

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 gibbor120 - 18 Nov 2013 22:19

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[trying2bgr8 wrote:](#)

I feel uncomfortable writing this, but I hope it can be the beginning of the end for me. WELCOME! Writing here is a BIG step in the right direction. Opening up is very powerful! I hope this is the beginning of the beginning for you (that is - the beginning of a new life).

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Machshovo Tova - 19 Nov 2013 00:50

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[Nachshon wrote:](#)

...For those on the other side...how did you break it...I have read other strings where people seem to click and just flip the switch...HOW...

Sorry, no such thing. The most successful people here will tell you that they do not see themselves 'on the other side' at all. In fact, a key to their success is that they keep working on it every day, a day at a time. So actually, you are on equal footing as them, since you are also given the same opportunity to stay sober 'just for today'.

Hatzlacha

MT

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Pidaini - 19 Nov 2013 01:15

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[Machshovo Tova wrote:](#)

[Nachshon wrote:](#)

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Hatzlacha

MT

Ditto

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 19 Nov 2013 20:20

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Day 6...

Still hanging strong....almost slipped...feel like the YH..is puhing really hard..or is that me just  
wanting to belive that to help justify a fall?

Almot fell...pulled out of nose dive this morning...kept thinking how will I feel right after.

I accept now there is no easy fix...is both welcoming and scary that I have to fight this for the  
rest of my life. Seemed easier (fatasy) if there was some magic trick to wipe the slate clean.

Thanks again to all for the support...hope I can keep solidering on...

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Re: Strong everywhere except here NEED HELP why can't  
Posted by think good - 19 Nov 2013 22:32

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keep going we are all dovening for you.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by ddm11219 - 20 Nov 2013 02:32

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Keep it up tzadik

ur posting helps us all

ur being strong makes us all strong

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 20 Nov 2013 10:48

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1- Please don't do it *for us*. Better be selfish and do it for yourself. Chayecho kodmin 100%.

2- And I know the great guys here don't mean it this way at all, but "Keep it up" sounds to me a little like, "Hold back for as long as you can!"

Too much pressure, for me.

And 3- you are *not* a tzaddik, by the way, and neither am I, nor are any of us here, really.

But you are a great, great guy, as are the majority of us here, for sure. You know, admitting you are a fairly good man, is often a lot harder than thinking you or I are 'tzaddikim'. Funny, no?

Nu. But we are the lucky ones! We are chronic masturbaters and porn users, fakers-in-public and hidens-in-the-bathroom - ***and yet here we are getting help!*** That's beautiful! We all b"H have emunah and *some* yir'as Shomayim - yet most of us have seen that sperm come out so many times and asked ourselves each and every time, "***Gevalt! Why the heck did I do that again?!***"

We have no real clue why we end up doing these stupid things, and spend years trying to *figure it out*...as though that would stop us...ha ha. It won't.

So we finally conclude that we are simply a bit meshugah and become ready to get help just to stop and stay stopped for today. It's kedai for today. Not tzaddikim, not making any promises to G-d for purity and kedusha for the rest of the month or life...*and the Ribono shel Olam still sent us here to a place of opening up, of recovery and of help!*

Just consider easing off on the pressure-cooker. You may not need it, to stay kosher today.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 20 Nov 2013 23:32

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WOW Dov really well said...I know people only say Tzadik as a form of encouragement...I doubt anyone means it to the true sense of the word if they really thought about it.

Regarding Pressure Cooker...isn't that the constant state I am in to a degree? Aren't I just trying to hold out as long as possible before the next fall? There was a really good article an the NYT (I think Shabbat...uh-oh...just lost my Tzadik card...I read the NYT and even worse read it on )...talked about a young Israeli general...free thinker...side point of the article is that there is no winning the Arab (Hezbollah/Hamas) Israeli war...his job is to lengthen the time between wars.  
It's fantastic!! *He* is fantastic!

I thought that was applicable here...can this really be beaten? Perhaps because I am depressed that there are no magic bullets nor unicorns out there to beat this quickly and it is a daily struggle...my perception is can I really wipe this from my life? I have been at it since 12 and my first GF? Plus I really enjoy it (during the lead up at least...as well as with other people I know). Perhaps I am supposed to lengthen the time between falls? In a way that removes the pressure cooker...but also sets up an excuse for when the fall comes....just thinking out loud.

Dov, other thoughts regarding Tzadik comments...its funny that I do consider myself a good person....numerous boards of tzadaka organizations...school boards...learn/teach Torah...etc...how do I rationalize the horrible things I do (did?) with the perception in the community...my wife and family see??? I read your Captain Kirk example...and I think so true....for me I use my English name and have almost created this other being that is outside of the real me...its okay for Andrew to do those things...not Nachshon (neither my real names). I can imagine when those words are forced to collide will be painful....

Not sure anyone is a Sienfeld fan...but kind of like Relationship George and Fun George...

I do want to thank all of you for lending an ear and your thoughts as I finally confront this demon....Day 7...weakening a bit...but trying to fight on...thanks for the encouragement even if I am not really a Tzadik.....

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Re: Strong everywhere except here NEED HELP why can't  
Posted by gibbor120 - 21 Nov 2013 00:03

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The "pressure cooker model" and "just holding out as long as possible before the next fall" is really not fun. It means we are in a constant state of tension.

People have learned to release the tension so it does not build, and how to release it in a healthy way when it does build. It makes life a lot more pleasant.

The "pressure cooker" model almost guarantees that the "wars" will get closer and closer until

People who have been addicted for decades, now have years of sobriety. They finally found AND USED the right tools. That is NOT POSSIBLE with the "pressure cooker" model.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by MBJ - 21 Nov 2013 01:45

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You are right, there is no magic bullet, unicorn or leprechaun to take it away. There is a middle ground though between gone for good so I can lust like a gentleman, to white knuckling it for the rest of my life. It is hard to explain, especially for me, as I am just starting to learn where this middle place is. Basically it is about acceptance, vigilance, and dependence on Hashem.

Accepting that I have a serious problem and that I are not able to control myself, and will never be able to take that drink. I saw an AA youtube video that put it like this. I can take that first drink, and I don't know what will happen after that. It may be just one, or I may end up drunk for the next week. Same for me, I can start to lust, and maybe I will enjoy a cheap thrill, or maybe I will end up at the computer masturbating.

Vigilance then that I have to stay away from that first drink. Keep myself out of situations where I need to medicate with lust. Keep myself out of situations where the lusting is unavoidable.

Finally, dependence on Hashem, realizing that I have failed in every attempt to get clean. Only when I realized that the task is too much for me alone and only with the help of Hashem can I hope to have any kind of success.

I am speaking only for myself of course.

Eli

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Re: Strong everywhere except here NEED HELP why can't

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Posted by Dov - 21 Nov 2013 04:12

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[Nachshon wrote:](#)

Aren't I just trying to hold out as long as possible before the next fall? I thought that was applicable here: can this really be beaten? Perhaps because I am depressed that there are no magic bullets nor unicorns out there to beat this quickly and it is a daily struggle...my perception is can I really wipe this from my life? I have been at it since 12 and my first GF? Plus I really enjoy it (during the lead up at least...as well as with other people I know).

I read your Captain Kirk example...and I think so true....for me I use my English name and have almost created this other being that is outside of the real me...its okay for Andrew to do those things...not Nachshon (neither my real names). I can imagine when those words are forced to collide will be painful.

(Why don't you just use your real first name here, then? I do. I mean, I understand if it is Chuna-Feitle...that'd blow your anonymity. But if it's semi-average, what are u waiting for?

So, you did a *great* job clarifying that the biggest problem here is not the *outer* struggle of 'fighting the sin or desires that come to me', but rather the *inner* struggle: you still **want** to have porn fantasy, and the sex that comes with it, and are not ready to give it up yet. It's sweet, why give it up? *There is nothing wrong with admitting that you have not had enough yet!* I understand completely. Hey, I know the porn and erotica is all sweet - I am a addict. But I happen to have had enough.

But there *is* a magic bullet, of sorts. It is surrender. Giving it up, rather than beating anything.

Asking G-d to 'take it away so that I will not have to give it up' does not work. As long as we percieve ourselves to be martyrs, losing something by not having it - we just do not succeed at getting clean.



Some have had enough with 'just' porn and masturbation and see they can't handle it. Some need to have lots more experimentation before they figure out that they can't really handle lust-pursuit. And boy, does it hurt either way! I doubt it hurts for the divorced guy with gonorrhea from hookers to give it all up, any more than it hurts for the nerdy yeshivah guy who thinks he is still 'respectable' cuz he just masturbates himself in the toilet at lunch. I bet they both feel the exact same pain - giving lusting up feels like dying.

It's impossible.

That's why it's called a Miracle when we do it, even when we do it for one day at a time.

But it is categorically and completely different than holding out breath for just one more day. It does not build up and get harder with every passing day. If the surrender is more complete, then it's easier. If it is only partial, then it feels a lot worse.

That's all there is to it.

But we cannot do it alone. We need to do it openly, with other real people who understand cuz they are doing it, too. Otherwise it is usually just a self-delusion. And we all have enough experience with the romantic religious struggle against the big, bad yetzer hora, no?

Hey. Thanks for opening up with us here, man. Does any of this make sense to you?

- Dov

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Nachshon - 21 Nov 2013 22:19

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Dov thanks again for such a concise and thought provoking response. You articulate things with a sense of truth that I/we may think but you have the ability to state matter of factly. Gibbor and MJB thanks to you as well for your insight.

A great question...have I had enough? At times the answer is a resounding YES...that's usually the moment right after I connected with an old friend...or right after the semen flows. I get the same self loathing that I am sure everyone else does...why am I doing this? It makes no sense...we also all know until a second before climax...things felt so right and amazing and exciting...its just afterwards that the switch gets flipped and there is the feelings of disappointment in myself.

Have I had enough...keep going back to that question....for me there have been many peaks and valleys....when I get started down the path it leads to other behaviors that are wrong/worse...I continue down that path until I look around and say how could I have met that person and did that (and no not a hooker...never saw the excitement in having to pay for it...for me was always the challenge...and no never all the way...perhaps that's how I can continue to have this image that I am not a bad guy!)....when I hit that point I usually jump off the mountain into the valley (not sure which is the peak and which is the valley but I think you get my point)...going cold turkey until the cycle begins again. Perhaps this is no different then the alcoholic that takes the first drink that leads to the binge....

I am on Day 8...may not sound like much but its something...and mostly it has gotten easier each day. I use the thoughts of how will I feel 5 seconds after if I start/continue down this path to win the latest rounds...with the big bad YH or myself as you so eloquently stated.

I am not sure I fully understand what you mean by surrender...many have said turn to hashem...surrender to hashem...someone wrote me a really long email (I appreciate the time and effort)....that talked about how each time I fail and get back up that's sweet music to hashem...not sure I like the sound of that...am I a gerbil and god manipulates in his big maze for his enjoyment? Does god really get enjoyment from that?

I am starting to blab...so will end here....

Day 9 is just around the corner...and I am in this fight for real.

With much appreciation to all,

Nachshon

Dov...I guess putting my name out there makes this even more real...stepping out of the shadows is daunting enough...my name out will make my 2 worlds combine and that really scares the H\*\*\* out of me. Will shatter my image of myself!

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Pidaini - 21 Nov 2013 23:27

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can't wait for Dov to answer what "surrender" means to him.

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Re: Strong everywhere except here NEED HELP why can't  
Posted by Dov - 22 Nov 2013 01:40

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Bad guess with Chunie Feitel  
[Nachshon wrote:](#)

A great question...have I had enough? At times the answer is a resounding YES...that's usually the moment right after [sex]. Things felt so right and amazing and exciting...its just afterwards that the switch gets flipped and there is the feelings of disappointment in myself.

Have I had enough...keep going back to that question....for me there have been many peaks and valleys....when I get started down the path it leads to other behaviors that are wrong/worse...I continue down that path until I look around and say how could I have met that

person and did that (and no not a hooker...never saw the excitement in having to pay for it...for me was always the challenge...and no never all the way...perhaps that's how I can continue to have this image that I am not a bad guy!)....when I hit that point I usually jump off the mountain into the valley (not sure which is the peak and which is the valley but I think you get my point)...going cold turkey until the cycle begins again. Perhaps this is no different than the alcoholic that takes the first drink that leads to the binge....

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Dov...I guess putting my name out there makes this even more real...stepping out of the shadows is daunting enough...my name out will make my 2 worlds combine and that really scares the H\*\*\* out of me. Will shatter my image of myself!

1- If the only real motivation for quitting that you have is the rotten way you feel afterward, then I may have little to share that will be of real value, it seems. 'Having enough' only right after masturbating ourselves is not 'having enough', at all. It's nothing but regret. Wanting to feel better is just another selfish motive.

So *before* unzipping the pants the only serious motive here is *to feel better* -- and right *after* ejaculating, the only serious motive here is veiter just *to feel better*. Sorry, but there is really no difference at all between them, for they are all equally about comfort and nothing else. Sure, the frum party line might say there is a tremendous difference, namely that *before* doing it our motive is to enjoy sinning, and *after* the deed is done our motive is kinda like a mitzvah (Teshuvah). But often that's nothing but a religious-sounding copout, and we know it.

Sure Hashem loves the masturbater, as He loves and cares for everyone! But the idea of completely eliminating any sadness from the masturbater by suggesting that 'Hashem loves when you *fall and get right up afterward without letting yourself feel the pain*' - well, that is just playing into the hands of same exact game as the masturbation. The prime directive that is: ***'I must feel good at all costs and under all circumstances!'***

Yeah, there is some truth to it, and yeah, it might help some people some of the time. But it is being applied wrongly there, I think. The non-addict needs to be allowed to feel the pain, as he has the power to stop and needs to be motivated to stop. There is a *reason* that it hurts! G-d gave us that guilt for a reason and it needs to be harnessed, not Pollyanna'd away with spiritualistic 'it's-all-good' nahrishkeit. *Feeling* the living hell of my acting out was a great, great help to me. As it says in Mishlei, "Hashem is good and just, for He throws the sinner down hard - thus getting him onto the right path." Rav Twerski spent a lot of time trying to teach the difference between the healthy emotion we call *guilt* - and the destructive feeling we call *shame*.

And on the other side, regarding the true addict, no one needs to accept that Hashem loves him even though he sins, more than he (or she) needs to. But trying to convince him that Hashem *loves* or enjoys his struggle can be so very damaging! It can chas veSholom encourage him to keep trying and fighting a fight that he cannot win. Addicts like me are losers, when it comes to lust. Our only option is to surrender our right to control or use fantasy.

Talk about rambling...I went overtime here! But I wanted to explain that "having had enough"

really means something. It means that my relationship *to the **opportunity*** - not just to the orgasms - is changed. Regretting sperm on the floor as it's happenning, is nothing even remotely like 'having enough'. Something's gotta change in me to want better for myself. AA's call it 'Enlightened Self-interest'.

2- It's OK, man. If u do not feel OK with using your real first name here or feel it might actually jeopardize your security, **please** do not get pushed into doing it!! But then find someone real in your life - some one safe - with whom you can open up about all the details of your lusting and acting out habitus without fear or shame. Make the two yous into one, man.

3- You are a rare individual, chaver. So stuck into this cycle thing - yet working and getting help to stay clean one day at a time at all costs. Rare indeed, and very lucky.

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