

dependence

Posted by ShmaYisroel - 01 Sep 2015 06:36

After many tries to become sober from internet-related pornography, I truly start having questions concerning some matters.

Previously, I mean in the past eight years or so I thought that I really had it in my own hands. I thought that if I would want to stop viewing this I would be able to. But lately something starts ringing very true to me.

Most people here - I assume - are familiar with the famous quote (and I undoubtedly will quote it wrongly) "The man I am will not drink, but the man I was will drink and drink again."

Now my question is: Is it possible that one can be addicted to a particular behaviour like viewing porn, just like one would be addicted to alcohol or drugs?

I understand it really takes a titanic effort to become sober from drugs or alcohol, but I never thought that viewing (or watching) porn would be as difficult to put aside. After trying many years to reach a ninety-day-count of sobriety I am at first of Yeush. I have tried so many times. But the Demons are pulling me mad by my ears, eyes and peyos to open that accursed machine again. You don't have to start by me with filters. We have one. But my rotzon to the wrong thing is so overwhelming that I will definitely find a way to either get around it or make a fix somehow.

Even those times when I finally have a little of a streak which might carry me further. I will see something in the street that will excite me and pull me (as in a blind rage) to the gutter again.

Till now I thought that I am just a person with a somewhat weakened rotzon which gets a little bit too easily excited, but now I start sincerely doubting it. I am trying again to make some days (just before Rosh Hashoneh) one the ninety-day-chart. But here on the second day I am feeling as if fire is burning in me, compelling me to do the awfully wrong thing yet again.

If you say join the 13 step plan, been there, done that. Probably for many of you it does work! But as for me? mmmmmm, it hasn't been the redeeming angel.

So again my question:

Can internet-related pornography be a real addiction, I mean such a one that the mind and functioning of the person become dependent on it?

Thanks

ShmaYisroel

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Re: dependence

Posted by eslaasos - 03 Sep 2015 13:29

[ShmaYisroel wrote:](#)

This is in answer to Shlomo24

Somewhere I guess I still want to belief that it is me who is in charge. So yeah.... the roundabout way is a bit of a mask which is crumbling down to the core of the message. I am clutching at my own last (detri)mental straws.

I hope that I can get out of here without twelve steps and just a good dose of Mussar and limud HaTorah.

Hi ShmaYisroel,

I listened to a shiur from Rabbi Twerski yesterday (on this site) that addresses your posts.

To paraphrase - you are always accountable for your actions unless you are psychotic and divorced from reality. He has a great line to help you understand that. Imagine you were sitting by your PC, looking at something inappropriate, Cordnoy walks in with a Desert Eagle .50 points it at you and says take a hammer and smash your CPU or I shoot, you would immediately discover your ability to overcome the YH.

So there is always bechira.

To continue this thought and answer your other point, he explains that the 12 steps are actually all to be found in the Torah. So why does the 12 steps help where Torah and mussar doesn't? Because when you join a 12 step program, you hear people say if I deviate one iota from this program I will be DEAD. When you learn mussar, most of us are happy if we say, wow that's something I really need to work on, and make a plan of action how one day we will get there.

If we learnt mussar with the attitude ki heim chayeinu to the full extent it would be as effective as the 12 steps program.

To answer your later post, a poster child means you are a perfect example.

Hatzlacha.

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Re: dependence
Posted by markz - 03 Sep 2015 13:36

"I hope that I can get out of here without twelve steps and just a good dose of Mussar and limud HaTorah."

Please see my signature

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Re: dependence
Posted by eslaasos - 03 Sep 2015 14:59

[waydown wrote:](#)

Hye shma Yisroel, you write "So why don't I fear heaven enough and have some proper Yiras Shomayim?"

Its not true. I think you do fear shomiam, you just have an addiction. Thats par of the powerless point. You yourself admit that you tried staying stopped but couldn't. Trying to stay stopped means you do have yiras shomiam. You couldn't because its out of your control.

Re beyond my control well if you look at it as a frum Jew I think it makes the concept easier. We all know to a certain degree what Chazal tell us that the Yetzer is misgabr every day and if not for Hashem's help we would all fall. It's all of the Yomim Noraim davening that Hashem does not want us to fall. Henceforth, lust which is an addictive averia it's even more so.

Hi waydown,

You seem like an intellectual, and I generally don't start up with intellectuals, but I would ask you to clarify your post above.

As a frum Jew, we believe that we all have bechira. This is not a contradiction to the 1st step, see my previous post quoting from Rabi Twerski on this. I think what you're saying is that your yiras shomayim is not being negated by your addiction (for want of a better word), but your yiras shomayim is insufficient to overcome the addiction, *in its current state and in the current context*.

My understanding of the 1st step is that we are powerless in the context of "my willpower alone is insufficient". There are other tools I need to employ in this battle.

There is an additional benefit to admitting powerlessness because people work better without pressure. The example I heard was that if you tried walking across a 12" wide plank of wood that is strung up in the air the height of the Empire State Building you would quite possibly fall, but you would have no problem taking that walk when it is laid flat on the ground. If you approach the battle all keyed up that you have to beat this monster, you have already spent half your strength on the anticipation as opposed to surrendering to Hashem and applying your willpower more productively.

With regard to the Chazal you mentioned about needing Hashem's help to overcome the YH, I have mentioned to you previously that this is discussed by the Lev Eliyahu on the posuk of *lapesach chatos rovetz*. Essentially he cites contradictory statements from Chazal and answers that there are 2 different Yetzer Hora's.

There is a natural physical YH that we are expected to overcome ourselves using the tool of *borosi YH, borosi Torah tavlin*. Then there is a spiritual/supernatural YH that it is impossible for us to overcome without Hashem's help.

I have spent a lot of time thinking of how to reconcile this with the 1st step, but I don't want to speak further on his behalf without reviewing the piece properly. I have been meaning to do so, but I have to give 2 shiurim tonight so all my spare time has been taken up. I hope to make time for it and then post my ramblings in my thread where it will await your critique.

Thank you ShmaYisroel for kicking off this discussion. Both waydown and I are attending a daily phone conference hosted by R' Cordnoy that has just finished discussing powerlessness, so this is very much on my mind recently.

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Re: dependence
Posted by TalmidChaim - 03 Sep 2015 15:36

The metaphor that has really put things in the right perspective for me is that, for addicts, lust (or alcohol, or drugs, or whatever) is an allergy. Once we're exposed to it, there's little we could do to prevent a reaction.

This ripped the issue of lust addiction from its intellectual context, which for me, a chronic overthinker, was essential to beginning the recovery process.

In fact, to a degree, letting others "think" for you on this is a good idea. Of course, there are nuances to your addiction others might not fully understand, so you could reserve some degree of autonomy with it. But in general, giving up control means giving up on the idea that this could be figured out.

Could you figure out a solution to an allergy?

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Re: dependence
Posted by cordnoy - 03 Sep 2015 16:09

[eslaasos wrote:](#)

[ShmaYisroel wrote:](#)

This is in answer to Shlomo24

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To answer your later post, a poster child means you are a perfect example.

Hatzlacha.

Practicin' in Manitoba:

Warning: Spoiler!

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Re: dependence

Posted by stillgoing - 03 Sep 2015 17:03

Hi ShmaYisroel

I just wanted to welcome you. There is so much good being said here that i'm just keep my mouth shut a little bit. (Before I do however,) I just wanted to comment on how refreshing

honest your post have been sounding. Of course I don't actually know you to know that it's the truth, but I rings real.

Kol hakovod on your reaching out.

SG

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Re: dependence

Posted by eslaasos - 03 Sep 2015 17:04

[cordnoy wrote:](#)

Practicin' in Manitoba:

Warning: Spoiler!

Something about your voice on the phone, I pictured you with a beard. Oh well...

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Re: dependence

Posted by cordnoy - 03 Sep 2015 17:09

[eslaasos wrote:](#)

[cordnoy wrote:](#)

Practicin' in Manitoba:

Warning: Spoiler!

Something about your voice on the phone, I pictured you with a beard. Oh well...

Had a picture of my partner shottin' a magnum 44, but she wasn't wearin' a coat, so I left it out.

Warning: Spoiler!

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Re: dependence

Posted by stillgoing - 03 Sep 2015 17:15

About the beard, it must be recent, since this pic is only two weeks old...

Warning: Spoiler!

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Re: dependence
Posted by ShmaYisroel - 03 Sep 2015 18:55

Dear Cordnoy, stillgoing and eslaasos,

I really dont understand what these last say four or five posts are about, can you please explain?

Thanks

Shmayisroel

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Re: dependence
Posted by cordnoy - 03 Sep 2015 20:05

[ShmaYisroel wrote:](#)

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Thanks

Shmayisroel

Wasn't it you that started with cordnoy and his uzzi?

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Re: dependence

Posted by eslaasos - 03 Sep 2015 20:19

[cordnoy wrote:](#)

[ShmaYisroel wrote:](#)

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Shmayisroel

Wasn't it you that started with cordnoy and his uzzi?

Sorry, that was me, and it was a Desert Eagle.

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Re: dependence
Posted by markz - 03 Sep 2015 23:39

cordnoy mit a uzzi ahin, eslaasos mit a desert eagle aher (everybody duck!), but my friend ShmaYisrael is getting very lost... can someone show him the target please

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Re: dependence
Posted by cordnoy - 04 Sep 2015 00:06

[eslaasos wrote:](#)

[cordnoy wrote:](#)

[ShmaYisroel wrote:](#)

Dear Cordnoy, stillgoing and eslaasos,

I really dont understand what these last say four or five posts are about, can you please explain?

Thanks

Shmayisroel

Wasn't it you that started with cordnoy and his uzzi?

Sorry, that was me, and it was a Desert Eagle.

And what weapon was pictured in my post ?

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