

Hello after many years

Posted by stronger_today - 08 Nov 2018 11:12

Hello to this wonderful community that I've known about since it was founded. I must have joined over 10 years ago (when I was 18 or 19) and I remember going all out in my introductory post. I remember saying "I'm going to grab the problem by the horns" and someone replying "you have to do the opposite and let go of the horns if you want to be successful". I guess you could say that's what I did. I stopped being obsessed with the issue, so I left the community and worked on my issues with the resources of various friends and Rabbonim.

I didn't start the true road to recovery until about 4 years ago where I shared my struggles with my wife. For a while she became my accountability partner and I started going months without acting out with some relapses of a few weeks at a time. At a certain point though, it was too emotionally difficult for her to be involved in my struggle, so I've been on my own for about two years.

Every day I find myself getting stronger. What has helped me tremendously was understanding the dark undersides of porn and how it is just another form of prostitution and sexual slavery. Until I understood that, I always believed that pornography was about giving women their desires (obviously as many women as possible), but the truth is that it's just a legally sanctioned form of abuse that has been going on since the beginning of history (much like abortion in its own way). I still view women as the most beautiful creation G-d has made - and my love for their beauty is deep and not something I'm ashamed about - BUT there are ways to appreciate this beauty without acting out. It largely has moved to focusing on my own wife's beauty and having an appreciation for beauty in general.

So why do I join now? I'm joining now because although I can go a few months at a time being clean 1) I really want to be permanently clean 2) I work in cloud technology, and I'm at the point where I can bypass any filter and view pornography whenever I want. I need to move to the next level of having pornography completely available, but not using it anyway. My technology skills have progressed to this point recently, so I am only now facing the ultimate test.

I call it the ultimate test because imagine for a moment that someone brings a box in your house and leaves it in your office. They tell you that it has hundreds of pornographic magazines and videos. How easy would it be to resist looking in that box? For me, at my stage in my career I can't put a lock on that box and I can't keep it out of the house - so I need to find a way to live with it without even having the desire to open it up. Eventually I'll forget about it and it will just be another piece of furniture.

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Re: Hello after many years
Posted by ??? ??? - 13 Nov 2018 16:49

There is a saying about not fighting with certain people even if you may be 100% right, as you may end up "dead right" like i heard from rabbi miller a few times about the young yu man who got called slur by some blacks on the subway and instead of taking it quietly,he stood up to them and ended up dead a few minutes later. He was literally "dead right". So too you may only reach "true" sobriety if you have full access but most people will end up in a fall "dead" long before they reach that so although a truly person may have no problem with a open computer , we don't have to call ourselves we can call ourselves drunks- and keep the bottle locked up. This is definitely the Torah way as referenced by the famous rashbam stated above and as witnessed by many stories from gemara times to contemporary gedolim who were very happy being considered drunks and not to get to the test of being called "truly sober".

Stronger- in you're case though where you say no filters work and you truly cannot manage without it i guess you'll have to figure out a way to do it. but for anyone else who filters/reporting software, work for and you cant get around them make sure to use them and don't let your EGO to call yourself "truly sober" get in the way and convince you to get rid of them

Summary better to be a LIVE DRUNK than a DEAD SOBER

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Re: Hello after many years
Posted by mzl - 13 Nov 2018 21:34

[??? ??? wrote on 13 Nov 2018 16:49:](#)

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Summary better to be a LIVE DRUNK than a DEAD SOBER

I would add, for even more perspective, that there is a limit to how far people are tested. One can always be tested more. In other words, the level of test that we learn to pass is arbitrary anyway. So there's no special achievement in being tested and passing the test. What is significant though is to correctly gauge the level of test that each person is **likely** to encounter. I think you want to focus on that. Anything that can be blocked **reliably** should be blocked (why not?) and the rest is where the interesting stuff happens.

For example in my case porn is blocked by divine decree and the interesting stuff happens with my wife.

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Re: Hello after many years
Posted by stronger_today - 14 Nov 2018 14:01

I'm 100% with you. I advocate more than filters - I think accountability software is a must. For my specific situation I don't have a choice but to face the true test of sobriety - similar to an alcoholic who can't avoid alcohol at every single store or house he visits.

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Re: Hello after many years
Posted by stronger_today - 14 Nov 2018 14:03

Right - there really is no limits to the test. And for me, this is what I'm likely to encounter. Well said.

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