

lets try this

Posted by emunas hashem - 18 Apr 2016 22:33

I saw a link to this website a while ago, but I ignored it. Now I'm here.

So... I'm 18 years old. I was on the streets, I guess youd say 'off the derech' for a few years, and struggled with drug addiction. Baruch Hashem, I got past that. So imagine how frustrated I have been when I started really working on shmirat einayim and not to watch pornography, and I discover I am addicted!

I have tried everything, and it hasn't worked. with hashems help, hopefully this will. Pleased to meet you all.

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Re: lets try this

Posted by inastruggle - 19 Apr 2016 05:23

Welcome

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Re: lets try this

Posted by Shlomo24 - 19 Apr 2016 05:55

So there are a lot of old fogies on this site. But I'm 20, so...

Yo, wazzup man. Welcome to the hood brotha. Pretty solid post there, legit. You got past drug addiction?! Damn (daniel) straight. Props dude, props. Sit back and relax man, me and my boys got you hooked up. We're gonna work this thing out. We got your back.

#peace

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Re: lets try this

Posted by emunas hashem - 20 Apr 2016 22:28

hey whats up. First of all sorry for not replying earlier I don't have internet too often.

So to answer your first question, once an addict always an addict. Baruch Hashem, I have learned a lot about addiction and even have the privilidge of running a support group for recovering addicts my age. Now, the term once an addict always an addict depends really. Mainly, on the strength of the addiction. What I mean is like this; Labeling yourself something FOREVER is in my experience never a good thing. It becomes part of your identity, and you should never make something negative part of your identity. That being said, this mostly applies when the addiction was not crazy strong. So lets take drugs; I used for about 18 months, and while I tried many different types of drugs at least once, my addiction was mostly to xanax, speed, (in short, pills) and marijuana (yes, weed is a drug- trust me. Seen way too much damage to be fooled anymore by liberals). Thus, my addiction was not hardcore, and so after a good long time clean, I do not (nor do experienced people who know me) consider myself an addict. HOWEVER, if you have a strong addiction, then yes, you would have to be very wary of falling back into addictive patterns, and so labeling yourself an addict might work. It is my humble opinion that for most of us, masturbation and pornography WOULD fall into the category of SEVERE or SERIOUS addiction, as A. Most likely, we have been doing it for years and B. It is all around us. Triggers are everywhere.

Regardless of wether one considers himself an addict or not after a long time clean (because while youre using, you are definitely addicted), one still must pay heed to the LOGIC behind 'once an addict always an addict', and that is that you can always fall again.

So while (when it comes to drugs), I don't consider myself an addict, I am very wary of the potential to fall.

to answer your second question; youre right, I don't know if I tried EVERYTHING. however, in the circles I am in, it is not embarrassing to talk about lust addiction, as my friends are all in it and we are truly trying to grow. So I HAVE been open about it, and ive tried different methods. I think the only area where I was lacking was realizing it was an addiction, and that flabbergasted me.

sorry for the whole megilla lol;0

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Re: lets try this

Posted by emunas hashem - 20 Apr 2016 22:35

[mr.clean wrote on 18 Apr 2016 23:00:](#)

Welcome!

So u can tell us first hand if this addiction is harder to kick then drugs.

if I may ask, how did u kick ur drug habit ?

Ahhhh... hard question to answer. both of em. lol. I really cant say which is harder, theyre both really really hard. Drugs is inexplaineable really unless you've been through it. And how I beat it? Short story: Hashem. really. Long story: too long for here:)

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Re: lets try this

Posted by markz - 20 Apr 2016 22:39

Amazing!!

So invite the entire gang to gye, we have lots of chametz to share, woodford of course, and [porn](#), which we gotta get rid of in 36 hr

Ask the.guard to create "[Group 180](#)", and of course you'll be the leader!

Teach us a thing or two too!!

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Re: lets try this

Posted by emunas hashem - 20 Apr 2016 22:47

Haha maybe.. I wanna get used to this site first more. This is actually a great idea.

You wouldn't believe it, how crazy shame is. Like ill go to AA groups and talk all about drugs and alcohol, and even give a little group myself, but when it comes to lust, NOOOOO.

Crazy we humans are.

Anyway, I'm signing off now. Great talk.

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Re: lets try this

Posted by markz - 25 Apr 2016 02:39

[emunas hashem wrote on 25 Apr 2016 02:09:](#)

Hey holy brothers, Emunas Hashem here. Boruch Hashem today is a week clean. Hashem answered my tfillot! I never thought there was a solution until Hashem opened my eyes to this website. Id like to talk about powerlessness for a minute. Let me know what you think!

Having been through substance and also some alchol abuse before, I am not new to the struggle against addiction. Ive realized time and time again how admitting powerlessness is the central and most important part of fighting addiction. It's not for nothing that it is step one of the 12 steps!

See, cuz when you when you try to fight addiction on your own, it always proves itself too powerful to beat on your own. Despair sets in, followed by bitterness, depression and a whole lot of other harmful feelings and emotions. People, however, tend to be afraid to admit powerlessness, because if I'M not in charge, well then I'm really screwed!

In reality, admitting you are powerless is the best thing you can do for yourself. You no longer have to fight the fight alone. There is hope! Sometimes feeling powerless can feel so powerful.

When I joined this website about a week or so ago, I was asked wether I thought drugs was harder to beat or sexual addiction is harder. While I still hold what I said before, that the question is not really an answerable one, I am noticing more and more similarties between the two. Granted, they each have unique complications and drugs is definitely more dangerous survival wise (like you might overdose, or fry your brain) but they are very very similar. You use the same recovery tactics for both, and powerlessness is key by both.

Anyway... Chazak Ubarooch! We got this peeps! We just gotta hold strong! Have a great Chol Hamoed!

Hi EH

Happy Chol Hamoed to you!

Do you know the email address of one of the great mod's here is dov**powerless**...?

He has some great loooooooooooooong seder night posts, but worth reading [here](#)

Btw, you mentioned you're doing well the past week

How have you managed it? Are you doing anything different nowadays?

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Re: lets try this

Posted by emunas hashem - 25 Apr 2016 02:47

Hi Markz:)

Hmmmm am I doing anything different.. good question.

I think the main thing is that like I said once before, this is a huge breakthrough. Realizing that masturbation and porn is an addiction. So I started using my old mantra again, every time I get a craving I say to myself 'just for today I'm clean'.

Another thing is I was working a lot on controlling my eyes and not on p'gam brit itself. (lol its the breslov word for masturbation). So ive kinda switched up my approach and started working more on actually not doing the action, and iyh then ill work hard on not looking at any girls or women.

I see youre a veteran here. Any tips from your own recovery?

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Re: lets try this

Posted by markz - 25 Apr 2016 03:00

I see you're a veteran here. Any tips from your own recovery?

[Alcohol and prescription drug abuse is higher among active duty service members and veterans. Many of these people suffer from underlying PTSD etc...](#)

So yeah, perhaps I'm a veteran = addict, shucks :-(

Those 2 new discoveries you mentioned, are totally in line with my recovery

If you're bored feel free to see my story below

There are some great success stories in the "Free Towing" page below - Check them out and

Keep On Trucking to redemption!

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Re: lets try this

Posted by Shlomo24 - 25 Apr 2016 05:56

If you don't mind, I will chime in here. In my experience, recovery didn't happen in a vacuum. It is a very slow process for me that is still continuing god willing. In terms of looking/masturbating, I have found that the look leads to the masturbation. In my own case, if I have to stop myself from acting out, it's not going to happen. But I can surrender the first look so it doesn't get to that point.

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Re: lets try this

Posted by markz - 26 Apr 2016 12:04

[emunas hashem wrote on 26 Apr 2016 04:51:](#)

Hey all.. so I had a fall.

That rhymes!

Eh.. who am I kidding. Jokes aside, **I'm pretty down on myself now**. I mean, sometimes this just seems like an endless battle. Like Ill never overcome this addiction. I was clean for a week and then just tonight I acted out.

Also, **I realized something. I have strong anxiety** and I never realized that I was kinda self medicating by acting out. Cuz its like a quick dopamine rush and makes me feel better at least for a bit. so the past week, absent of that rush, I was going out of my miiiiiind.. and tonight I just couldn't hold on:/

Any wise words of encouragement?

EH maybe take a pen and paper and write down the Gye 1st Amendment, so you always have it in front of you

"Peace and loving kindness for oneself and all others.

Coming down on anyone (including self) is against company policy"

You're on the right road.

As they say **FSKOT** (Fell Shmell Keep on Trucking)

"I have strong anxiety" - reading the white book may be very beneficial for you (always available under the "Free Towing" page [here](#))

By the way, do you have anyone to speak to (eg. a coach), about your lust struggle

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Re: lets try this

Posted by Birshusi - 27 Apr 2016 00:53

[emunas hashem wrote on 20 Apr 2016 22:47:](#)

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You wouldn't believe it, how crazy shame is. Like ill go to AA groups and talk all about drugs and alcohol, and even give a little group myself, but when it comes to lust, NOOOOO.

Crazy we humans are.

Anyway, I'm signing off now. Great talk.

Hey EH! I get chizuk from your posts; you seem so strong and empowered even after all you've been through.

I was thinking about whether or not I'd be so ashamed and private if I was addicted to something else other than lust/porn. The fact is that alcohol is not shameful because everyone drinks and it's perfectly ok in moderation. The same goes with food; the problem isn't what you are addicted to, but just that you are addicted. Basically I'm saying that it seems like those addictions are more embarrassing than they are shameful. Lust, on the other hand, is intrinsically dirty. Only in marriage is it holy, and that's not even considered lust. So the fact that I have anything at all to do with it is shameful, and if I'm addicted to it, whoa, I must be an awful, lowly person! (I don't believe that of course, but I do feel that way sometimes.)

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Re: lets try this

Posted by emunas hashem - 27 Apr 2016 04:25

[Birshusi wrote on 27 Apr 2016 00:53:](#)

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Hey brother) First off, thank you for the kind words. I really mean it. I had a rough few days and really needed it. So I definitely get what you mean when it comes to shame and lust. Its a definitely more shameful thing, but I don't know if I agree that its because only in marriage is it considered holy. I think it may be that, or it may be that we as a society have just made talking openly and sincerely about this stuff taboo. Think about it- why shouldn't a person be able to discuss his problems with lust honestly? Like obviously its not a dinner table subject, but it shouldn't be so scary to talk about. And I think there is definitely more shame in the frum jewish world, because like I think I may have mentioned before in one of the threads, in my circles, which are obviously not so mainstream, it is not nearly as embarrassing to talk about these problems. Anyway, this is just my take on things but you may very well be onto something.

Also, youd be surprised. Drug addiction can be shameful too. People sometimes are like, 'YOU?'

And Ill give you a fresh example: bh I'm clean for about 4 months, which is quite a long time. and lately ive been having bad cravings, and people I'm close with were shocked when I told them. it was embarrassing for me to do! Sometimes it takes superhuman strength to admit we are human.

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Re: lets try this

Posted by Birshusi - 28 Apr 2016 18:01

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The reason it's taboo is because most boys can't discuss lust/girls in a mature, growth-oriented fashion like we do here. The conversations would likely be inappropriate, and just create more problems. The separation of boys and girls at an early age is for the same reason. Lust is assur, and frum society has been molded by our Gedolim to limit the potential pitfalls. Not that I'm a worthy baal dei'ah on these things, but that's my understanding.

That culture, while necessary, creates an impression that our feelings are "bad", "dirty", and that we must be the only ones who are doing this aveirah of having taavas nashim. It would be great, if there was a way for rebbeim to broach the subject gently but directly at an earlier age, to confirm that the feeling exists for everyone, and we all need learn to handle it properly. That would include implanting a belief and understanding that if you do need to discuss an issue with somebody, it isn't shameful, but l'chatchilah mamesh.

My problems started when I was probably nine years old or so, and I don't think I heard anything

about shmiras einayim until ninth grade, five years later. I remember saying "v'lo sasuru" in Shema and being surprised that the Torah not only talks about but prohibits my behavior.

As for drugs, I totally understand that it would be shameful. Your strength to be open about it to other people is pushing me to have a conversation about my struggles with my parents(again) and with my Rebbi.

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