

My Introduction

Posted by StartingOver - 08 Jan 2014 03:17

Hello GYE community,

I am a 35-year-old BT. I've been religious for a little more than 5 years. However, I've been struggling with Porn Induced Erectile Dysfunction (PIED or otherwise known as sexual anorexia) since I was 19 years. My lust addiction started in my teens when I spent countless hours downloading pornography using my AOL dial up.

My addiction is to the dopamine, and to the escape, that is created through masturbating. Even when I went without porn for over a year, while I was in yeshiva, I couldn't keep myself from masturbating. Even when I was secular I realized I was addicted to orgasm but didn't know where to turn and therapy didn't help much.

Two years ago, after some intense davening during Smichas Torah I implored G-d that enough is enough, I've suffered long enough; that night I found out about PIED on a news site and started to research it from there. I've been struggling to stop ever since.

I used to masturbate to every time I woke up, then in the shower, multiple times when I got home from work and before I'd go to bed. I'm doing much better now. Now I am able to go, on average, two days clean before succumbing to my lust.

I have K-9 on my computer, but nothing on my cell phone, which is where I now get my fix. Interesting enough, I've been able to refrain from using my IPAD to view porn even though I don't have a filter.

Because of my PIED, I missed out on lot of relationships with women while I was secular, which is even now very frustrating. It is also the main reason why I am not married yet. I've been dating but I believe I haven't been successful finding the right one because of HaShem (and I) wants me to over come my lust addiction and PIED before I get married and rightfully so. I've stop dating and am determined to overcome this by going 90 days clean before dating again. My best streak was 54 days but my yezter hara found away to create such intense dopamine withdrawal craving that I caved.

Watching porn has warped my brain's normal sexual thinking. Though I don't have same sex attraction, when I do masturbate, I often think about being the woman in the scenario. I think this is because watching porn the woman is always the focus and always seems to be enjoying it the most, while the man is just a tool and shows no enjoyment.

I also have the added problems of being ADHD and Tourettes Syndrome. I do take medication and it helps. I do see a sex therapist (one not on the list). I have a very hard time learning Torah and therefor a hard time retaining the information I've learned to be able to meditate on it when I need to (ie: when I start lusting).

I've questioned my faith in G-d because of this addiction which is one of the reasons why I've turned to GYE's because it brings G-d into this struggle where G-d has been mostly absent in my struggle. Many times, I've called out to G-d begging to help me only to succumb a short time later.

I read the GYE Handbook, which was helpful. I've also been reading God of Our Understanding by Rabbi Taub, which is for Jewish addicts. And of course Tanya, which seems to be have written for me.

What I am hoping to get from GYE is guidance as to how to move forward to beat this addiction; learn from others who have beaten this addiction; see if anyone has had similar experiences as me; and hopefully to find G-d in all of this (because I can't find Him alone).

Starting Over

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Re: My Introduction

Posted by MikeS - 28 Jan 2014 00:09

so look at the possitive thing that you havent looked at porn.

Let me ask you, what makes you have teh urge of acting out?

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Re: My Introduction

Posted by dd - 28 Jan 2014 01:13

StartingOver hi!!

you sound like your on the right track its a gr8 start (for startingover)remember it takes alot of time to overcome something we did for years but with lots of effort you will grow and recover day by day hang in there !!!!!

keep up the good work !!!

keep your spirits high !!!

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Re: My Introduction

Posted by StartingOver - 28 Jan 2014 06:04

Well I usually act out in before I go to bed, when I wake up or when I'm in the shower. I find that when I wake up or when I am starting to fall a sleep or even when I am sleeping I tend to relax and my guard is naturally lowered and I act out. In the shower, I guess its because I know I'm all alone, which is ample position to masturbate.

I also think I conditioned myself to do it in the morning and at night. When I lost my morning erections, I tried to masturbate myself to get them again. And before I went to bed was a natural time to masturbate. Etc, etc.

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Re: My Introduction

Posted by StartingOver - 28 Jan 2014 06:32

Today I saw my shrink and was discussing some of the things I read in the Sexual Anonymous book. Trying to figure out my resentments. We talked about how I resented having ED, how I

resented women as a whole, how I resented G-d, how I resented myself. We discussed my how I felt G-d is behind my ED and why or why he isn't? Also how my negative thoughts could be contributing to my ED and how I have to challenge them.

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Re: My Introduction

Posted by StartingOver - 28 Jan 2014 21:41

So I failed last night again. Thankful I am porn free for over a week but not lust free.

It started with a fantasy I often have - where I made an investment and struck it rich. Usually the next thing that happens is I imagine all the women I would have but for some reason last night I had an SSA fantasy instead.

Long story short, I struggled, I fought, I tried to surrender to G-d...but in the end I knew I'd be struggling all night, going back and forth, masturbating, stopping, trying to surrender, yelling at G-d, trying to sleep, trying not to go back to the fantasy, etc...eventually I just said screw and let's be done with it so I masturbated. It ended the torment but at the same time I couldn't fall asleep after words :-(

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Re: My Introduction

Posted by StartingOver - 05 Feb 2014 23:00

So things have been up and down. While I haven't been counting, I am at least 2 weeks free of porn. However, self lusting is still a problem. Was in isolation most of shabbas and very bored and I masturbated twice.

I starting to think that my ED issues might be separate from my lusting issues. I going to have a talk with my therapist about it. I'm also trying to get at the root cause of me often fantasizing as the woman while masturbation. I've already written down a few reason as to why. I speak to my therapist tomorrow, should be an interesting conversation.

I did successfully surrender my lust today to G-d while in the shower. That was awesome! :-)

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Re: My Introduction

Posted by StartingOver - 07 Feb 2014 22:01

So I came up with a few things that I discussed with my therapist.

One of the things I figured out is one of the reasons why I fantasize as a woman when masturbating. And that is because...what do women not have to worry about when having sex? GETTING AN ERECTION! As I have a difficult time doing so....you get the point.

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Re: My Introduction

Posted by Pidaini - 09 Feb 2014 00:14

It's great that you're talking to someone about it!!

Are you finding the struggle easier? Is the therapist helping you?

I'm just asking because you write "One of the things I figured out....". I know from myself, and it says it in the Big Book as well, that figuring myself out didn't help me. The desires were just as strong, and I was acting out all the same.

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Re: My Introduction

Posted by skeptical - 09 Feb 2014 08:14

Stop thinking about your erection (or lack thereof)!!

When you need it, it will work - **if you quit obsessing over it.**

The more you think about that part of your body, the harder it will be to control yourself.

The harder it is to control yourself, the more you will continue to overwork it.

Get a life and live it!

B'ezras Hashem, when the time comes and you'll get married, things will work just fine.

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Re: My Introduction

Posted by StartingOver - 10 Feb 2014 04:38

[Pidaini wrote:](#)

It's great that you're talking to someone about it!!

Are you finding the struggle easier? Is the therapist helping you?

I'm just asking because you write "One of the things I figured out....". I know from myself, and it says it in the Big Book as well, that figuring myself out didn't help me. The desires were just as strong, and I was acting out all the same.

I do find that my struggle is getting some what easier...or at least not as crazy. I've been without

porn for at least 3 weeks. I am still masturbating though but hopefully I will get control over that soon too.

I thinking "figuring things out" will help me in my long term road to sobriety. Might not be immediate but it will help, IMHO.

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Re: My Introduction

Posted by StartingOver - 10 Feb 2014 04:42

[skeptical wrote:](#)

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B'ezras Hashem, when the time comes and you'll get married, things will work just fine.

I know for a fact I over indulged in masturbation due to my lack of erection, in some crazy attempt to regain my erection.

I agree I have to Let Go and Let God when it comes to my erection but its easier said than done.

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Re: My Introduction

Posted by StartingOver - 07 Apr 2015 21:31

I've been trying to think about why I use masturbation and fantasy to escape. In all honestly, I don't have that bad of a life but I guess I don't appreciate it. I guess I have unfulfilled fantasies of how my life was suppose to be instead of how it is. I think I need to appreciate the life G-d has given with me...

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Re: My Introduction

Posted by cordnoy - 07 Apr 2015 22:18

Appreciate it, and make sure you tell Him that as well.

(written to me as well)

b'hatzlachah

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Re: My Introduction

Posted by dd - 07 Apr 2015 22:40

Hi Starting Over!!!

Are you starting over? I see it has been a long time since you posted last. How are thing going? Stay in touch!!!

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