

The Ramblings of a Recovering Lunatic (General)

Posted by MendelZ - 08 Aug 2013 23:22

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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 skeptical - 03 Sep 2014 02:47

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Maybe use the Call a Friend lifeline?

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by Pidaini - 03 Sep 2014 16:18

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yeah...call your friend!! Haven't heard from you in a lifetime....like a whole day!!!

A friend of mine once told me to call Dov, because I have time, I want to, and whether I should or shouldn't need it is irrelevant at the moment!!

KOMT!!

P.S. I know exactly how you feel (and you know that already)!!



Love you too.

I feel a little better today. Realized that I need to re-embrace my responsibilities as a husband, father, friend, breadwinner and servant of Hashem (not necessarily in that order). When I take those things seriously, there's usually not much time left in the day to get in trouble. And, those things usually are sweeter than lusting. Have to remember that.

Anyone planning on joining the new Innate Health conference call?

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by Pidaini - 03 Sep 2014 23:39

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I am

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by MendelZ - 04 Sep 2014 00:05

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I'd like to know more about it. Wanna start an IH-GYE thread to discuss?

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by TehillimZugger - 04 Sep 2014 05:10

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No need to start any threads, al kegoim doo ani oimer:

**Warning: Spoiler!**

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Re: The Ramblings of a Recovering Lunatic (General)

Posted by MendelZ - 06 Nov 2014 01:40

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My two-year-old comes over to sit next to me while I am on GYE. As soon as he sees the Guard's avatar, he points and says excitedly, "That's the Rebbe!"

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Re: The Ramblings of a Recovering Lunatic (General)

Posted by ZemirosShabbos - 06 Nov 2014 01:50

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Re: The Ramblings of a Recovering Lunatic (General)

Posted by MendelZ - 11 Nov 2014 00:08

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Just had to share.

Sometimes the whole not lusting thing makes me wanna go and just grrrrrrrr... you know what I mean? Like the not lusting part.

like I want to act out but like I know I can't so I don't let myself slip and fantasize because if I did then I would for sure act out.

You know, like staying clean and stuff. Its all fun and games until its not.

Then its like: "Dorgnabbit! I wish I could just blankity blank blank! Mmmm...tomatoes!"

Sigh. Oh well.

Hmm. Hashem? Can I ask You to do me a favor? Can You shine the light on the valuable and

real things that are my life today, and make the tomatoes a little more out of focus? Just a little? I'd really appreciate it. Thank You in advance.

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by ZemirosShabbos - 11 Nov 2014 00:23

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amen

thanks for sharing. can relate to all of it.

**Warning: Spoiler!**

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by MendelZ - 11 Nov 2014 01:00

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[ZemirosShabbos wrote:](#)

thanks for sharing. can relate to all of it.

**Warning: Spoiler!**

I beg to differ, dear Zemmy. See here. Apparently I'm in fairly good company: yourself, gibbor, Dov and others.

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by ZemirosShabbos - 11 Nov 2014 01:19

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i know which thread you mean but your the link didn't work. kol hakavod on the historical

you meant here?

[guardyoureyes.com/forum/17-Balei-Battims-Forum/118831-The-NAme-of-this-Thread-Has-Been-changed-Alternative-Positions-of-Relations-?limit=15&start=105#120186](http://guardyoureyes.com/forum/17-Balei-Battims-Forum/118831-The-NAme-of-this-Thread-Has-Been-changed-Alternative-Positions-of-Relations-?limit=15&start=105#120186)

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Re: The Ramblings of a Recovering Lunatic (General)  
Posted by MendelZ - 11 Nov 2014 01:22



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Correct. You have found...the missing link!

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