

Writing without thinking.....

Posted by Yossi.L. - 26 Aug 2011 00:47

I want to re-introduce myself; I am a sex addict. I have spent 1000's of hours of my precious life watching porn,masturbating, and lusting. I can not be alone with a computer because I will watch porn. I can not look at attractive women because I will lust. I can not take a shower with the door locked because I will masturbate. I know that if I dont stay focused on my addiction I will absolutely fall. I am a strong person, but my addiction is far stronger then me. I receive the daily emails and they keep me focused, however I want to share more. I want to be even more focused then I am. I want chizuk from you, and I want to be a chizuk to you.

I'm Yossi and I AM AN ADDICT

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Re: Writing without thinking.....

Posted by alexeliezer - 29 Aug 2011 15:15

Those are some beautiful thoughts from Holistic.

[Yossi.L. wrote on 28 Aug 2011 08:29:](#)

....why is lusting after a women not a "fall". Yes, it's not a major fall such as master.... but it's still a fall. Should I not classify my cleanliness as complete total cleanliness from lust? Is that too extreme?

Using the alcoholism analogy, looking at a woman for long enough to feel lust (which for me is less than a second) is like taking a drink. Viewing porn, masturbating, or (my opinion) indulging in fantasy at length is like getting drunk.

Yossi L, I think you and I are on the same page about this though. In my journey out of the lust prison, I didn't see any practical difference between a slip and a fall. I wasn't interested in either. Slips lead to falls and therefore must be avoided zealously.

I also didn't count to 90, and therefore, again, didn't need to come up with a definition of a fall that would reset the count. I was so relieved to find all the information I learned on GYE it was like starting a new life. I made a commitment to stay clean for the rest of my life, using proven techniques of recovery (mostly the 12 steps) one day at a time. I blew past 90 without even noticing. B'chasdei Hashem I'm now at 2-1/3 years.

Have a great, clean day!

Alex

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Re: Writing without thinking.....

Posted by Back on Track - 29 Aug 2011 15:50

[alexeliezer wrote on 29 Aug 2011 15:15:](#)

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thats awesome. I am couting. i am now on day about 124. But i think really i should kind of let that go and just do it one ay at a atime. That is where the true recovery is.

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Re: Writing without thinking.....

Posted by obormottel - 29 Aug 2011 16:34

Holistic's post is truly a gem (I went ahead and read all his SIX posts,, he's making so much sense) and he is a great addition to this forum. The thought of hoping to find something in Yiddishkeit to "cure" me was equally pressing to me, and I had a true turn-around after coming here and realizing that Yiddishkeit will follow if I start serving G-d myself by not looking etc.

As far as fantasizing and looking: I don't know if you should consider it a fall for the purpose of

count reset, but it is certainly a negative event akin to actual mas*****g or intentionally watching p**n. I found myself in a grip of anxiety and depression the other day (I posted about it here <http://www.guardyoureyes.org/forum/index.php?topic=4306.msg116571#msg116571>

and I noticed a physical change in me after dwelling on some "bad" images in my head: i became calmer, less anxious, and even in higher spirits (that is , untill I realized WHAT has brought about tranquility, and then it was back to depression).

So my layman's opinion concurs to those above: lusting of any form: looking at actual or digital women, or even just memories, has the same consequences for recovery and therefore should be avoided at all costs. And if the thoughts are persistent, you are not doing something right - may be you let your eyes wonder a second longer than you should, or maybe you purposefully let your mind dwell on things you shouldn't. The only difference with the actual fall is: since recovery is a process, you will inevitably find yourself at a setback, but if you view it as yerida l'tzoirech aliya (thanks Holistic!), then as long as you're making progress, and you do change your train of thought, you didn't fall.

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Re: Writing without thinking.....

Posted by Back on Track - 29 Aug 2011 17:53

i dont know. this sounds pretty harshto me. I like the SA definition of sobriety. Braking sobriety is ahving sex with anyone other tahn your wife. this includes mast* which is essetially sex with self, and includes starting and then stopping mas* before finishing which is like starting to have sex and then stopping.

Loooking at p* while bad, and bad for us as Jews of course, is not in my opinioin a reason to sart recounting. then again, if i really was such an SA guy, I would have no infatuation with teh 90 mark, which i do. as real SA is about everything being one day at a time with no before and no after.

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Re: Writing without thinking.....

Posted by Yossi.L. - 29 Aug 2011 20:57

Beautiful thought by holistic. Thank you! Everyone's derech of recovery, although guided by the 12 steps, is slightly different. I know personally that if I don't consider lusting a fall then I will inevitably lust without really recognizing it. It's only because I am so focused on not falling, and I

put such a strong emphasis on not lusting, that I'm able to completely stop looking before it turns in to lust.

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