't act out ill end up doing something much worse.

Suggestions?

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Re: another new guy

Posted by Dov - 21 Jul 2011 11:52

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Yes. Have you ever written out your first step inventory candidly and completely, just for yourself?

If not, then I feel it is likely that you have not started the first step yet.

And by the way, there is nothing in the first step about *stopping*, no moral criticism of any kind, and it is *not* about the solution. It is simply a tool for facing the truth about your problem, and only that.

So what do you say? It's a bit of work. But what is this worth to you? And a phone call is not going to do this for you. It's pen and paper, some time, and letting go of a bit of fear and shame, that's all.

Just for yourself - for nobody else to read or listen to ever. Just for you to take to the grave with you - just like your very sweet and very secret porn and masturbation....all private secrets to the grave, right? I know this too. This writing is your entire sexual acting out history from the first memory of trouble in it, till the last drop of sex with yourself and lust that you used - that you write out *on paper to yourself only*. No prose, no poetry, no explaining away actions and no saving face, no showing off....just between you and you.

Tell us here when you are done writing it, if you wish, and then I'll suggest a next step, if you really want to have change that sticks.

That's my suggestion.

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Re: another new guy

Posted by helpfyi - 21 Jul 2011 13:00

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[wannabehappy wrote on 21 Jul 2011 04:41:](#)

Now I am not just wanting to act out. I begin to toy with the idea of really going all out. Figuring out ways to act on bad thoughts. With other humans.

this is no shocker, that is where this all ends up, you gotta get out while still on top, don't let it get there! you can do it listen to dov he can help you!

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