

The Ramblings of a Recovering Lunatic (General)

Posted by MendelZ - 08 Aug 2013 23:22

FYI: There is another version of this post in the Balleh Battim forum that has more about how this all relates to intimacy with the wife.

First time poisting anything of a personal nature. Yes, I am interested in comments and questions. It will help me and others (I hope). Here it goes...

I never believed Chazal when they said starving it will satisfy it. It just didn't seem possible. How can you go without that feeling of release, of goodness? Not having it wasn't an option for me. No matter what I tried, I could never stay off of porn and masturbation for an extended period of time (expect a few times where I did a couple months without) because I just didn't believe I could live without it.

Over the past four months (approximately), I have noticed a big shift in my understanding of this whole business. **Yes, the longer one holds off from lustful thinking and acting out, the easier it gets. Big chiddush: Chazal were right.** But the concept was not real to me until I saw it in action in my own experience. (This is important: One need to see the truth for himself. We cannot force insight into another person.) By not focusing on me and by staying clean for a little while more than is comfortable, I see how real it is to "starve" in order to be "satisfied". We don't really need sex. (And B"H, my wife and I are currently in a month of self-imposed no sex and only once did I feel a little regretful. Not being chained to sex is such a freeing feeling, like taking off handcuffs.)

I still have plenty of work to do with my "addiction". But I want to point out that the main thing that helps me is seeing in real time that I DON'T NEED SEX. NOTHING WILL HAPPEN TO ME IF I DON'T GIVE IN.

It all started with filters and keeping busy and living in the moment and finding meaning in my life (still need to do all those things all the time)...but the realization that it is possible to say "no" and that every "no" is bringing me to less and less dependency was HUGE. Saying "no" to lustful thoughts and feelings is really saying "yes" to the Aibishter. Its saying, "Yes. Hashem, I do want You to be real in my life. I want to let You help me."

I heard from my Rebbe that the reason we have trouble giving up the things that we know are taking us away from Hashem is because we really don't believe that what He can offer us is more pleasurable. The ice cream looks and tastes really real and sweet right now on my tongue. I can rely on that ice cream. It never fails me when I need something fulfilling. Ever. Even though its only a few seconds worth, but it is real and trustworthy. I can take the sweetness and geshmak of porn and masturbation to the bank, any hour of the day, any day of the week. So we don't give what Hashem has to offer us a chance. Especially for those of us who got caught in this addiction at an early age before we could really stop from taking over our lives. It is hard to imagine that the goodness of Hashem can compete with porn and masturbating. Can real life really be better than that mind-blowing sensation of release?

Recently, I had a "nisayon". For me that means taking a shower while feeling depressed. Bad idea. Really bad idea. But I figured I would try it out and see if anything would be different. Stupid idea. Really, really, really stupid idea.

Baruch Hashem, I didn't fall. Some lustful thoughts surfaced but, thank G-d, the shower was uneventful. What helped me in the moment was the above ideas. The play-by-play went something like this:

First I thought, "If I say no to this, it will just get worse and harder to contend with. Give in now so that it won't be a constant struggle." So that was a tiny blip on the radar, a faint, muffled lie that could easily destroy me.

Then I thought, "Say no to acting out right now in this moment because each moment is a moment far zich. One moment at a time. If you want to act out later, that will be an eisek for then but the fact that it will get more difficult if you say "no" doesn't matter. So you will have to worry about it then."

Then the next thought(s) came along: "Hashem will take care of you if you say "no". Starve and be satisfied. He can give you what you need to be strong in a moment from now, just as He is giving you what you need to say "no" in this moment. Hashem CAN give you something better. Just trust Him."

That was it. Home free. The desire/need to masturbate dissipated (for those moments). And I realized that saying "no" (with the right attitude behind it) is saying "YES".

If I recognize Him as my strength, He will be with me. He is found where we let Him in. (Kotzk! Kotzk! Yaaaaaaay, Kotzk!)

Please RBSHO, save me from complacency. Help me remember Who is the source of my strength. Give me gratitude and humility, always.

These are the ramblings of a recovering lunatic. Please take them with a grain or two of salt. And if any of the above was helpful or you relate to any of it, please let me know in the comments. It will give me chizuk. Thanks.

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by MendelZ - 16 Oct 2013 22:17

There is soooo much great stuff from the olden days. For example...

[Elya K wrote:](#)

Its like this story in 6 chapters:

Chapter 1: I walk down the street, I see a hole, I fall in.

Chapter 2: I walk down the street, I see a hole, I fall in, I get up.

Chapter 3: I walk down the street, I see a hole, I walk around it.

Chapter 4: I walk down the street, I see a hole, I cross to the other side.

Chapter 5: I walk down the other side of the street

Chapter 6: I walk down a different street.

This is the story of recovery... setting boundaries, falling sometimes, getting back up, keep going but not pushing it.

As the saying around here goes, "I put it here because I like it!"

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by MendelZ - 23 Oct 2013 01:56

Here's what I've been thinking lately:

In the sefer Tzeida Laderech from Rabeinu Menachem Ibn Zarach, it says:

??? ?????? ?????? ??????. There is no menucha like abandoning desire/lust. (I saw it quoted in the chassidishe Pele Yoetz.)

It doesn't say overcoming or conquering lust, rather abandoning it. There is no menucha like that of simply giving it up, giving it away and no longer NEEDING taaiva to survive. I don't need to beat lust. Instead abandon it. Its not delivering what it promises to. Leave it behind.

We go for lust because we feel empty and disappointed with ourselves and our lives. As long as we remain with that in our gut, we NEED lust to survive (as has been pointed out on this forum many times). But as I stay clean more and more, by accepting the life Hashem wants me to have, by staying away from triggers, by engaging in real, meaningful things in a real, meaningful way, I am finding out more and more that I don't NEED to run after lust anymore to deal with that emptiness and disappointment. As we invite Hashem and His goodness into our lives, we become untethered. We are no longer chained to lust. That's real menucha. Rest from having to frantically run after lust just to get by. If we don't abandon it, and instead we try to either use it or fight it, we have no menucha.

A furry old bear mentioned b'shem Rav Shloime Twerski of Denver: "Happiness comes from abandoning desires, not from chasing desires."

Similarly, it could be said: "Menucha comes from abandoning desires, not from conquering desires."

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by tryingtoshteig - 23 Oct 2013 16:15

[MendelZ wrote:](#)

A furry old bear mentioned b'shem Rav Shloime Twerski of Denver: "Happiness comes from abandoning desires, not from chasing desires."

I never said that!

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by MendelZ - 23 Oct 2013 23:12

[tryingtoshteig wrote:](#)

[MendelZ wrote:](#)

A furry old bear mentioned b'shem Rav Shloime Twerski of Denver: "Happiness comes from abandoning desires, not from chasing desires."

I never said that!

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I didn't say a furry old bear with a Nanach kappel.
Re: The Ramblings of a Recovering Lunatic (General)
Posted by ZemirosShabbos - 24 Oct 2013 01:42

he meant this one. maybe.

(Mendel, thank you very much for sharing that!)

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by Pidaini - 24 Oct 2013 02:18

[ZemirosShabbos wrote:](#)

he meant this one. maybe.

(Mendel, thank you very much for sharing that!)

Is that what Dov looks like?!

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by Pidaini - 24 Oct 2013 02:23

[ZemirosShabbos wrote:](#)

he meant this one. maybe.

(Mendel, thank you very much for sharing that!)

That's it Mendel, If those are the guys ur quoting, I ain't talking to you again, uh uh.

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by tryingtoshteig - 24 Oct 2013 16:31

[Pidaini wrote:](#)

That's it Mendel, If those are the guys ur quoting, I ain't talking to you again, uh uh.

But if he quotes me, it's OK, Yankel, you can still talk to him.

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by tryingtoshteig - 24 Oct 2013 16:47

...unless that really was me!

Warning: Spoiler!

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by Gevura Shebyesod - 24 Oct 2013 18:29

Fuzzy Wuzzy was a bear

Fuzzy Wuzzy had no hair

Fuzzy Wuzzy wasn't very fuzzy, wuzzy?

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by MendelZ - 25 Oct 2013 02:51

I have nothing clever to respond to all of you comedians, so I'll just say "hi".

Oh yeah, and today I'm celebrating an official 87 days free of masturbation, porn, movies of any sort, Youtube, fantasies about women and intentional arousal. (I say official because B"H I was clean for a few weeks, maybe a month or two, before I started counting.)

Thank you all for your chizuk and inspiration! Thanks to GYE, Guard and, most of all, G-D!!!!

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by tryingtoshteig - 25 Oct 2013 16:25

[MendelZ wrote:](#)

I have nothing clever to respond to all of you comedians,...

[MendelZ wrote:](#)

Oh yeah, and today I'm celebrating an official 87 days free of masturbation, porn, movies of any sort, Youtube, fantasies about women and intentional arousal. (I say official because B"H I was clean for a few weeks, maybe a month or two, before I started counting.)

You're doing awesome, Mendel! KOMT!!! KUTGW!!! And KOIU (keep on inspiring us)!!!

[MendelZ wrote:](#)

Then I guess your avodah here is not finished!!
Thank you all for your chizuk and inspiration!
...and comedy routines! You're welcome!

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by ZemirosShabbos - 25 Oct 2013 19:06

Mazel Tov Mendel!

many more happy clean days!

you should speak to Dov about comedy. He has a retirement plan similar to a Roth 401k, except that it involves "clown costumes and talmudical research". for more details see here guardyoureyes.com/forum/17-Balei-Battims-Forum/212313-Married-a-Long-Time-and-Need-Help?limit=15&start=240#221853

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Re: The Ramblings of a Recovering Lunatic (General)
Posted by MendelZ - 28 Oct 2013 03:57

Thanks guys!

Just wanted to share something I heard from my Rebbe last Shabbos:

"Evil is too strong. We won't win. Hashem will! By living one day at a time with mesirus nefesh, by transcending self, Hashem will step in and put Evil in its place."

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