

Please help me! I am drowning!!!!

Posted by committedjew613 - 01 Jul 2013 21:26

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Hello everyone. I am so glad I found this website and am hoping you could help me.

I am a married father of one. My struggle began in the 8th grade when I was introduced to the dirt by some friend. Since high school, besides for a few periods of abstinence, I have acted out almost every single day. I feel like I have no control over it. In the beginning I really believed myself when I said this would be the last time. But obviously I did not understand the nature of my addiction.

The first time I acted out after I got married, I felt horrible, so low and so depressed. But it's become sort of a norm now. Once a day usually satisfies me, but I feel empty without acting out at least once a day.

Although I take full responsibility for my problem, one issue that makes things more difficult for me is that my wife does not enjoy intimacy. I feel like we've sort of become somewhat emotionally detached because of this. About once or twice a month my wife will be intimate with me, I feel "as a favor," although she never enjoys it. I know this is not the cause for my problem but it makes it more difficult. Does anybody have any advice for me?

I have become so frustrated and enraged with myself. I just want to rid myself of this horrible addiction once and for all.

THANKS SO MUCH TO EVERYONE WHO READ THIS

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Re: Please help me! I am drowning!!!!

Posted by skeptical - 02 Jul 2013 09:32

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**committedjew613**

That's why I'm here. I'm ready to open up (first on an anonymous forum), and hopefully be helped.

Ready, set, GO!

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Re: Please help me! I am drowning!!!!

Posted by Pidaini - 02 Jul 2013 11:26

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You are in the right place to open up, and not have to worry about ruining any reputations.

I just want to point out that when we open up it is not only inorder for others to be able to give advice, it is (or at least was by me) an eye opener for ourselves to actually be honest with ourselves as to where we are holding in life, and realize that that is not where we want to be. once that realization is made, and accepted, it is possible for us to make the commitment to take the necessary and suuccessful steps to becoming sane.

Open up, Lech L'cha, means both go to yourself, and for yourself. it is well worth the effort.

We're all with you

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Re: Please help me! I am drowning!!!!

Posted by AlexEliezer - 03 Jul 2013 00:46

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Hi CJ and welcome to the club!

Women get married to a man they admire and come to love, and hope to bond with them further in the bedroom. Innocent, Bais Yaakov type girls may be a little nervous about the bedroom, but

look forward to the closeness. But when that husband is steeped in pornography, lusting after women on the mass transit, and masturbating, that closeness is simply not there. No matter how great a lover he might be. Because for the woman, the bedroom isn't about physical pleasure, it's about emotional and spiritual bonding. Yes, they enjoy the physicality, but that's not the main event for them. The connection is. And your wife is feeling none of that. *Because you have hundreds of other women in your life.*

Read that a few times. Because for a lust addict, it's very foreign. Another planet, really.

I'm not stam being hard on you. I am speaking from bitter experience -- my own and of many who post on this forum and in the Baalei Battim's section.

The first thing to understand is that you are addicted to arousal, not masturbation. Masturbation is just the end result, the release valve.

To get sober, you need to cut off all forms of arousal. But first you need to be ready, and really willing to give up lust itself.

Can you say that?

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Re: Please help me! I am drowning!!!!

Posted by committedjew613 - 03 Jul 2013 06:20

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Thanks to everyone who responded. It feels so good to know that there are so many people out there who care and are so willing to help. Your responses have been really helpful in giving me the strength to tackle this problem once and for all.

By the way, I was at a public sports event today, and I didn't look at any of the women. It was so hard (maybe I took one or two second looks by accident, but that was it). I felt sort of nauseous from holding back, but Baruch Hashem, Hashem helped me to hold back. I am proud of myself. I know it will get harder, but I hope I can keep it up.

Day 1 of being clean almost completed!

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Re: Please help me! I am drowning!!!!  
Posted by nitzotzeloki - 03 Jul 2013 15:43

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good for you! chazak ve'ematz

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Re: Please help me! I am drowning!!!!  
Posted by ZemirosShabbos - 03 Jul 2013 18:08

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Keep on trucking and keep up the good work!

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Re: Please help me! I am drowning!!!!  
Posted by gibbor120 - 03 Jul 2013 18:11

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[committedjew613 wrote:](#)

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Day 1 of being clean almost completed!

B"H!

It should actually get **easier** over time, not harder. Not because we get stronger, we don't. (if you need proof of that, just look at my avatar. He's been lifting for over 2 years, and see how ) It's because we learn to stay far from any form of lust and call a friend when we feel weak.

The chizzuk email today had a piece about it. See it here [guardyoureyes.com/the-12-steps/item/i-m-only-something-if-i-am-nothing?category\\_id=33](http://guardyoureyes.com/the-12-steps/item/i-m-only-something-if-i-am-nothing?category_id=33) . You might want to sign up for the chizzuk emails if you haven't already.

skinny his arms are still?  
I wouldn't recommend going to sporting events as much as you can avoid it. Shopping malls are also places to avoid.

There are also emotional triggers, like feeling lonely or depressed. Those are also dangerous, maybe more so. I learned on a 12 step phone conference that humility and bitachon are ways to deal with that in a healthy way. To let go of my own ego.

It's a process that never ends, but the rewards are endless as well.

Hatzlacha on your journey. We are all here with you!

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Re: Please help me! I am drowning!!!!  
Posted by AlexEliezer - 03 Jul 2013 19:19

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Good to hear you're doing this!!

Yes, giving up lust is *murder* in the beginning. Maybe literally. You're starving this Y"H to (near) death, which is the only way to deal successfully with it.

Continued hatzlocha.

And remember, take it one day at a time. The only day you ever have to think about getting through is today.

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Re: Please help me! I am drowning!!!!

Posted by Joel10950 - 03 Jul 2013 19:47

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wow keep it on, we are all with you, and hashem over us from above and waiting to get us back to him his hands are wide open we just need to do hishtadlus

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Re: Please help me! I am drowning!!!!

Posted by cordnoy - 03 Jul 2013 19:48

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its actually one moment at a time

if I would think of entire day, it would not work at times

several hours ago, after a mini-crisis, and in midst of depressed matzav, I began replying to my 'woman friend' thru email. before hitting 'send,' I decided against it, and it was left there...unsent.

it was thinking of the moment, and thankfully, there, I made the correct decision.

hatzlachah vayter.

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Re: Please help me! I am drowning!!!!  
Posted by AlexEliezer - 03 Jul 2013 21:06

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Yes.

One right decision at a time™

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Re: Please help me! I am drowning!!!!  
Posted by reallygettingthere - 03 Jul 2013 21:30

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[AlexEliezer wrote:](#)

The first thing to understand is that you are addicted to arousal, not masturbation. Masturbation is just the end result, the release valve.

@AlexEliezer

I just wanted to say thank you.

this line was a new level of clarity for me

Yesterday was a hard day for me and this really helped me get through the day.

I am not addicted to anything except for arousal and I'm only using it as a cheap dangerous substitute for genuine love.

I suddenly have a new appreciation for the relationship I have with my wife and a new appreciation for the work I need to do to make it better.

Major, Big-Time, Monstrosity-Style

THANK YOU

Eli

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Re: Please help me! I am drowning!!!!  
Posted by cordnoy - 03 Jul 2013 22:07

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I have not been following the entire thread so well, but the line you just highlighted resonates with me as well.

I assume, as well, that it is arousal that I am/was/ trying to get rid of addicted to, not the masturbation itself.

The mindset should make a difference.

Thanks

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Re: Please help me! I am drowning!!!!  
Posted by gibbor120 - 03 Jul 2013 22:12

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Yes, that was a big moment for me as well, when I realized that I was addicted to lusting. I thought my problem was that I was doing devarim assurim. The difference is that arousal or lust for my wife was "technically" muttar, so it's ok - right? Nope, not for me anyway. Realizing that



my problem was lust in any form was a real game changer for me!

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