

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

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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 Yissie - 06 Jul 2022 15:22

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Keep up the good work. I mean it. You have in your signature that you won't give up. As long as you keep going. You are going in the right direction.

When I told my rebbi that I think I was not simply struggling, but I was addicted. He told me so what. Even a complete addict has the ability to change, even if it may be a little harder. There is no point of no return. It may be that you need outside help, ??? ????? ????? ????? ??????????. This is once a person is "locked" in his problems. But even if someone is there, there is always

work you can do yourself. No one will actually help you, they will help you help yourself. (I probably sound like my rebbi and therapist mixed in one. sorry about that.)

I remember reading on GYE somewhere that lack of connection causes p and m, which in turn increases problems in connection. It is a dangerous cycle. I assume that there are many other things that are very similar, like dieting, although to a lesser degree. The question is giving up a short-term pleasure for a long term gain is difficult if you do not have the connection to reality. And instead of confronting your issue directly, we tend to just deny the reality and keep the cycle.

The solution is generally working on connecting to people around you. This idea of connecting with people is to keep us connected to the real world around us. And as they say the opposite of addiction is not sobriety; the opposite of addiction is connection.

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Re: I signed up many years ago to gye, but mostly  
Posted by BentchKvatcher - 06 Jul 2022 18:46

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How have you been able to avoid the trigger that are caused by this site now as apposed to before?

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Re: Triggers  
Posted by Goldfish - 06 Jul 2022 20:23

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I usually don't feel comfortable using people's personal experiences for stimulation. Its only if I am in a bad mood and if so i don't need to go on this website for stimulation. I can squeeze bad thoughts out of anything if i feel bad enough. The real triggers of this site are on the balei batim forum which I haven't got access to.

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Re: Not given up yet  
Posted by Goldfish - 08 Jul 2022 14:30

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Boruch Hashem, things are doing well at the moment. I need to take things one minute at a time. I cant change the past nor can i predict the future. All I can do is try control myself for the moment when i get the urges. 2 days ago I davened really hard from a very broken heart after looking at some terrible things for a long time. I asked Hashem to help and He has. I'm not perfect nor will I ever be but I have found it generally easier since then. I don't know what will happen but I trust Hashem will continue to be with me and will always hold my hand. Have a good shabbos, infused with real kedusha.

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Re: Not given up yet  
Posted by Goldfish - 19 Jul 2022 16:13

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Not coping on any front. I have not been getting up in time to daven much and instead masturbating and lusting when not really even in such an aroused mood. Compulsively almost. Eating despite gaining weight. Not learning enough because I cant be bothered which just puts me in a worse mood. I can't/don't connect properly to my thoughts and emotions so I just feel like I'm floating around in a sea of nothingness. How's that for depressing? (I don't want to sound only negative but when I start mentioning Hashem helping, it just sounds insincere.)

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Re: Not given up yet  
Posted by Vehkam - 19 Jul 2022 16:34

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[Goldfish wrote on 19 Jul 2022 16:13:](#)

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so sorry for your pain. can you grab five minutes for yourself every day? if you can pick something positive to do for those five minutes every day. focus on that and build off of it. If you are able to to this, It should help you get out of the rut you are in....

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Re: Not given up yet

Posted by Lchaim Tovim - 19 Jul 2022 17:18

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I can totally relate...Been there done that more than once. This is extremely tough and I really feel for you.

What Vehkam wrote above can definitely help. Even if you can't do 5 minutes, try a positive action or actions throughout the day that you will do. For example, I may not be in the mood to do X but I will do it anyways or I will push off masturbating even if I know I will fall in the end. There's a great book called the Motivation Myth by Jeff Haden which talks about how if we do something not because were motivated to do it but because intellectually we know we should do it, then that itself will turn into motivation.

I also find that verbalizing what your going through to Hashem helps as well. I know you said that mentioning Hashem helping sounds insincere but tell him that your not coping, that you feel depressed. Verbalize the struggle that your going through the way you'd tell a friend or therapist about your frustrations

And one more thing, try to tell yourself that although your in a funk right now and you can't see the end, this is a temporary state. Even if right now you don't believe it, tell yourself that this is temporary. Try to sit down with a piece of paper and write down why you want to work on masturbation, why you want to lose weight. try to find your why again... Try to realize that when we try to numb the pain externally, the pain doesn't go away and often, we contribute more to that pain.

We're all rooting for you! Your going to get through this. Don't let what you do when you are down, bring you down.

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Re: Not given up yet

Posted by Lchaim Tovim - 20 Jul 2022 15:53

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Hi Goldfish,

Just wanted to check in. How are you doing today?

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Re: Not given up yet  
Posted by Goldfish - 20 Jul 2022 21:10

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Not doing any better. Thanks for the encouragement though. I promised myself a few months ago not to use my laptop every day until I've done my basic learning chovos. I didn't do any of them today but I gave in and went on my laptop. I decided to do something hard though, so I just did shnayim mikra (one of my chovos) even though I couldn't be bothered. Earlier, I went to an internet cafe with a supposedly good filter. My laptop has netfree plus extra blocks so I go to the kosher free internet for my pleasure seeking. I have long realised that most filters are useless unless you want them to be good. With this filter I am able to access plenty of pictures of naked women although admittedly it takes quite intensive research to find ones I haven't looked at before. The searching, however, is the addictive thing, often I'm just looking for triggering words or anything not appropriate. I need to learn not to go there but at least I'm not going regularly to the library which also has free internet but which has access to porn etc.

When I mentioned sounding insincere, I think it wasn't clear enough. what I meant was that people start getting defensive when I say Hashem will help because they think its defeatist and denialist....

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Re: Not given up yet  
Posted by Lchaim Tovim - 21 Jul 2022 18:43

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Hey, I hope today is a better day...

I don't know how you pushed yourself to do shnayim mikra in the matziv you're in, it's unbelievable,

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Re: Not given up yet

Posted by Goldfish - 25 Aug 2022 20:10

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I think I should rename my thread "Given up already." I don't really know how to describe my feeling of disconnect (or more accurately lack of feeling) but it makes it really hard to even try working on something. I have very low self awareness and don't really know my thoughts, emotions and motivations. Its quite possible that I am an addict (though I'm more inclined to believe I'm just obsessive) but I don't really think any system that requires self-introspection can ever truly work for me. I am also exceptionally lazy and am not trained in hard work. I've been reading a holocaust book and she writes there about how she felt that she had no hope yet Hashem still helped her survive. I may spend the rest of my life struggling when I have the capacity to and falling when I don't but there is always the hope that Hashem will help. Boruch Hashem, He has given me a tendency to remove my access to porn within hours of getting it. Its been like that for years. I am in a bsically good mood today (I think) with quite a bit of mental capacity so I was able to write this. Usually I can't motivate myself to do it. Just updating. You don't really need to respond as I don't need sympathy nor do I want to be told off, which leaves little else to respond, because, as noted, I don't think anyone can help me. Hatzlacha.

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Re: Not given up yet

Posted by Vehkam - 26 Aug 2022 00:56

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[Goldfish wrote on 25 Aug 2022 20:10:](#)

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Great to hear from you goldfish. I'm going to try to thread the needle and respond to your post. Although you considered renaming your post, the body of your post indicated that you have very

much not given up. You are acknowledging that it is difficult and are not sure what will work to get you out of this. That is perfectly ok. The fact that you are expressing yourself and your feelings will be helpful to you in the long run. I am not sending any sympathy but i encourage you to continue posting when you have the strength to do so.

best wishes

vehkam

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Re: Not given up yet  
Posted by retrych - 26 Aug 2022 07:25

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Maybe I'm just imagining it, but could there be some other reason for your lack of feeling/motivation and 'laziness'? I don't know what I mean exactly, maybe ssomethign physical, or something else going on?

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Re: Not given up yet  
Posted by Goldfish - 26 Aug 2022 13:16

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I'm not sure what you mean. This problem doesn't only play itself out with lust. I also am not manging to control my eating habits. The time when I was controlling my food I didn't feel any different in my foggines. I just somehow managed to not want to eat. The problem with that is that I still haven't learnt to control myself and as soon as I did want to eat again I couldn't control myself. My detachment is sometimes so bad that a few months ago I managed to get fully hypnotised and I was following instructions etc, yet my mind was as usual and I was even finding myself amusing. When Shabbos comes I usually get an escape from lust but I don't get my mind back. Whenever I've tried work out what I'm thinking, I've come to the conclusion that I am just talking to myself in my head, telling myself conclusions, yet I have no idea where the thought is from. I described a few months ago that when I fantasize after an image etc, I can't imagine anything. Instead, I am busy writing long stories in my head (or sometimes I write it down physically to make it easier to keep track and then destroy it) with lots of intricate details and fueled by vague images floating in my head. I don't knoiw what I might have clarified or If I've just confused you more but this was my attempts. Gut Shabbos.

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