

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 - 06 Jun 2016 17:24

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[Watson wrote on 05 Jun 2016 22:15:](#)

Thank you so much ZDuvid for your honesty. It's not always pretty but honesty is the name of the game.

I wrote a very similar thing about my wife on my thread about 2 years ago.

Porn is more attractive, more enticing than real women. Any woman. Porn is designed to be like that. They cut out all the normal and boring stuff and leave just the highlights. How can any woman compete? Porn never complains, never smells, doesn't need foreplay, and has constant variety. I became like Achashveirosh - the porn from yesterday is used up and gone, making room for the new, unless I call it back by name...

That;s the addiction. That's exactly it. I know I need to stop using this drug but nothing makes me feel as good as it does. It's exactly the same as a cocaine addict who knows he has to stop using or face serious consequences, but there just isn't anything that gives the same buzz. The pull back to it is so strong.

I am powerless.

That means that without a program of recovery I will go back to porn. Every. Time. It's just too good.

All I can say is that through recovery and consistent working of my program, my attitude has changed a little. Nothing else, only my attitude. Nowadays my wife is the most attractive woman in the world.

That doesn't mean I don't get tempted by porn or women I see in the street. It just means that when I'm with my wife, I'm with my wife, and I no longer compare her to others or prefer anyone else over her.

Thanks so much for writing. Very inspiring.

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Re: My path to sanity... chevrah, help me with the way  
Posted by yiraishamaim - 06 Jun 2016 19:49

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Enjoyed your post.

A number of pertinent points you touched upon. I'd just want to emphasize that part that I quoted above. It's important to understand not to fool oneself that "if only I had a real bombshell of a wife I would be satisfied." You correctly made it abundantly clear that the nature of

addiction makes the wife's attractiveness of little consequence in the overall scheme of things.

Rather, what I got from your post was - The idea is to have a healthier perspective on intimacy.

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Jan 2017 16:59

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?anyways basically the past few weeks im doing some soul searching and trying to figure out what the hell is up with me.

I crawled into my emotions and my past and found out the all my life I was never comfortable with myself/body since as long that i can remember I always had weight issues.

?I also figured out that acting out is an escape for feeling uncomfortable in certain situation and of course I cant deal with feeling uncomfortable or Uchy, so in order I should feel better I try to do stuff that would make me feel better (Masturbating, No?..)

I also figured out that for a time period of two weeks that I was helping someone out in a hard situation I was clean the whole time WITHOUT me even working on myself! I was just so happy and relaxed that I just didn't do it. (Just a different coping mechanism, its a positive good feeling..)  
~~Hi ALL! I miss everyone! wasn't on for the sooo long, dont worry, im not clean~~

I also figured out that trying to find things that occupy your mind and make you happy so you shouldn't fall is also not the solution. its just a band-aid.

so whats my conclusion??

?THAT I FREAKIN NEED TO LEARN HOW TO DEAL WITH MY UNCOMFORTABLE SITUATIONS INSTEAD OF ESCAPING IT. Million dollar question, how do i

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Re: My path to sanity... chevrah, help me with the way  
Posted by gibbor120 - 10 Jan 2017 17:09

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[ZDuvid wrote on 10 Jan 2017 16:59:](#)

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I also figured out that trying to find things that occupy your mind and make you happy so you shouldn't fall is also not the solution. its just a band-aid.

I'm not sure that I agree that helping someone is "just a different coping mechanism". I would say, when you are being productive and you feel happy, there is no nisayon. (NOT, that there is a nisayon, but I cope with it by being productive).

I think it is a wonderful approach, with the caveat, that when things actually get uncomfortable, you have another set of coping skills to get through it.

Really, healthy living is the best antidote. You just can't rely on it 100% of the time. And since, just one time acting out can send us on a nose dive, you must have other skills up your sleeve.

KUTGW!

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Jan 2017 17:23

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I agree with you that when things actually get uncomfortable, you have another set of coping skills to get through it but ultimately its exhausting to need to try to always run and find something to feel good about yourself instead of learning how to sit in the situation and DEAL with it

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Re: My path to sanity... chevrah, help me with the way  
Posted by gibbor120 - 10 Jan 2017 17:29

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I don't mean to "always run and find something to feel good about". I mean having a life that is full of things to feel good about, so you don't have to go searching, and most of the time, you don't have a huge nisayon.

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Jan 2017 17:31

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yes! defiantly! I wish I can dedicate my life to helping people in need. it makes me feel so alive and up

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Re: My path to sanity... chevrah, help me with the way  
Posted by yiraishamaim - 10 Jan 2017 18:16

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[ZDuvid wrote on 10 Jan 2017 16:59:](#)

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do it..

How to work a good personal program has a number of parts to it and I don't want to oversimplify things. However, healthy social connections - as you yourself have found - can be a major part of it.

The link below talks about this. There is another animated version but I only found it on youtube and I don't like going there.

[www.ted.com/talks/johann\\_hari\\_everything\\_you\\_think\\_you\\_know\\_about\\_addiction\\_is\\_wrong](http://www.ted.com/talks/johann_hari_everything_you_think_you_know_about_addiction_is_wrong)

Hatzloocho

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 10 Jan 2017 18:27

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[yiraishamaim wrote on 10 Jan 2017 18:16:](#)

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Hatzloocho

Thanks so much for the reply.

About Johann Haris Talk I think alot of addicts will disagree... while he may be right that when the addiction starts off it may be to BOND and people turn to adiction to bond and feel good, but once your deep in it its a sickness..

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Re: My path to sanity... chevrah, help me with the way  
Posted by gibbor120 - 10 Jan 2017 20:57

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yes, but why do some people get addicted, and some do not. That may have to do with a bonding deficiency. AND, even once addicted, it does help recovery to have bonds. AND, not having the bonds, will definitely make it more difficult to recover.

**BOTTOM LINE:**

**HEALTHY BONDING IS IMPORTANT!**

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Re: My path to sanity... chevrah, help me with the way  
Posted by yiraishamaim - 11 Jan 2017 03:31

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[ZDuvid wrote on 10 Jan 2017 18:27:](#)

[yiraishamaim wrote on 10 Jan 2017 18:16:](#)

[ZDuvid wrote on 10 Jan 2017 16:59:](#)

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ZDuid - I am a little confused. Healthy bonding with other people is very helpful in being a part of an overall program of recovery. That's all I am saying.

Even GYE itself is about connection to a great extent.

Relationships in person without anonymity are even better!

Of course, there are a lot of other things that are even more basic like learning to give over the fight to Hashem...

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Re: My path to sanity... chevrah, help me with the way  
Posted by Singularity - 11 Jan 2017 08:02

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[yiraishamaim wrote on 11 Jan 2017 03:31:](#)

[ZDuid wrote on 10 Jan 2017 18:27:](#)

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yirai: [Here it is safely in the GYE video repository.](#)

Are you an addict? Have you tried 12 steps?

Step 3: Give over life and will to the care of God.

'Cuz one day there will be nobody to help out. And everything will go wrong all at the same time.

Then what?

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Re: My path to sanity... chevrah, help me with the way  
Posted by ZDuvid - 12 Jan 2017 03:57

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This

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Re: My path to sanity... chevrah, help me with the way  
Posted by 360gye - 12 Jan 2017 04:27

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Well put Zduvid.

Now the question to ask is: Why are you addicted to escaping reality? What about your reality is unpleasing and requires an escape? Is there a way to improve the reality or maybe compromise?

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