

I want to improve my life for good

Posted by pomodoro - 13 Aug 2014 22:27

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I am 48 and I've been harshly struggling with lust for 10 years now.

I am a father of family and a well-considered person in my community though, because they don't know about my fault.

My addiction has slowed me down in everything: family bonds, enjoying of life, working development, etc.

In this 10 years I've come to understand many thing about my adicction.

Now I think that knowing everything about addiction doesn't work.

Sometimes I've come to a whole realization of what was happening to me with porn addiction.

But, how silly I've been. Understanding it doesn't work. It is only a little part of the recovery.

You need too to do things, actions and procedures to get rid of it completely.

Realization and understanding is not the whole matter.

That's the reason because I am here now.

I think that using this web page, so kindly put here for this helping team and their supporters can help me to "take action" and to do "real things" to overcome my porn adicction.

Also, by doing this, I help myself and can help others in their harsh struggle, as I improve mine.

I think it can be a good tool to begin adding value to my life.

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Re: I want to improve my life for good

Posted by pomodoro - 20 Nov 2014 13:17

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Yes, by focusing only in good, uplifting things, as my mother used to say "women entice, seduce men, but they (women) are only to take fun with them".

Understand?

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Re: I want to improve my life for good  
Posted by cordnoy - 20 Nov 2014 17:47

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what did your mother say about the women we are married to?

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Re: I want to improve my life for good  
Posted by pomodoro - 22 Nov 2014 03:29

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I don't remember, cordnoy. I suppose to honor them as what they are for themselves.

Any suggestion?

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Re: I want to improve my life for good  
Posted by cordnoy - 23 Nov 2014 06:54

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Ill ask my Mom.

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Re: I want to improve my life for good  
Posted by cordnoy - 26 Nov 2014 01:19

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[cordnoy wrote:](#)

Thanks for joinin'

at least now there's someone my senior.

Make sure you stick around gramps.

Lookin' forward to hearin' your story.

b'hatzlachah

As DMS12345654321 pointed out - this post is famous on the new GYE video: 3:42 in and 6:17 in.

from one gramps to another.

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Re: I want to improve my life for good  
Posted by pomodoro - 27 Nov 2014 16:11

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I just don't understand, cordnoy.

Do you refer to watching some video?

From one gramps to another?

Please, explain

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Re: I want to improve my life for good  
Posted by cordnoy - 27 Nov 2014 16:40

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the video is on the home page of this site.

your thread was shown several times.

gramps is zaidy/grandfather, of which, thank God, we both are a member of that group

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Re: I want to improve my life for good

Posted by Dov - 03 Dec 2014 03:31

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Sorry for the lack of context here, but I am looking for a place to post this, so here is as good as  
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Using fantasy to feel better is like lighting my pants on fire to get warm because I'm feeling cold.

...think that has a nice ring to it

And that is just as true whether my fantasizing is about sex (to comfort me from my desires), as it is when it is about resentment, insecurity, or anything else.

any, since I have no active thread of my own (only started one, and it was a flop!

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Re: I want to improve my life for good

Posted by cordnoy - 03 Dec 2014 06:53

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Does one feel good at all when he lights his pants on fire?

And exactly where does he ignite his pants?

the cuffs?

zipper?

patch?

but yes, I get it!

thanks

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Re: I want to improve my life for good

Posted by Gevura Shebyesod - 03 Dec 2014 07:01

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Definitely a question for the World Council (W.C.?)

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Re: I want to improve my life for good

Posted by Machshovo Tova - 03 Dec 2014 21:06

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As King Solomon says about lust (Mishle 6:27):

Can a man rake coals in his lap and his clothes will not get burnt?

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Re: I want to improve my life for good

Posted by Dov - 04 Dec 2014 03:20

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I see that posuk apply to real life in so many ways, MT.

But again, please, please allow me to remain clear and honest with you: For a non-addict the response to Shlomo Hamelech's (rhetorical) question is: Yes. For there is burned - and there is *burned*.

The non-addict **can** (and does) get away with it. He will sin, yes - and that's bad - but his life does not become unmanageable as a result, any more than a drunken spell necessarily makes the life of a non-alcoholic 'unmanageable'. Not by a long shot. In fact, Teshuvah really does work (Iggeres haTeshuvah and other places)! For the non-addict, Teshuvah saves life from *becoming* unmanageable.

Boruch Hashem for Teshuvah!

Not so for the addict. Teshuvah does not work for him or her, because sinning is not the problem. The fake life and twisted mind are the problem. The 2nd step refers to our problem as *insanity*, and makes no reference to the drinking. It (and the 1st step, too) are referring to the unmanageability of *our lives*, not to the unmanageability of our *drinking*. Quite another thing than the temporary 'ruach shtus' Chaza"l refer to. Unlike a normal person (Jew or gentile) the true addict discovers that he or she lacks the ability to enjoy porn and erotica successfully *at all*. Far more serious than sinning, it always messes his **lifestyle** up because it becomes an obsession, forces him to live a double life, and twists his mind into disability that he cannot see except through the pain it causes. It's like living in a gilgul in one's own body as though it were the wrong body. It's just wrong, and he knows it and cannot fix it.

Sakanta chamira m'isura.

Sinning does *not* necessarily mess any normal person's lifestyle up, and Teshuvah really *does* make it all OK, if it is used.

And I b"H use Teshuvah for lots of things, cuz I make lots of mistakes...but not in the area of lust. Just as frum alcoholics do.

And each and every day, I observe acceptance of this very distinction saving lives and marriages. It's the most precious moment in an addicts early recovery and **is** the 1st step of the Program: "I cannot stop trying to control and enjoy porn/lust/sex/alcohol - and I cannot continue trying because the *rest* of my life is getting too crazy." Perhaps yiddishkeit *will* work for some true addicts. But the distinction helps a great deal for the many frustrated, true addicts for whom Yiddishkeit is not working. They can accept that Torah/yiddishkeit is not **made** for fixing addiction any more than it is made for fixing bipolar disorder.

But 'doing Teshuvah' is so much more respectable...and the ba'al Teshuvah gets so many perks (as he should!). So we try not to look at disease. It sometimes delays recovery for precious years.

PS. A GYE member chatted me yesterday, as follows:

*Dov, hi, I'd just like to say thank u very much for making me understand that I am not an addict. I think ur voice is very important both so that some folks wont go nuts without reason, and for not letting addiction become a void term, not to make it trivial. so yeah, that's it, I also like how u show it to be a human problem, not related to religion. So thanks and blessings for ur life.*

He is the second guy who openly admitted that to me, of late. The first was a kolel guy who got into some trouble with porn and masturbation - but discovered he is not an addict *by writing out and sharing his entire story with safe people*, as we do on our desperados call and in SA. Doing that brought him to self-honesty and clarity. Instead, he pursued *therapy* for his problem because he saw that the 12 steps didn't apply to him, not being an true sex/lust addict.

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Re: I want to improve my life for good  
Posted by Nachshon - 04 Dec 2014 21:07

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Dov great post as usual....your words are so well thought out and deep....when reading them they just feel like wisdom and truth.

Is there an in between stage not an addict and not just a "sinner"? Life is manageable but at times lust/masturbation porn.... can become a central focus and boil to a "need" (looking for a stronger word)....that just "needs" to be released? Once released can go back to the baseline of "sinner" and at times non sinner.

Not sure this distinction makes a difference in the big scheme of things but perhaps can help choose the path to getting better?

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Re: I want to improve my life for good

Posted by lavi - 04 Dec 2014 22:32

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Very interesting.

i believe there are many levels in addiction,

and teshuva may help a mini-addict,

BUT probably AFTER he has taken other steps to break the vice, that the addiction has on him.

the level of addiction would seem to me, to be in proportion to how much control one has to stop in the middle. [ just a thought ]

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