

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

Hi. I've been meaning to write for some time but I didn't have the courage. I'm 20 years old and essentially yeshivish. I am a lust addict. not necessarily porn, which I haven't seen for a few weeks already, but i masturbate and fantasise regularly. I've been involved since i was about 12. At first it was due to my mother leaving her unfiltered computer on, progressing to the library and internet cafes and onto owning a smartphone with a filter i learnt to get around and finally this laptop i have now. It now has netfree, which is genuinely kosher, but i've gone through many fazes. Throughout the period when i had a smartphone, any time i found a loophole i'd first use it for a few hours before getting sick enough to get the problem fixed. throughout the many years of the problem being my mother's computers she never picked up on the problem and i even remember her calling the acountabilty company for reporting things she'd never done, apparently not dreaming that anyone else would use her computer. Eventually, once i'd grown up enough to admit to other people, someone else told her to make sure never to leave devices unlocked. Although there has been a few slipups in the few months since i came home, it generally hasn't been a problem. this means i'm only left to deal with on a regular basis masturbation and fantasies. I hope to get a therapist at some point, which may help. I'm also losing weight and doing exercise a lot, which often puts me in a good mood. when i'm happy and my day is full i dont have much problems, but when one of my chavrusas cancel or i get bored for some other reason, i inevitably start fantasizing. As I have become very disconnected from my thoughts and emotions and have trouble living or reliving most events, my fantasies usually revolve around making stroyies in my head. I sometimes even write them down and immediately delete them, because the point of them is to actualize my lust, not for the contents of the story. I signed up many years ago to gye, but mostly used it in the wrong way, allowing myself to be triggered by almost anything. A few weeks ago I realised how amazing this beautiful website is and I've restarted the 90 day program and am getting a lot of chizzuk from the forum and all the holy people on it. I've written enough for now and would really appreciate any comments or chizzuk and can respond if you have question. thank you.

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Re: Not given up yet

Posted by DavidT - 30 May 2022 15:48

[Goldfish wrote on 30 May 2022 15:30:](#)

Not going so well. I find lust in random things. It doesn't take looking at porn or even lusting about women to get me aroused. It can be an insinuation in a comment or a random stupid thought popping in my head. It doesn't help having coarse co-workers who can laugh about anything including highly inappropriate insinuations. sigh. Still keeping it up though, haven't touched myself or looked at obscene material for weeks already.

Sorry to hear that it's going so tough for you...

The secret to success is to let Hashem do it for us, as the Pasuk says: ***“Hashem yilachem lachem, ve’atem tacharishun – Hashem will fight for you, and you shall be silent.”*** To accomplish this, however, we need to learn to **completely trust** in Hashem. And those who learn this and give over the struggle to Hashem are amazed to find that Hashem actually removes the lust from them and keeps them "sober".

The *Ohr Hachayim* also describes this miraculous phenomenon. He asks, if someone has already fallen into these things and can't help thinking about them, how can they possibly hold themselves back from sinning? He quotes the *Pasuk* in *Acharei Mos*: ***“Speak to the Children of Israel and tell them, I am Hashem your G-d. Like the ways of the land of Egypt that you have dwelled in their midst, you shall not do.”*** Explains the *Ohr Hachayim*, the Torah is hinting to us that for someone who ***“dwelled in the land of Egypt”*** and has already accustomed himself to seeing and thinking about these things, the *Pasuk* starts off with the words: ***“Tell them that I am Hashem your G-d.”*** This is to teach us that: ***“While it is impossible with human strength... with G-dly strength, you shall be able to be victorious over the natural physical drives.”***

When we learn to **“Let Go and Let G-d,”** Hashem does all the fighting for us and we don't have to “overcome” anything on our own. Our job is just to maintain a healthy spiritual condition and learn to live with Hashem's help. Of course, we also need to take the steps we can, to ensure that we do not continue feeding our addiction. When we let Hashem do it for us, we have Hashem's strength and not our own, as the *Pasuk* says ***“Kovei Hashem yachalifu koach – those who hope to Hashem exchange strengths”***. We literally exchange *our* strength with that of *Hashem's*.

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Re: Not given up yet
Posted by Vehkam - 30 May 2022 16:13

it sounds like you are doing amazing, but are still frustrated.

It is normal for you to be easily triggered when this struggle is in the forefront of your mind.

i have found in the past that saying a kpittel tehillim as soon as that situation arises can help with this. instead of becoming a problem, it becomes an opportunity to become closer to hashem.

edit - my suggestion is for when a situation arises, (e.g. you come across a large inappropriate billboard unexpectedly) before you start have any thoughts. Once you start actually having unwanted thoughts the best advice is to move on to other thoughts and not to focus on fighting (as other posters have suggested)

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Re: Not given up yet
Posted by 5Uu80*cdwB#^ - 30 May 2022 18:55

[Goldfish wrote on 30 May 2022 15:30:](#)

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Hey Goldfish. It sounds like you might need to work on understanding how thoughts work. There are good books on intrusive thoughts that might help you. **The idea is that just because a thought comes into your mind, you do not have to continue thinking about it.** I know this will sound obvious to some, but to those who struggle with intrusive thoughts, this is not at all obvious. If you have something else to think about, you can simply move on.

For example, someone says something that makes your mind turn towards a lustful thought. Okay, now your there. Next step? Simply move on to the next task at hand in your day!

I am convinced this is the only way to handle unwanted thoughts. Is it hard? At first.

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Re: Not given up yet
Posted by Yissie - 30 May 2022 19:31

There is a book titled *You Can Be Happy No Matter What* which I found very helpful in

controlling, or more accurately, redirecting, my thoughts. He is discussing being happy and not having thoughts that make you depressed. After reading 5Uu80*cdwB#^'s post, maybe it is something that can work for this issue too. His ideas are very much based on this idea from 5Uu80*cdwB#^.

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Re: Not given up yet
Posted by Goldfish - 07 Jun 2022 15:59

not coping.shavuos was alright. feeling so aroused now. I want to masturbate. I got my 30 day streak. what more could i need.....

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Re: Not given up yet
Posted by DavidT - 07 Jun 2022 17:35

[Goldfish wrote on 07 Jun 2022 15:59:](#)

not coping.shavuos was alright. feeling so aroused now. I want to masturbate. I got my 30 day streak. what more could i need.....

You need (and you deserve) one thing...

TODAY!

That's all... You have 30 clean days, so give yourself a treat, "one day clean". We'll discuss the acting out for tomorrow.

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Re: Not given up yet
Posted by Goldfish - 07 Jun 2022 17:40

FYI i did fall. maybe i'll get up again. not feeling so well. I just don't believe its ever going to be possible to hold of longer.

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Re: Not given up yet
Posted by Vehkam - 07 Jun 2022 18:22

i'm sorry that you are not feeling well. when you are ready to get back up (hopefully soon!) hashem will be right there waiting to help you get up. That doesn't mean it won't be work, it just means that you should never feel that you are alone in this struggle.

try reading the addendum to chapter 10 in the battle of the generation (its in the back) i believe that may be very helpful for you.

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Re: Not given up yet
Posted by Yissie - 07 Jun 2022 19:09

I am sorry to here that you are not feeling well. But where did this "belief" of yours come into the picture. You did not fail. You succeeded for 30 days. That is a complete success that cannot be taken away.

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Re: Not given up yet
Posted by yechielmichel - 07 Jun 2022 19:18

[Goldfish wrote on 07 Jun 2022 17:40:](#)

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(I didn't read your whole thread to see if this is your first time reaching 30)

In my person experience, around 30 days, and around 60 days are harder. I think the body is

used to the physical release. That's why the urge gets stronger, and even if you don't give in to it, many have wet dreams at that point. But once you ride the wave of the urge, and it eventually goes away, it becomes easier as time goes by. This was my personal experience that many seem to share.

Point is, its natural, nothing to beat yourself up over. Just start again. Ride the waves. Sometimes obsessing over counting days can actually cause the problems, so don't give it too much thought. Get busy with life.

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Re: Not given up yet
Posted by Hashem Help Me - 07 Jun 2022 20:38

[yechielmichel wrote on 07 Jun 2022 19:18:](#)

[Goldfish wrote on 07 Jun 2022 17:40:](#)

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Excellent post. In addition, the second 30 is easier than the first 30. The body is being trained to live happily without it...

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Re: Not given up yet
Posted by Goldfish - 09 Jun 2022 20:09

Just to clarify better my position at the moment. 2 days ago i masturbated but yesterday i did much worse. I wasted a relatively large amount of money and bought a small device with browsing access. After a few hours of looking at revolting content of extreme sexual nature i destroyed it beyond repair. Its not the first time I've done it. i have eliminated most options so successfully that the only solution when i'm craving it is to waste a large amount of money. Anyway, today has been relatively well but I don't believe in myself so i don't really imagine myself manning long term but with hashem's help everything is possible. thanks everyone for your support.

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Re: Not given up yet
Posted by Hashem Help Me - 10 Jun 2022 11:26

One cannot diagnose from an anonymous forum, so please take what i write with more than a few grains of salt.

What you describe sounds like the actions of an addict. You wrote that you have done this in the past as well - spending a large amount of money to by a device and then destroy it shortly after. If this has happened a few times it probably would be advisable to get a sponsor from SA involved. SA works BH very well for the great guys who are addicts and honest about it. SA is not a death sentence - it is a lifesaver for those who need it. Of course this post is just my opinion.

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Re: Not given up yet
Posted by DavidT - 10 Jun 2022 14:39

I would also add some identifying Characteristics of Sex and Porn Addicts, so you can review and try to identify where you stand...

1. Addicts use sexual fantasy and masturbation to avoid feelings.
2. Compulsive sexuality becomes a drug, used to escape emotional and psychological discomfort.
3. porn addicts can be frozen by romantic and sexual obsessions, neglecting other aspects of life.
4. Sex and porn become a distraction, a time-killer, a reward, and a punishment.
5. Porn are used as a replacement for self-esteem, (temporarily) helping users feel validated and complete.
6. porn is used for intensity and excitement, and to cover ever-increasing feelings of emptiness.
7. sex is compartmentalized, rather than holistically integrated into life.
8. Sexually compulsive people struggle to distinguish between sex, love, and affection.
9. Other people are idealized and endowed with “magical” qualities, with the magic disappearing after acting out.
10. addicts are often drawn to emotionally unavailable and/or abusive partners.
11. In relationships, addicts feel smothered. Out of relationships, they feel empty and incomplete.
12. addicts often find that the desperation of their need to connect makes true intimacy nearly impossible.
13. When addicts are in a relationship, it’s not enough for them, and they continue to chase other people and relationships.
14. Addicts, no matter how many relationships they’re in and how much sex they’re having, feel isolated and alone.

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