

**GYE - Guard Your Eyes**

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My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 03 Jul 2015 19:06

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I'm deep and in the ?????... I'm addicted to porn, masturbation and who knows what.

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Re: My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 02 Feb 2016 12:38

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[Workingguy wrote on 02 Feb 2016 00:53:](#)

[ZDuvid wrote on 02 Feb 2016 00:13:](#)

Ok so can someone some it up please

To sum it up- your situation is painful emotionally and physically. No doubt about it; it's very frustrating.

You've also done really well in sobriety.

You will survive even if you don't masturbate before the next time she goes to the Mikvah.

If you do masturbate you won't necessarily feel better.

Hashem loves you because he gives you everything including your new baby. Mazel Tov!

Many "normal" guys would act out in your situation.

A tough situation isn't a license to act out, and Hashem doesn't owe you a sexual outlet just because you've been clean for a while.

You know what I sometimes think when I'm feeling frustrated in similar situations to yours? I think to myself "It's not fair; Hashem, why can't I have some sexual pleasure?"

And besides the answer that it might not be the best thing for me then, I think of another answer.

Hashem gave me a huge allotment of sexual pleasure in my life. I used SO MUCH of it in ways that he didn't intend, and now my account is running low. Something doesn't go right and I think "Why?" And He answers "you used one months worth in one week, and one year in one month".

So now you want it; but think about how many times you took it when you didn't deserve it.

Does He owe you? I doubt it.

But I feel for you, and I know the pain of the struggle. It can sometimes bring you to tears, and to despair. And so often we don't even succeed. But you, my friend, are a Gibor. You've tasted the real thing; don't throw it away for counterfeit pleasure.

Easy for me to say, so I just want you to know that I and everyone else here are with you either way. We will be popping champagne if you make it, and totally understanding if you don't.

My deepest wishes for your hatzlacha. I even feel your pain as I write this.

Let us know how it goes, and every bit of effort counts.

yesterday at about 12:30 at night i sent this long answer to a friend and about two minutes later he rights back to me "wow, you sent it to me in the right time, god knows when to save me, GOD LOVES ME, i even went to a live AA meeting today but didn't really help my urge and i almost slipped but i guess today im sober!"

Wow.

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Re: My path to sanity... chevrah, help me with the way  
Posted by Workingguy - 02 Feb 2016 13:26

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[ZDuvid wrote on 02 Feb 2016 12:38:](#)

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[ZDuvid wrote on 02 Feb 2016 00:13:](#)

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Wow.

That's amazing! Remember, even though our specific struggles may be somewhat different in general, we're in this boat together. And that's the beauty of GYE, fellowships, and other such things- we bring out connection amongst each other instead of the isolation of acting out or addiction. Kol hakavod to you!

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 24 Feb 2016 21:09

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After 237 days clean, i just had a fall.

My emotions right now? um I feel like I did accomplish really a lot, and I think I have now the Bechirah to say NO. and im going on stronger then ever.

Things that could of been better. 1) just got a new phone and no filter. 2) I went into a danger zone. 3) I was feeling down for certain reasons.

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Re: My path to sanity... chevrah, help me with the way  
Posted by markz - 24 Feb 2016 21:26

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Skid marks..... \_\_\_\_\_

Keep on Trucking, we're with you!!!!

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Re: My path to sanity... chevrah, help me with the way  
Posted by Workingguy - 24 Feb 2016 22:25

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237 is NICE! You had a speed bump- and likely with your experience and wisdom you can continue shtark.

Hatzlacha!

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Re: My path to sanity... chevrah, help me with the way  
Posted by doingtshuva - 24 Feb 2016 22:39

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[ZDuvid wrote on 24 Feb 2016 21:09:](#)

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237 days is an amazing work, which is yours for life.(thats 20 476 800 seconds of saying NO NO NO)

Do whats necessary with your phone and hup we start again.

We can learn from your fall that even after 237 being clean a small phone can mess that all up.

Isn't it a shame?

I see myself that the longer I'm sober the more careful I have to be.

I wonder why but that's a fact.

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Re: My path to sanity... chevrah, help me with the way  
Posted by cordnoy - 24 Feb 2016 23:09

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Welcome back.

Thanks for the share.

Continued hatzlachah.

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Re: My path to sanity... chevrah, help me with the way  
Posted by gibbor120 - 25 Feb 2016 17:47

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[ZDuid wrote on 24 Feb 2016 21:09:](#)

After 237 days clean, i just had a fall.

My emotions right now? um I feel like I did accomplish really a lot, and I think I have now the Bechirah to say NO. and im going on stronger then ever.

Things that could of been better. 1) just got a new phone and no filter. 2) I went into a danger zone. 3) I was feeling down for certain reasons.

Been there. Not fun. But, you accomplished a lot. Pick yourself up. Dust yourself off, and get back in the truck!

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 29 Feb 2016 01:19

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Its crazy that when my wife was pregnant and had the baby i didn't have sex for 13 weeks and was sober. A week after mikvah and intimacy i fell

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Re: My path to sanity... chevrah, help me with the way  
Posted by markz - 29 Feb 2016 01:22

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Did you just hear [Yesod whizz by](#)???

it may be connected

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Re: My path to sanity... chevrah, help me with the way  
Posted by Josephsbrother - 01 Apr 2016 06:14

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[Shlomo24 wrote:](#)

I don't think what we were saying was absurd. It applies to sex/porn/masturbation you name it. I'm pretty sure that the White Book says "sex is indeed optional". I try not to say made up theories, usually I have good evidence for it, whether I mention it or not. If your wife is a niddah or their are sexual issues? Go ask someone else. Freaking out because of abstinence? That is not a sexual issue.

Years ago, when I when to prevention of disease medical college, I met the woman I thought I would marry, yet I did not know it, I was not prepared. A love was growing, I lost her, but I thought I loved her. I gave her back to my Maker. I was struggling with porn from time to time. Years later I met my mate, the One who chose her for me, encouraged her to marry me, her birthday was attached to one of the key events of the lost of the other. I felt so responsible for my wife now, after all the Maker of heaven and earth told her she would do better with me, than without me. I may fall sometimes on the journey, but I cannot disappoint our Elohim, One is watching and helping. Once I almost lost this one, we had my son, I determined that I would support my son, and be near to him, even if I had to get a divorce, but I would give my best even if not sex, marriage, or wife. We are together again, she not a quitter, sometimes we have to give all, what ever the cost, and I did, but it took a lot less than I imagined. Our marriage is not just sex, and organism. We plan or court to not have orgasm, but just to enjoy closeness. After years of sickness, and long hours of work, we have found it is not the conclusion of sex that make foreplay sweet, it is the journey to enjoy each other's company, whatever the bodies responds.

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 02 Jun 2016 05:04

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Hey Guys!

im so derailed and off track that its a disaster!!

If anyone remembers I was not to long ago clean for 288 days and now im a wreck.

Im so botched up that yesterday was mikvah night and I was just laying with her and didn't even want sex with her nor even tonight. I have my porn who is 10 times more attractive then my wife.

Anyways I came across this guy Douglas Weiss big sex addiction psychologist and made a book on addiction. Did anyone hear of him?

Heres a link to a interview he gave. He could of been a Rabbi the stuff he says.



<https://youtu.be/R2d2kSYC-hQ>

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Re: My path to sanity... chevrah, help me with the way  
Posted by markz - 02 Jun 2016 11:56

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Brother I know the feeling...

Duvidz, can you quit porn just for today?

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Re: My path to sanity... chevrah, help me with the way  
Posted by mggsbms - 02 Jun 2016 12:52

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I can relate and that's one of the reasons I want to keep sober it's an awful feeling.

How did you keep sober for so long ? Are you doing anything different now ?

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