

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

Posted by ZDuvid - 03 Jul 2015 19:06

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 Jun 2016 14:15

I kept sober for that long because my Goal was NOT TO FALL. But once I did I derailed.

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

Posted by mggsbms - 02 Jun 2016 14:21

The goal was "never or nothing" ? I'm sure the reasons you wanted to keep sober in the first place are still there. So the focus got to be today. Its something I'm struggling with as well, it's crucial.

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

Posted by ZDuvid - 02 Jun 2016 14:45

[mggsbms wrote on 02 Jun 2016 14:21:](#)

The goal was "never or nothing" ? I'm sure the reasons you wanted to keep sober in the first place are still there. So the focus got to be today. Its something I'm struggling with as well, it's crucial.

Obviously not, but what im saying is that I derailed. I suffer from perfectionism.

Im over weight because of that and never did well in school either for that reason

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Re: My path to sanity... chevrah, help me with the way
Posted by aryehdovid85 - 02 Jun 2016 18:59

[ZDuvid wrote on 02 Jun 2016 05:04:](#)

.....s mikvah night and I was just laying with her I have my porn

greetings ZDuvid,

Thanks for your open & honest sharing.... May Hashem answer your tefilos and help you get "back on track" soon.

Your post gave me the courage to share the following: Recently my wife suprised me and went to mikva after a really long extended time of not being able to get tahor . (she does not know anything about my additction to porn/masturbation and attraction to other males) B'kitzur,aside from being over age 50, morbidly obease and feeling exhausted and stressed with the need to be up for work at 5am,we **attempted** to be "intimate" . My body was just not responding... what a shock! happened again a second night after which we let it go... Was thinking that b/c i was so obsessed with the male body,i was not interested in my wife. ... So your share reminded me that "lust kills love" and with progressive recovery over lust,there is hope. Hope things get better for you soon!

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Re: My path to sanity... chevrah, help me with the way
Posted by yiraishamaim - 02 Jun 2016 23:08

[aryehdovid85 wrote on 02 Jun 2016 18:59:](#)

[ZDuvid wrote on 02 Jun 2016 05:04:](#)

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greetings ZDuvid,

Thanks for your open & honest sharing.... May Hashem answer your tefilos and help you get "back on track" soon.

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I myself am over 50 and a little overweight. Thankfully, I can still perform but it sure ain't what it used to be. Part of "a lack of response" as you put it, is routinely part of the normal aging process. Perhaps a trip to the doctor/urologist might be helpful.

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Re: My path to sanity... chevrah, help me with the way
Posted by cordnoy - 03 Jun 2016 00:31

Omg!

Perhaps we should start a club or something.

O50BOWSPBIAWIU2B

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 03 Jun 2016 00:39

[cordnoy wrote on 03 Jun 2016 00:31:](#)

Omg!

Perhaps we should start a club or something.

O50BOWSPBIAWIU2B

"Welcome To The Overweight, Future Sleeve Operators, Wanting To Feel Good About Our Selves, Ex Masturbaters Club"

Hi how are you today

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Re: My path to sanity... chevrah, help me with the way
Posted by markz - 03 Jun 2016 01:01

[ZDuvid wrote:](#)

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>

How attractive are you brother?

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

Posted by ZDuvid - 03 Jun 2016 01:15

[markz wrote on 03 Jun 2016 01:01:](#)

[ZDuvid wrote:](#)

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How attractive are you brother?

Me? From 1- 100 about 18..

Why you askin

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Re: My path to sanity... chevrah, help me with the way
Posted by shmiraashachaim - 03 Jun 2016 01:17

Hey ZDuvid, im pretty new and don't know much, but I can tell you what I heard from a few guys here: the goal is not to be sober. The goal is life. Being sober just gets you there.

Hope you get back on track

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Re: My path to sanity... chevrah, help me with the way
Posted by markz - 03 Jun 2016 01:19

[ZDuvid wrote:](#)

[markz wrote:](#)

[ZDuvid wrote:](#)

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Why you askin

And your wife?

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 03 Jun 2016 01:22

[shmirashachaim wrote on 03 Jun 2016 01:17:](#)

Hey ZDuvid, im pretty new and don't know much, but I can tell you what I heard from a few guys here: the goal is not to be sober. The goal is life. Being sober just gets you there.

Hope you get back on track

Exactly right!

I wish I can open my own business and become happy about myself and more occupied and feeling fulfilled.

Right now I'm in charge of someone's Online company but I do nothing all day. Absolutely nothing! My Goyem do everything and Im just the make sure Everything is running well person.

I feel like a doosh bag at the end of the day

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 03 Jun 2016 01:24

[markz wrote on 03 Jun 2016 01:19:](#)

[ZDuvid wrote:](#)

[markz wrote:](#)

[ZDuvid wrote:](#)

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Why you askin

And your wife?

1 - 100 about 4.7

I mean she's cute but her body is a disaster

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

Posted by shmiraShachaim - 03 Jun 2016 01:31

[ZDuvid wrote:](#)

Exactly right!

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I feel like a doosh bag at the end of the day

That sounds rough. I hate feeling like a doosh bag. Felt it more than I can count. I wish you hatzlacha in finding what will change that. Sounds like planning to open a business might do that. Just parroting what more experienced guys here say, that we should be cautious in not making sobriety the meaning in life. There's so much more than that! Haven't read your forum but 288 days is incredible. Haven't really been able to get there. Would love to see how you did it.

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