

Addict liprokim (for specific days)

Posted by Michael94 - 21 Jun 2017 09:06

Hi, I'm single and bh I'm a happy person but there is one thing that is hindering my happiness and that is that once in a month or once in two months or even three months their comes in me (my head, my feelings,) that I need to watch.... And that takes a toll on me or I overcome it (rarely but I have done it) and if not I find myself in a nasty hole....

can anyone give me a good description were am I holding in this nisayon and what's there for me to do?

ps I started having this nisayon 3 years ago, which means i was older than 20.

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Re: Addict liprokim (for specific days)

Posted by bb0212 - 27 Jun 2017 05:05

[Michael94 wrote on 26 Jun 2017 16:51:](#)

[MayanHamisgaber wrote on 26 Jun 2017 11:23:](#)

Why not masturbate instead of watching better yet sleep with someone you are only doing one sin....

If you can please explain what you're trying to say?

Pretty sure that was a sarcastic response - Not at all meant to be taken literally.

If someone can give advice to to this dilemma that I have sometimes I feel the urge to watch porn, so I struggle with it and hange out there for a couple of hours it starts with watching utube videos of different singers then it goes down slide eventually bringing me to watch porn and m** now when I actually m** I right away feel disgust and stop watching (which makes me think that my nisayon is to m**) but then it's too late, so i go to learn, work, daven, eat and come back to some more porn, now if at the start of my struggle when I start watching those utube clips I'll just

m** maybe I won't end up watching p**

so should i m** and hopefully it will prevent me from going further? But that worries me since I don't have an issue with m** on its own so if I start doing that maybe I'll start a new addiction which i had issues in the past with but I got rid of?

Currently, masturbating makes you feel guilty because of whatever different reasons you have. However, if you start permitting yourself to masturbate as part of the cure, chances are you won't feel so bad about it. After all, it's for the long term goal. That can backfire and bring on new habits/addictions. Besides all of the above, from what I understand, masturbating actually increases your desire (perhaps not immediately after, but in the short term future). Ask people who have been clean for a while if they agree. It's much easier for me now than it was when I first stopped.

In either case, I'll let you know what I did, which is somewhat similar to what you're proposing - but not entirely the same. My issues were viewing porn to masturbation. When I first started a clean streak, I didn't want to take on too much at once, do the only thing I committed to was to refrain from ejaculating. Meaning porn was ok, touching, etc was ok as long as I didn't finish. I started using porn as my fix instead of masturbation (for all those who can't understand how that makes sense, trust me, it did the trick for me). Because I was holding back from mzf, I felt like that was all that I'm working on, porn is completely permitted for me (at that time), all while knowing that in fact, it was assur. But my justification was basically the end justifies the means. Perhaps it does, and my method definitely worked for me - eventually. However, before that, I actually went further down the porn road than I had ever gone in my life. B"H I was eventually at a point where I felt like I could take on more, along with encouragement from the awesome family over here and am working on much more than just masturbation and porn.

now I got another dilemma: I don't watch movies i have a thought that tells me that if i start watching movies I'll be able to get rid of my addiction (in the past it prevented me from watching porn) however if i do so it will change the way I view life in a couple of areas?

All I want to add here, is that while I didn't work on everything at once, (and therefore "allowed" myself to view porn,) my plan didn't officially include taking one step back to take two steps forward. I was already looking at porn, I just wasn't stopping that. If you're adding movies to your repertoire, that may damage you more than it'll help.

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Re: Addict liprochim (for specific days)
Posted by Michael94 - 27 Jun 2017 16:36

Thanks for ur detailed answer (let that be in ur zchus, (although on this site some people don't
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i'll follow up on ur answer in a day or two I'm just don't find time now.

thanks again.

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Re: Addict liprokim (for specific days)

Posted by Hashem Help Me - 27 Jun 2017 22:19

Michael and bb, your conversation is very interesting and your points have merit. I would humbly suggest that you involve a competent Rav or a mental health professional who consults with a Rav to help guide you. It is very admirable that you have seen success long term, but to independently decide that the end justifies the means is risky. There are occasions where rabbonim permit things like this but each case is judged individually. Continued hatzlocha!

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Re: Addict liprokim (for specific days)

Posted by bb0212 - 28 Jun 2017 05:06

[Hashem Help Me wrote on 27 Jun 2017 22:19:](#)

Michael and bb, your conversation is very interesting and your points have merit. I would humbly suggest that you involve a competent Rav or a mental health professional who consults with a Rav to help guide you. It is very admirable that you have seen success long term, but to independently decide that the end justifies the means is risky. There are occasions where rabbonim permit things like this but each case is judged individually. Continued hatzlocha!

HHM, I was trying to get your message across, that the end doesn't necessarily justify the means. That said, I was clarifying what I did. Not sure why it's difficult for me to put this in words, but I'll try again. Among my forbidden behaviors was checking out every women I saw, porn, masturbation, etc. Mz"l is a very serious sin, I felt guilty about that & also about everything else that I mentioned, but not nearly as guilty as I felt about mz"l. Being that I was "so involved" in those ?????, I decided - knowing myself as I do - that if I would try to stop everything at once,

it would be too overwhelming and I would end up right back where I started. So all I committed to was what I felt the worst about, mz"l. Everything else was specifically not committed to so that I wouldn't start stressing out about that. After about 45 days, I was looking at porn more than when I had started this commitment. It's possible that this was because I gave myself a heter, because I wasn't working on that. It's also entirely possible that I would have viewed the same amount of porn had I not been committed to not be mz"l. So I can't necessarily blame the porn & the fact that I went to video chats (when I had never done so before) on my commitment. In either case, at around 45 days, I realized what was happening, that porn was becoming too much of a permitted thing, so I'd need to curb that as well. Over the next 45 days, I took on multiple "I'll try not to" commitments, until day 90, when I decided that it was time to guard my eyes, not only from porn, but from all females, among other commitments. I honestly believe that if I would have committed to all of that on day 1, I would have failed miserably. So in retrospect, if I was dealing with a similar situation, I'd probably use the same approach - Not to bite off more than I could chew.

Besides that, my message to Michael was that I believe adding new challenges that don't already exist would not be a good idea. Too zonked to continue this tonight.....

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Re: Addict liprokim (for specific days)

Posted by Michael94 - 28 Jun 2017 05:45

Thanks for clarifying,

u were clear the first time around by writing "that can backfire and bring new habits/addictions" and I understood that from u.

Igufoy shel inyan, sadly enough I lost my guilt for mz"l b/c in the past my guilt only worsened my matzav so what I wrote after m** I stop right away it's b/c when i have the urge to watch utube videos/movies it's stimulated by lust from my mind or what i saw on the street, now when i m*** the lust came to express in its fullest and for the next few minutes/hours its gone,(to the extent that since I know this I tell myself while viewing p** that i will finish the p** clip even after m*** and bh i never was successful), when i come back to view more it's b/c I already started viewing p** and I'm in that state attached to it (wouldn't say, i like it) but if when i see that I'm starting to watch video clips it's clear to me that I'll eventually m** so I asked maybe I should just m** in the start of it

so here are more details to my above dillema and u definitely have a valid point for not bringing upon myself new challenges

@ hashem help me, ur right I should console with an expert in this field, however ain chochom kbaal hanisayon.

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Re: Addict liprokim (for specific days)
Posted by Michael94 - 28 Jun 2017 19:28

To me a big game changer in my process of recovery (which I'll be"n put in use when time comes although I'm now using it mildly, but it will be put to test when the nisayon really kicks in, may hashem not bring me to that nisayon) is by defining the problem by lust not s** which feeds of fantasy, viewing women as an object of my pleasure, (and since jewish women dont get down so low, so I have to go to Hollywood, movies, singers, p** sites and all that garbage) and to that is the commonly problem that people (including me) have with shabosim, chasunes, that when a woman goes all dressed up, it awakens ur lust urge; and that's what the torah says ?? ????? and connect it with ????? and it says ???? ????? ????? and they are ??? ?????? and realize that it says ???? which can mean lust.

according to the above why do they call it sa when in essence it should be called la?

but what I take out from the above, is that a person needs constantly put his finger on his lust pulse.

if anyone agrees or disagrees or has what to add please speak up.

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Re: Addict liprokim (for specific days)
Posted by dms1234 - 28 Jun 2017 22:11

Great so you have a strategy of something you may do when lust hits but for me when lust hits thats probably too late. I need to "prepare" my self and by that i dont mean put on your armor. Because if i am watching how i am feeling and writing inventories on fear and resentment then i wont lust. But when there is a lot of turbulence inside me then i start seeing myself look around for lust hits. So what are you going to do today for recovery?

I am going to write inventories, make calls, go to a meeting

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Re: Addict liprokim (for specific days)

Posted by Michael94 - 28 Jun 2017 22:41

I'm not sure if I understood u correctly.

u write "so what are you doing today for recovery?"

What I'm doing is that I'm checking if my lust addiction is trying to get me today! Now if today my lust addiction is working extra hours, so I'll need to battle it with my armor which be"n will be first checking in with myself if I ate today in a healthy manner if I slept the past night the amount i need, and will be calling a family member or friend in order to socialize in a healthy way and learn a chapter of chavas halvovas which teaches me how to serve hashem in a human way.

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Re: Addict liprokim (for specific days)

Posted by dms1234 - 28 Jun 2017 23:02

2 points.

What do you mean by "trying to get me today?"

So doing all those things is going to help you recover? If you are truly an addict eating right and sleeping is going to help you but its not going to help you become sober and recover.

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Re: Addict liprokim (for specific days)

Posted by Michael94 - 28 Jun 2017 23:36

What does sobar and recover means? To me it means I'm able to function today without

walking around and looking (but with a paying attention to their sexual demeanor which for other it will seem like looking but in truth it's more of a steer ?????) at women in a lusty (if that's a word) way.

the reason way I would walk around that way is b/c 1 physically I'm out of balance 2 I'm not mentally balanced,

so by eating well sleep well that should fix my physical problem and by calling up a friend will fix my loneliness and by learning chovas halvovas that will change my mindset, it will tell me what thinking straight means in a very practical way.

For those of us that were blessed with ??? ????? and can learn something and be ?????? deeply into it when you (that person) does so it puts that persons mind in a different state of mind and doing so with chovas halvovas it just puts u in a whole different place (being caught up by lust, it's an urge in the heart that creeps up to ur mind that tells you that I need this thing p** in my life)

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Re: Addict liprokim (for specific days)
Posted by Michael94 - 28 Jun 2017 23:41

By get me today, I mean,

1)that today when i walk around in the street i see that I'm looking at women in a way of ??????? and not ???? ???? ??????

2) I feel an extra push to search online for entertainment from the other gender.

i'm humble in front of the more experienced people on this site so if I'm off, please tell me so but if what I say can be a derech (although not ur derech) please tell me so too

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Re: Addict liprokim (for specific days)
Posted by dms1234 - 29 Jun 2017 02:28

And does all that stuff keep sober?

Sobriety means basically not acting out. For example Thank God, i have 375 days of sobriety. Which means i havent masturbated, or had sex with anyone else in 375 days.

Recovery means growing so for me my program includes writing fear and resentment inventories to get rid of all that junk in me. Making ammends to people i have harmed. Calling other program fellows. Going to meetings.

Eventually, with God's help, i will grow and see change in myself, which i have, amazingly.

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Re: Addict liprokim (for specific days)

Posted by Michael94 - 03 Jul 2017 02:54

Bh, I'm looking forward for a great summer free of my addiction, on day at a time.

after being on those forums for the past week and a half I ought to say that it help me a lot in defining my problem,

and a got a confession to make, bh I'm a bochur in shiduchim and I went out a couple of times, bh the notion of getting married in order that my future wife would be my lust appeaser never appeared in my mind to be part of the equation, but one particular girl I went out with, (now retrospectively i see clearly) it was a very big factor, it didn't end up happening but it hurt me b/c she had the qualities i was looking for and she was GORGEOUS! And although somethings in our encounters told that she wasn't for me nonetheless I wanted to continue.

Now i gotta thank hashem for not allowing it to happen, i was just not ready for it, it's just a blessing the way this whole thing turned out.

while writing this I have mixed emotions, I'm ashamed that I'm revealing this side of mine, I'm proud of myself for being able to get it out of me (I would never tell this to a close friend of mine or a family member) and I feel deep gratitude to hashem for the way things played out.

to conclude, I would like to thank gye, and the diverse community that we got on those forums!!

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Re: Addict liprokim (for specific days)

Posted by Hashem Help Me - 03 Jul 2017 04:14

You are brave and courageous and will iyh have a lucky wife!

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