

And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 29 Jun 2010 17:34

Hi,

I am new to this site. I recently found your site and I hope this will lift me up into recovery once and for all.

I have been addicted since a young age. And I am now in my mid 30's. Who knows how many years that its. But it is a lot. I recently went through a major success of close to one year, and fell suddenly. I cannot pick myself back up. This has been one of the worst in my life. It always works that way after a fall. I guess it is because there are suppressed feelings and once you let loose, there is no holding back. Whatever. Who cares? The point is that I have proven to myself once again that I am truly an addict. I have gone through the typical addictive pattern for so long now since I can remember. Where I would hit some sort of rock bottom, feel lonely, depressed, attempt suicide, feel hope again, pick myself, work on myself like the 12 steps encourages, but only again to forget about it and fall back into things. And the depression kicks in hard. For the past month, I have been so depressed and know one would know it, except my wife who is around me enough to know I am not myself. As far as everyone that I interact with, I put on a good show.

I would like to share with you how this crept back into my life. I have a filter, B"H, and my wife has the password. I once opened up to her about my issues, and so she wants to help me. However, I have a hard time telling her every time I have a relapse, because then she gets very down and it is not fair to her. It will only increase anxiety and stress in house. A while back, I needed to see photos on one of these public photo galleries (I forgot which one), and asked her to lower the filter settings to allow media search. I never dreamed that this will open up a whole new world to me. The truth is in the back of my mind I did realize that this can be potentially dangerous, but being the fact that I had good intentions (and I really did) and the fact that I no longer was addicted to porn, there was no problem. I did promise myself to put the filter back after I am done. Ready for part II?

Part II: Many months ago I get a link to watch a very nice video. I had always tried to be strict and not look at these things like u-tube, even for if R' Shtainman in is on u-tube, because I know it could lead to danger. As time went on, I became more confident and started to watch short kosher clips, knowing that nothing can happen to me. Now this vdeo comes my way. I watched it and finished. And then on the side of the page, I noticed a word, just a word that reminded me of my old porn days. My brain was triggered and on fire. I suddenly began doing a search for my good old favorites of porn. I knew I shouldn't be doing, but my fingers had a mind of their own and they just typed and clicked away. My filter was blocking everything. Later on, when I got home I ran to my wife's comp and got right to work. (I know I know, we have put a filter on her computer). That's it, I am hot-wired. I lost all sanity and I fell down a downwards spiral. I then began using my comp and managed to break through the filter because after all, all I

needed was access to media. I fell quicker than I can climb. My ruchniyus dropped like lead in an ocean. I began missing davening as I was glued to the screen. I became depressed withdrawn, irritable, loss of sleep. OY, I feel so bad.

Last night and today were terrible. I spent my day away from food glued to my screen.

But, B"H, the "healthy" guilt finally kicked in today and I felt rays of hope once again. I asked my wife to increase the filter options again, so that I cannot access those sites.

My dear friends, I need you help. I am imprisoned. I took one small step. Please, I need to know my next step. I am thinking of seeking out a therapist to deal with all my issues and baggage of my life.

Thank you all for listening.

Destructive cycle, ready to self destruct

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 29 Jul 2010 22:30

Hope you all had a great day.

I am doing wonderful. Staying sober, one day at a time. That's what you guys like to say, so I will go along with it. It definitely sounds nice.

Tried signing up for Dovies super duper special virtual membership club. It sounds really good. No response yet. I guess it is only for the elite. Anyone here part of that club, can you tell Dov that I tried contacting him.

Gotta go sleep. It is way past my bedtime here in the holy land.

I would like to hear you thoughts about OCD and porn addiction and how to address the issues.

Thanks in advance for all your response.

Be well,

and...Good night.

Signing out,

-DC

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 30 Jul 2010 14:24

Life was so great this week. Things between me and my wife are getting back to normal.

I never want to be there again.

I want to thank you all for you great help.

WISHING YOU ALL A WONDERFUL SHABBOS!!!!!!!!!!!!!!

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Re: And the wheels keep turning, it just keeps coming back...

Posted by 1daat - 01 Aug 2010 05:49

[destructive cycle wrote on 29 Jul 2010 07:49:](#)

Firstly, I can assure you that I am no talmid chacham and don't claim to be one. If I were, I would not be on this site. I would not have been a masturbating pervert for all those horrific years.

I've met one, in particular whom I consider a friend and a brother, who is open and humble and no longer suffers in shame. He is an example to me and others.

shavua tov

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Re: And the wheels keep turning, it just keeps coming back...

Posted by Yosef Hatzadik - 02 Aug 2010 17:52

[destructive cycle wrote on 29 Jul 2010 07:49:](#)

Thank you 1daat for that post.

Firstly, I can assure you that I am no talmid chacham and don't claim to be one. If I were, I would not be on this site. I would not have been a masturbating pervert for all those horrific years.

[guardureyes wrote on 30 Mar 2010 19:46:](#)

[frumfiend wrote on 29 Mar 2010 13:04:](#)

I see there are really people on a level here that know all the standard musar and maybe more than the average ben torah and still fell. This is very comforting and makes me feel I found the Right place.

We got this e-mail not long ago:

I am a Rov, Posek, Magid Shiur and Mechaber Sfarim. I have thousands of talmidim. I have been unsuccessfully battling this problem for at least 40 years. I read thoroughly the GYE handbook and would like to make the author my Rebbe. Kmoyim korim Inefesh ayefoh this masterpiece of Gadlos and Katnos has reinstalled a hope within me that maybe I can really be what my talmidim think I am.

And we got this e-mail last year:

Dear GUE

Sorry For anonymity but it would be a Chillul Hashem to show my real face. I am a prestigious michanich and respected marriage counselor. I helped allot of Bachurim and couples in their own sexual problems. But as chazal say "ain chovish matir atzmoh" I can't be in command of myself at all, I need access to the net for my profession, and being a computer guru and I have outsmarted the filters & locks.

If you would know who the writer is you would weep for weeks. I can't tolerate it any longer. It

seems to me that the only way is by including outside help. However SLAA meetings are out of question due to my caliber, and letting my wife in does also not come in consideration (she knew I had net problem but does not know the). Do you think I can be helped without blowing my secret?

Today this tzadik is a year and a half clean. So welcome to the club Marbitz! :D

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 02 Aug 2010 21:33

Thanks 1daat and Yosef, But I was actually referring to the Gemara in berachos 19a.

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 02 Aug 2010 22:04

Before going to sleep, a few quotes from SA, White book.

Derech agav, I corresponded with Rav Dov, and he pointed out to me that comments on SA White book are nice, but comments about myself are even better. I think what he is saying is that we have to make sure after all the quotes and comments, etc..., we need to make sure that we are understanding ourselves. So, please keep this in mind.

Now with that disclaimer, here we go:

[v'hamelvin yavin](#)
[SA White Book, page 31\]](#)

Actually, that other person was a slave; he was living in a world of fantasy and illusion, only for himself, and always alone. He had never matured through emotional adolescence and was spiritually dead. He could not cope either with his own emotions or with life in the big world out there, and was constantly running. Running to satisfy demands and lusts that could never be satisfied. Running from who he really was; running from others; running from life; running from God, the source of his life.

[/quote]

[quote= wrote:

Conning ourselves time and again that the next one would save us, we were really losing our lives.

[quote="SA White Book, page 41]

This new-found "friend" not only seems to reduce our inner conflict, boredom, and negative emotions, but also offers us fusion, validation, and a false sense of aliveness. As a matter of fact, all of these effects are false or at best only temporary. What seems to promise life is really taking away our lives.

[/quote]

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Re: And the wheels keep turning, it just keeps coming back...
Posted by Yosef Hatzadik - 02 Aug 2010 23:37

destructive cycle wrote on 02 Aug 2010 21:33:

Thanks 1daat and Yosef, But I was actually referring to the Gemara in berachos 19a.

It took a while, but I did figured out what you mean. :-[

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Re: And the wheels keep turning, it just keeps coming back...

Posted by Haleivi76 - 17 Aug 2010 06:34

DC,

I have been out of the loop for a while, so I came on here to catch up with how you are doing and B"H it seems that you are doing great!

Just wanted to check in and say hi.

Also that I continue to be inspired by you - I thought you were going to change your name though - what happened to that?!

Keep in touch,

Haleivi

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 18 Aug 2010 21:56

To all my dear friends,

Sorry I have been away for a while. I have a wonderful announcement to make. I finally decided to change my name. My old name was "destructive cycle". Asn my new name is **"Maaglei Tzedek"**. I was encouraged by my dear friend, "ur-a-jew" to do this. When I asked for suggestions, he gave me "Straight Path" (see below for explanation). When I asked halevey he gave me the following suggestions: Washing Cycle, Bicycle, Try-cycle, and Virtuous Cycle (see below for explanation). The name "Maaglei Tzedek" is a combo between "Virtuous Cycle" and straight path and it bears other significance.

[ur-a-jew wrote on 28 Jul 2010 14:33:](#)

DC or SP (for Straight Path) because in my view the "problem" is the cycle that keeps on going around. The solution is to go on a straight path. Sure there are ups and downs but the point is you want to be getting closer to your destination and not simply going in circles.

[Haleivi76 wrote on 30 Jul 2010 11:47:](#)

Perhpas you might want to go for something a little closer to your original name, but in a more positive way - say for example:

Washing Cycle - you are going to come out clean

Bicycle - It takes a lot of effort to push those pedals, but it's worth it!

Try-cycle - You are trying to break out of the cycle!

or my personal favourite

Virtuous Cycle - you will change the negative that you have been on for a long time into a positive one - I believe in you and so do we all. I know you can do it and this name will show you that you can too.

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Re: And the wheels keep turning, it just keeps coming back...

Posted by Haleivi76 - 20 Aug 2010 07:25

Maaglei Tzedek,

I love that name - great choice.

Perhaps you could help with a suggestion for the name for my new baby's name (To be born B'shaa Toiva U'mutzlachas just after Succos.) I am really struggling for something appropriate!!

Seriously though, I am so proud of the way that you have turned things around. When I cast my mind back to your early posts, and contrast them to how you have grown, I am mindblown!!!

'Nuff respec'

Your friend and brother,

Haleivi

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Re: And the wheels keep turning, it just keeps coming back...

Posted by 1daat - 22 Aug 2010 07:04

Mazel Tov on your new name. So we need a moyel? A Pideon? May you grow in Yiddishkeit and continue bringing your Father great nachus. Amen.

btw. I re-read Chovos Halevavos Shar Bitachon perek 4. I understand, I think, what you were saying. But, and this may be over the top arrogant, or ignorant, or both, but even on re-reading it still seems to me that the discussion doesn't hold for me as an addict. I guess we could go round about this. but I also think you are so clear and rejoicing in your own avodah, that for me, that's all I care about for you.

It's good to hear of your MAJOR hatzlocho. Stay in touch.

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Re: And the wheels keep turning, it just keeps coming back...
Posted by ur-a-jew - 23 Aug 2010 20:30

Maaglei Tzedek, I like it.

Rashi on the words in Tehilim ?????? ???

says

????? ??????

??? ????? ??? ??????

So I see your new name as one in the same with straight path.

You may also be interested to know that in his introduction to the Sefer Maaglei Tzedek (written by Rav Gavriel Miller a dayan from Matesdorf)(courtesy of Hebrewbooks.org) the mechaber indicates that he chose the name based on the possuk "Ayzehu Derech Yoshro ..." "What is the Straight Path . . ." I can't tell you everything esle he says because the sefer is written in Yiddish

but I was able to discern that much.

I hope your Elul is going well. Continued Hatzlacha at sobriety, recovery and not falling into the hands of the enemy.

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Re: And the wheels keep turning, it just keeps coming back...

Posted by 1daat - 30 Aug 2010 05:05

Nu?

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 30 Aug 2010 20:09

Thanks Guys. Sorry, I have so little time to write and I try to stay away from the computer when I do not really need it. And when I do, i try to use it for what I intended it for.

I am doing well, B"H. a few nisyonos here and there, but survived them, B"H.

B"H, my wife and I finally finally installed a filter on her computer. I have been nervous to bring this topic up with her for a long time, but in this past week's mishpacha one of the columnists wrote about the internet addiction. My wife pointed out that she has no filter on her computer. and i said, indeed. OK, so lets do it. And we installed it. Obviously she has the password.

Have a good one!

-MT

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