

Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 22 Sep 2013 21:08

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God has blessed me with so much...wife that is crazy about me...wonderful children...career that is going well...friends..etc.

Why can't I just control this part of me...why do I need this escape. Yes life is hectic...have 60 employees I am responsible for...but I love having the responsibility...I feel so weak and self loathing every time I slip. I feel as I am I giving god reasons to take away all that he has given me.

When The moment it is over...a wave of guilt/disgust washes over me....I tell myself I will stop...but in short order I return. I made a donation to GYE...before RH....as a hope that god will possibly forgive some of my sins. I go through starts and stops with cutting back...just seems like right after YK...desire and tests come at me. Feel like I keep getting these challenges...woman into my life...that weaken me. All my fault....not blaming anyone.

Need help...feel lost...not sure what else to do....going down the rabbit hole...need to keep trying...feel no matter what I will revert back.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by kilochalu - 04 May 2014 05:09

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[Nachshon wrote:](#)

was able to ask her to leave (5 min)

that's great!

keep on shteiging!

Chazak v'Amatz!!

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Re: Strong everywhere except here NEED HELP why can't  
Posted by cordnoy - 04 May 2014 06:56

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Nachshon...lots of good stuff there....

1. Headin' to SA after bein' against it (sounds familiar to me....good move)
2. stopped askin' why...that is a great move...many here should learn from you

only bumner.....don't hope to go thru those doors....just go thru 'em!!!

b'hatzlachah

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Sparky - 07 May 2014 21:30

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I don't think that giving up and going to SA is bad or low. I think it is the hope for a bright future.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 08 May 2014 07:08

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Even though your name is not really Nachshon, you can still use him as a role model. He went into the waters in what seemed hopeless and a guaranteed wet end, depended on G-d to do the real saving, and...well, here we all are on dry land today, no?

Sometimes - no, *frequently* - growth comes by walking through what clearly appears to be a stupid option like this one you have before you right now. Kind of like walking into the deep sea and hoping for...for...for what? I mean, what could possibly solve this impossible riddle we live in addiction?! Only G-d can, obviously.

It probably ***always*** feels that way.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by shivisi - 08 May 2014 10:52

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**Nachshon Wrote:**

*I came to the conclusion that I just cant beat this on my own...nor do I believe I can with my GYE posts....reality has set in....I cant beat this...I just don't have the tools.*

**Shivisi Responds:**

That's Great!!

I once heard an explanation of the words "*MeAyin Yavo Ezri*" (Tehillim 121:1):

My help will come when I reach the salvation that I'm at the point of "*AYIN*", which means naught, nothingness, in GYE language "Rock bottom"!

As long as one thinks that there is a way to beat this with his own powers, this is a losing battle. As soon as he realizes, as you did, that - I cant beat this...I just don't have the tools" - then the salvation comes!

But Nachshon - I have one question:

Why did you write "*I wish this post was all good news....*"???

Was it JUST BECAUSE - *"old friend came by yesterday...at my office (I am not innocent in her coming over)....started...was able to ask her to leave (5 min) but not after we started old behavior...???"*

You call that BAD NEWS???

That's not bad news! That's part of the GOOD NEWS which your post is ALL about!

Especially since you concluded with "Why couldn't I keep these strong feelings and a strong (albeit short) streak (which I broke) going?"

How can you ask "Why not have the power to say "This is nuts....I CANT DO THIS ANYMORE!!!!"

HEY!! YOU ARE SAYING THAT!!!

This is all part of the process of strengthening your realization of "AYIN"!!

That you're so totally helpless!! That you can't beat this on your own!!

That's not only GOOD NEWS, IT'S GREAT NEWS!!!!!!

You're on the way to salvation!!

KOT!!!

And have Hatzlacha with your SA Meetings!!

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 11 May 2014 06:28

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Sorry haven't posted in a bit and thanks all for the kind words and encouragement.

Been an amazing week plus...not just a streak...but can feel a change. Trying Not to get too excited about the feeling as could be just one of my upswing cycles. I pray this is different. Last sponsor conversation worried me....is it possible that I just have this sickness and MB/lust is an inherent part of me and there will be this pressure building up in me that can only be relieved by acting out?

Right now trying to ride this wave....and hope to keep it going...can see the light at the end of a long dark tunnel.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 12 May 2014 17:46

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Riding high....but have this little voice in my head saying it is just a matter of time until I ride the wave down.

Am I fundamentally flawed that I just cant live without this? Am I going to justify that I am not doing horrendous things (meeting other people)....why not just MB and PRN?

I was partially relieved when my sponsor did not know of any SA meetings in my state....I live in an area with not a lot of Jews. So in a way felt like I can check off that box....I tried...of course he suggested I look online and find a meeting.

Perhaps I am just thinking too much and should just continue to live each day....10 day streak without Pn and MB....may not seem like a lot to you...but haven't hit this mark in a while.

I am sure some roll their eyes for the fact that I am even counting....but this gives me a yard stick to measure my progress.

I have not flipped the switch as some who have been in recovery for a long time have been able... where streaks are meaningless...I hope to some day

For those that read this over 3,000 have read the thread....don't get down if in a bad streak....YOU can and will beat this by taking concrete real steps. the first step is the hardest (reaching out and speaking to someone)....but is is well worth making the leap.

On my way.....

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Re: Strong everywhere except here NEED HELP why can't  
Posted by cordnoy - 12 May 2014 19:22

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tell that little voice in your head (by me...it's a big voice) firstly to @\$% off! secondly, tell him that you are just concerned about the moment in front of you....not the "matter of time."

b'hatzlachah

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Re: Strong everywhere except here NEED HELP why can't  
Posted by shivisi - 13 May 2014 10:27

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[cordnoy wrote:](#)

tell that little voice in your head (by me...it's a big voice) firstly to @\$% off! secondly, tell him that you are just concerned about the moment in front of you....not the "matter of time."

b'hatzlachah

In my experience I have found that with these types of "voices in my head" which are not ACTIVELY relevant at the moment, but rather (thoughts, ideas, etc.), it is better just to "Ignore them" [meaning Don't pay ANY attention to them, don't invest effort to get rid of them, or you'll get into the "don't think about pink elephants" mode], rather than to give them attention even by telling them "to @\$% off! ", and surely not by arguing with them. These little (or big) voices are like flies, the more you swat them the more they nag.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by cordnoy - 13 May 2014 18:19

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Whatever works.....

b'hatzlachah

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 15 May 2014 07:27

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Just keep us posted, man.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 19 May 2014 17:24

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Had an AMAZING 2 week run....broke it stupidly (aren't they all stupid....right after the seamen

flows)? I did jump back on (other falls were usually a binge)....am on new 4 day streak....I do feel this new perspective just feels differently....the desire not there as much...ability to control....it is true what they say the less you feed it the easier it is to tame.

I would be lying if I said there are not moments that I miss the excitement. For me is/was the chase...some sick need to "prove" to myself that I still have it....on top of the basic lust for the orgasm. I catch my mind reliving past experiences....try to shut down quickly.

Am I know just thinking about the lows that follow? Or have I made same kind of shift in my brain? Not sure...feel closer to wife...opened up a bit more to her....

I always get stuck on whats next for me? How do I move forward take the next rung on the ladder of recovery?

An emboldened soul marches on....it definitely looks brighter!

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 26 Nov 2014 21:32

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Hi All.....been a while....cant say for certain why I went cold turkey from GYE I just did....probably a combination of crazy busy and not sure I was making much progress....

First a bit of an update...I wish this was one of those amazing success stories that come in the Chizuk emails (read today's and thus the impetus) to get back on the train. I have had my ups and downs...start with the ups....Everyone likes those! Have not met anyone for a long time...partially because so busy (is that god answering my prayers that I get help beating this)...partially feel like I can envision how I will feel 5 minutes later and realize the soul crushing guilt...just not worth it! The downs...still struggle (not sure that's the right word...because doesn't seem like a struggle lately) with porn...I can be catching up on emails, reading about Israel...and somehow a switch just goes off in my mind....next minute watching porn and 30 minutes later masturbation....always say afterwards how nuts....why can't I say that before I start?



I use as somewhat of a stress reliever....work has gotten crazy intense...partially I am not sure why I keep at this behavior.

Before YK I asked Dov to see if he could find me a local sponsor....didn't get back to me for a bit (was kind of happy about that). The prospects of meeting someone in person used to be crazy scary,....now just scary. I finally pursued him and he found me a phone sponsor. We spoke once....interesting guy and I appreciated the time...just had some whacky (in my opinion) thoughts of why we are challenged by MB...something to do with what happened to the Jews during the Shoah

I was going to Israel for a quick trip and did not pursue further....again combination of crazy work schedule...BOD responsibilities and family. Plus just couldn't get off his core belief about it having something to do with what happened to the Jews...just seems far fetched that it is other than some weakness in me!

So what now???

Wish I knew....am in a better place but still struggle with MB and find myself at times looking at old websites where I met people from. For me some sick challenge that I still have it. Haven't acted on it...and don't think I will...but put nothing past me.

I guess it's on to finding the right sponsor...and God forbid a meeting soon afterwards?

Here is my pitch.

I am a married father with a very high stress job (that I love...most of the time). I grew up very modern where this was all very normal. I am very involved in community projects and am an involved father. I am naturally very outgoing....

I have struggled with some form of this for many years since I was 12...hate to put my age on here but add a 25 to it.

I dont really relate to people with a chasidish back ground (I love all jews) just find it so difficult to connect with shared experiences....

I have laid it out there...I hope will find the person that will help me over this challenge.

Sorry for rambling.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by cordnoy - 26 Nov 2014 22:16

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Well, except for the modern part, I have the same background.

Complacency (as I discussed with specialist just this mornin') is a killer.

Welcome back.

Sorry about the downs.

Good to hear about the ups.

My email is [thenewme613@hotmail.com](mailto:thenewme613@hotmail.com)

b'hatzlachah

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