

My First Real Post

Posted by gibbor120 - 04 Aug 2011 16:57

Hi,

I am relatively new to this site. I found it by "accident" about a month ago. I eagerly read a ton of material (way to much to digest - but it was so interesting). I felt a bit funny about posting on an online forum, so I contacted a couple of the moderators through PM or email first. My job does not usually keep me very busy, so I have been reading a lot of the posts on the forum during the day. I must say that you guys make me laugh quite a bit, and that's without going to the "Depressed Person's Chill Spot". Some of that stuff really made me laugh out loud - at work!

Why do I call this "My First Real Post"? Because I just couldn't resist and did post a joke already. The reason I am writing now is that I do sometimes feel like chiming in on a conversation, but think it's a bit rude to just chime in without introducing myself.

So here goes...

I grew up in a modern orthodox environment. I had access to TV, Movies, etc. As I got older, I got access to progressively worse movies. You all know the story. I began masurbating and looking for anything to trigger me. I think the first time I tried to seriously stop when I went to Yeshiva (after high school). I was one the roller coaster. I could stop for a time, sometimes days, sometimes weeks, sometimes even a few months, but I could never quit completely.

I got married, and that helped a bit for a short while. But again, as you know, marriage didn't ultimately help me. I didn't even have internet until after I was married, and as you can imagine, it made things much worse. I went through periods of relative calm, and periods of insanity, where I just needed more and more.

Finally, a couple of years ago, my wife found out. I knew I would get caught eventually, and deep down, I think I wanted to get caught - although it was mighty painful at the time! I knew that I had no chance of winning on my own. Now at least I had a chance.

We spoke with our rav and made some gedarim. It hasn't always been easy, but I have managed to stay clean for over 2 years. When I foudn this site a short while ago, it made so many things click. It clarified so many issues for me (don't worry, I have an unlimited supply of). I shared the material with my wife as well, and I felt able to open up a lot more. We made a lot of progress just from the material on this site. I have become more willing to share, and she has become more understanding.

I am not really the type to post on online forums. Many of them are filled with sarcasm and cynicism and are generally negative. I have been reading for a while and you guys are really first class. You are warm, loving, accepting, and non judgemental. That's the only reason I feel comfortable posting here.

Keep up the good work!

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Re: My First Real Post

Posted by ZemirosShabbos - 16 Aug 2011 16:12

[gibbor120 wrote on 16 Aug 2011 15:07:](#)

I hope I have adequately expressed my total and utter confusion ... um "clearly" ;D.

i had a similar quandary not long ago and i identify with what you wrote. in a way if you have a stretch of sobriety behind you it is hard to feel powerless and desperate, like the alcoholic sleeping in the gutter...

btw, there are phone groups that work the steps, might be something to look into.

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Re: My First Real Post

Posted by ZemirosShabbos - 18 Aug 2011 18:10

how's the weight-lifting Gibbor?

maybe put them down for a minute and chow down with some sushi on rye bread with a pickle on the side

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Re: My First Real Post

Posted by gibbor120 - 18 Aug 2011 18:28

Thanks for asking,

I just finished reading [HARRYS SON](#).

WHOOA. What happened to it? I am in a daze.

Things are good.

I never tried putting sushi on rye bread. I must be behind the times on that one.

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Re: My First Real Post

Posted by ZemirosShabbos - 18 Aug 2011 18:37

Harry's Son is gonna put be up there with Homer and Huckleberry Finnberger one day

when you need your next literary fix here is another great one:

www.guardyoureyes.org/forum/index.php?topic=3348.msg95093#msg95093

gye is conducive to gastrointestinallogicalism research, check out the cholint thread

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Re: My First Real Post

Posted by gibbor120 - 18 Aug 2011 18:41

[ZemirosShabbos wrote on 18 Aug 2011 18:37:](#)

gye is conducive to gastrointestinallogicalism research, check out the cholint thread

Yeah, they're not half bad at making up new words either. Have you registered gastrointestinallogicalism in the [GYE GLOSSARY OF TERMS](#)?

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Re: My First Real Post

Posted by alexeliezer - 18 Aug 2011 19:22

[gibbor120 wrote on 16 Aug 2011 15:07:](#)

. . . . Like I said, I clearly can't stop on my own, not for the long term anyway. On the other hand, with some outside help (AKA my wife), I have been clean for quite a long time. OTOH, I don't feel like I have changed all that much. I have made certain gedarim and I have made strides in shemiras aynayim etc... but that goes in cycles as well.

. . . .The other part says "wait a minute", there is more to this than staying clean. As is discussed so often, there are underlying reasons I feel the "need" to act out. I haven't really addressed those. . . . Am I just a "dry sexaholic"? Part of me (a really sick part) even wishes that I was worse off than I am. Then I would know that I need SA. Being in doubt isn't easy.

You can certainly be a dry sexaholic. If the only thing keeping you from your drug is the threat of external repercussions, or lack of access, that describes a dry addict.

Perhaps this is why you feel you haven't really changed. Staying clean by any means is a great accomplishment. But recovery is more than that. It's giving up *wanting* the drug. Can you honestly say "I don't want to lust?" Can you give your lust up to Hashem? As an active addict, lust was an integral part of me. My favorite part. Because it got me high, gave me intense pleasure. This part of my personality wasn't easy to give up. That's where crying out to Hashem constantly came in.

That's real change. And once you make it, you'll be able to take the fearless moral inventory you seek ("....underlying reasons I feel the "need" to act out.")

This is all my personal opinion.

Alex

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Re: My First Real Post

Posted by gibbor120 - 18 Aug 2011 19:30

Thanks for your reply. I think you HTNOTH (Hit The Nail On The Head).

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Re: My First Real Post

Posted by ben durdayah - 18 Aug 2011 20:11

[ZemirosShabbos wrote on 18 Aug 2011 18:37:](#)

when you need your next literary fix here is another great one:

www.guardyoureyes.org/forum/index.php?topic=3348.msg95093#msg95093

Zemmy, I am flattered.

:-[

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Re: My First Real Post

Posted by ZemirosShabbos - 18 Aug 2011 20:12

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Re: My First Real Post

Posted by gibbor120 - 18 Aug 2011 21:07

I have moved my main thread [here](#).

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Re: My First Real Post

Posted by gibbor120 - 19 Aug 2011 20:40

[ben durdayah wrote on 18 Aug 2011 20:11:](#)

[ZemirosShabbos wrote on 18 Aug 2011 18:37:](#)

when you need your next literary fix here is another great one:

www.guardyoureyes.org/forum/index.php?topic=3348.msg95093#msg95093

Zemmy, I am flattered.

:-[

Thanks Zemmy and BD! I just read it. It got me through to the end of Friday. Boy, we could
here than Hollywood. . There is more talent

I need to get myself a yiddish dictionary. I don't see a thread for translating yiddish yet. My

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yiddish is a bit "shvach"

Re: My First Real Post

Posted by gibbor120 - 19 Aug 2011 20:41

Oh, and just one more thing... HOORAY, I am a full member! ;D

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Re: My First Real Post

Posted by Gevura Shebyesod - 22 Aug 2011 05:04

[gibbor120 wrote on 19 Aug 2011 20:41:](#)

Oh, and just one more thing... HOORAY, I am a full member! ;D

Me too! I think we have about the same number of posts, let's have a race to Hero Member!

Monster Truck race!!!!!! WooHoo!!!!

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Re: My First Real Post

Posted by Eye.nonymous - 22 Aug 2011 19:01

[gibbor120 wrote on 16 Aug 2011 15:07:](#)

Part of me says, well, I am doing ok, so just KOT. The other part says "wait a minute", there is more to this than staying clean. As is discussed so often, there are underlying reasons I feel the "need" to act out. I haven't really addressed those. So then I say, I would really like to attend SA. At which point the other part of me says, SA is not for people who have been clean for 2 years. Then the other part remembers what Rabbi Twerski says about being a "dry drunk". Am I just a "dry sexaholic"? Part of me (a really sick part) even wishes that I was worse off than I am. Then I would know that I need SA. Being in doubt isn't easy.

I started off thinking, "I just have a little problem looking at indecent things on the internet every once in a while and, oh yeah, masturbate every week or so. All I need to do is find a way to stop doing these things, because I know I'm not supposed to be doing them, and then I'll be all set."

I started getting involved in this forum (about 2 years ago). That helped, but not enough. I joined the 12-step phone conferences, which helped a lot more (my wife said, "when you joined the forum you started to change, but when you joined the phone calls, you REALLY started to change"!) But still, I felt I needed more. A couple of months ago I joined a live SA group.

I have learned, as you have begun to suspect, that this acting out is merely a symptom of a much larger, underlying issue--the restlessness, irritability, and discontentment of life, being riddled with fear and resentment, obsessing all the time either about the past or the future, feeling totally incapable and incompetent. All this is painful, and so we need pain-killer; we have taken our drug of choice for temporary relief.

I have found a better way. Through the 12-steps, I am dealing directly with life. Facing challenges, overcoming fears, casting away resentments. I am learning to be in the present and to enjoy it. My relationship with my wife and children has dramatically improved. I have much more serenity and peace of mind in all matters. I am no longer afraid of many of the things I used to be afraid of.

I don't have so much pain anymore and, to the contrary, I have much more enjoyment out of life.

And, as a side-effect, I don't need the pain-killer anymore. I have ups and downs, slips and even falls sometimes, but overall, life is unbelievably more fulfilling and pleasurable.

--Elyah

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