

The biggest challenge ever

Posted by MovingUp - 15 Jul 2010 00:23

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Hi Everyone, Nice to be part of this community.

I need some serious help

Without getting into too many details, I have been looking at porn on the computer and masturbating for almost 15 years on a steady basis. This past year I have tried to stop as I realize this is out of line and can't continue. Yet I cant stop. Everyday I say I am starting anew yet I keep giving in again and again. I have used filters for the Net, but even when I get away from the computer I can spend hours fantasizing. When Im not looking at porn I am touching myself improperly. If Im not doing that then I am fantasizing Just today I spent hours at work fantasizing about someone. I have done some horrible things because of this lust I dont even feel comfortable describing. I feel like absolute scum of the Earth and can not honestly think of one reason why God could care less about me. When I pray to him I feel like a faker. I really do want to stop but then when the feeling goes over me I cant stop. And then I regret it afterwards. And the cycle continues.

I am really not a bad person but I need help and get myself out of this hole I dug myself into.

Please someone hear my cry! I need a way to stop. I need a real plan. Has anyone ever beat this thing and if so please tell me how. I am willing to try anything.

Thank you form the bottom of my heart

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Re: The biggest challenge ever

Posted by ben durdayah - 20 Jan 2011 17:38

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[MovingUp wrote on 20 Jan 2011 15:20:](#)

the slightest reference to sex, and boom the lust is back. Pretty pathetic...

No one here is pathetic including yourself. I think that most of us, if not all of us can easily identify with that experience.

Hopefully after 90 days, and another 90 days the innocent triggers will get easier.

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Re: The biggest challenge ever  
Posted by ss7107 - 20 Jan 2011 17:44

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im sure BD would agree that we only get to 90 days, ONE DAY AT A TIME

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Re: The biggest challenge ever  
Posted by MovingUp - 20 Jan 2011 18:48

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Re: The biggest challenge ever  
Posted by ben durdayah - 20 Jan 2011 19:18

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[Sick Man Getting Well wrote on 20 Jan 2011 17:44:](#)

im sure BD would agree that we only get to 90 days, ONE DAY AT A TIME

I disagree...

i think we get there one minute at a time...

See today's diary post: [ben durdayah wrote on 20 Jan 2011 18:28:](#)

## **DAY 21**

Right, like now I'm a reeeeeeeaaal Tzaddik'I no?

No.

I had a lousy day. I ate the fruits anyway, and said the tefillah for the esrog word by word with peirush hamilois but I felt like a hollow tree.

But the battle now is not on my turf, I'm b"h not bombarded by hirhurim, but the YH is trying to sneak in with milchemes HaYetzer on his turf -i.e. Shmiras HaEynayim. And when you're not "oifgeleibt", it's not easy (ah mefurishe Tanya).

So I've got to change the track which has been playing on "repeat" all day, and put on a different song:

**TODAY, THIS MINUTE** do you have as much \$\$\$ as you need for this minute?

**TODAY, THIS MINUTE** do you have with what to make Shabbos?

**TODAY, THIS MINUTE** are you clean?

**TODAY, THIS MINUTE** do your feet work?

**TODAY, THIS MINUTE** do your hands work?

**TODAY, THIS MINUTE** do your eyes see?

**TODAY, THIS MINUTE** do your ears hear?

**TODAY, THIS MINUTE** are your wife and kids safe and healthy?

**TODAY, THIS MINUTE** can your mind think straight?

**TODAY, THIS MINUTE** are you doing the ratzon Hashem?

If you answered yes to all of the above questions, then **CHILL OUT, and KEEP ON TRUCKING** everything is just fine b"h.

Your pain and depression stems from either the past or the future.

If that didn't help, then you obviously have gotten into "melumadah" mode as far as the recovery and GYE attitude is concerned, and need to go back to basics and start fresh -even if you are clean.

Thank you for your support,

EBD

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Re: The biggest challenge ever

Posted by MovingUp - 20 Jan 2011 20:30

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Thanks!

I'm not depressed or anything. Hashem gave me a lot to be grateful for. The whole reason anything, or any of us exist, is that Hashem created this world for us. To use it for serving him in this world, so we can get the ultimate reward in the next.

This constant need I have for porn and lust, I don't know what Hashem's plan for us is in regards to that is, although there obviously is one.

I don't understand this "turn to God approach to help - the problem is once the lust sets in I stop thinking rationally and can't turn to Hashem to help"/ It can come any time, anywhere and how can I always be on guard? thats not realistic. I just need a method, a plan, something to get better

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Re: The biggest challenge ever

Posted by Yosef Hatzadik - 20 Jan 2011 20:37

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[MovingUp wrote on 20 Jan 2011 20:30:](#)

I don't understand this "turn to God" approach to help - the problem is once the lust sets in I stop thinking rationally and can't turn to Hashem to help

Exactly what I am also thinking!

I am eagerly waiting to see how the guys will respond to this!

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Re: The biggest challenge ever

Posted by abie14 - 20 Jan 2011 20:47

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2 things write in a notebook (everyday) watch : (she preaches Jeshu but i learned a lot about the industry) its very useful.

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Re: The biggest challenge ever

Posted by ss7107 - 20 Jan 2011 20:55

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[MovingUp wrote on 20 Jan 2011 20:30:](#)

I just need a method, a plan, something to get better

Wow, you think just like I do. I always want someone else to give me a plan, the right answer, anything to make this all go away. - NEVER GONNA HAPPEN - only way this gets better is with actions of recovery and turning to God.

Oh, and by the way, the idea of turning to God doesn't always work. Sometimes I need to take crazy measures, likes leaving my office, or leaving my office door wide open, or calling people every five minutes, or getting on my knees and begging God for help, or ... or ... or ... Anyone else have ideas?

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Re: The biggest challenge ever

Posted by MovingUp - 20 Jan 2011 21:27

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SMGW and Yosef Hatzadik - Isn't the whole point of this site to implement some type of plan to beat this Yetzer hora? How can we win a battle with no strategies?

Abie14: I'll check out the video - K9 blocks youtube on this computer; strangely, youtube is probably one site that I have no taiva to do something assur on (other than generally wasting my time watching random videos)

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Re: The biggest challenge ever  
Posted by yedidya aleph - 20 Jan 2011 21:36

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M.U.

i identify with your point that once that lust takes over ,is it very difficult to step back and daven. even to pick up the phone and reach out for help.

what makes me wonder is how could i act out while wearing Tzitzis???

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Re: The biggest challenge ever  
Posted by ss7107 - 20 Jan 2011 22:15

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Yedidya - are you kidding me? Tzitzis is the big savior today?For me, there is NOTHING that is "good enough" to keep me safe. When I **think** I need it and I take that first action of lust - nothing will stop me - EXCEPT HASHEM!

MU - Your point is a valid one. Shouldn't we be implementing some type of plan. However, to quote you, "BEAT THE YETZER HORA", as far as I know both from a religious standpoint as well as an addiction one, we CANNOT BEAT IT, until we are dead. What we can do is retrain our minds, body and soul to look for a way out. Thats reason we filter our computers. In the AA Big Book it says clearly that we will be able to do things like "regular people" if we are spiritually fit. For me it has happened on rear occasions and only with tremendous work from sponsor and friends.

HOWEVER, if you find a way to beat this down - PLEASE SHOUT IT OUT ON THE

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Re: The biggest challenge ever

~~ROOFTOPS~~  
Posted by ur-a-jew - 20 Jan 2011 23:57

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[MovingUp wrote on 20 Jan 2011 20:30:](#)

I don't understand this ""turn to God approach to help - the problem is once the lust sets in I stop thinking rationally and can't turn to Hashem to help"/ It can come any time, anywhere and how can I always be on guard? thats not realistic. I just need a method, a plan, something to get better

Here's my question. If once lust set in and you started watching porn, masturbating or doing whatever your drug of choice is, and your wife, rebbi or child walked in, what would you do at that point? Would you say it's too late I can't think rationally, I have no choice but to continue. I doubt any of us would say that. So, I think this is part of the Yetzer Hora's trap which convinces us that we are completely bereft of our senses once lust takes over.

Also, for most of us I believe that we do not get thoroughly overwhelmed by lust in an instant. We see something a triggering image or word. It's at that point before the lust has actually set in that we are asked to turn to Hashem (In reality it's even before that since we know we are lusters so when we wake up in the morning and when we go to sleep we should be doing it then too). But when we are face with a trigger we have to recognize that going any further is the end. If you did the first step properly you will see that this is the case. We cannot prevent a triggering event (we can try to minimize that triggers we will encounter), it is what we do afterwards that matters.

So what do we do. Well first we recognize that we are powerless and then we surrender it, preferably to Hashem and someone else. It's kind of like the example above. When we get it out of ourselves and give it over, its like we are letting someone else in.



Of course, the 12-steps are called the 12-steps for a reason. Starting at Step 1 and half and then stopping at Step 3 and then saying it doesn't work is not really trying.

Hatzlacha

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Re: The biggest challenge ever

Posted by MovingUp - 01 Feb 2011 16:34

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Been working hard on myself, but today is a tough day. I feel like if I fall, it will make me feel better

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Re: The biggest challenge ever

Posted by Kedusha - 01 Feb 2011 16:40

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If you fall today, you will feel miserable. Why not defer until tomorrow, at all costs?

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