

When does the cycle end already?!

Posted by KiviYVY - 11 Nov 2010 22:53

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I'm going through a particularly difficult time at the moment. Am I proud to say that I did once make it to day 90 on the charts so I know I have that koach within me, but at the moment it's so hard to see it. I've had fall after fall over the last week or so, still trying to pick myself up. Maybe things will pick up when my wife is Tahor again? I hope so.

I've been reading the GYE handbook, I have monitors and filters installed on my computers, but I manage to keep trying to circumvent. I once read on the forums that it's rare for someone to reach 90, fall, and then reach 90 again. I found that very discouraging and I'm determined to prove that wrong.

I know that all the filters are not going to solve the problem - it's an addiction and I need to take the steps that have been proven to help with addiction. It's funny because when I first began receiving the GYE chizuk emails I would read them and think - wow, BH I'm not as bad off as them. I don't have an addiction. Little did I know that I wasn't being honest with myself and indeed I did have one. Maybe it's not as progressed as some of the stories I read about on this site, but it's an addiction - something I keep coming back to, slips lead almost inevitably to falls, and the regular paths of Teshuva don't seem to work. My only hope is that HKB"H will help me through this. The words of R' Noach ring in my ears "Does the Almighty want you to succeed? You bet. If He helped you out do you think you could do it? You bet. So what are you waiting for!?"

Gosh - you can see my mind is filled with lots of Chizuk, as I'm sure many of you can relate to, but I if only it would help all the time. OY - this is a Shvereh Nisayon and I'm comforted in the fact that my victories in this area must earn double points.

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Re: When does the cycle end already?!

Posted by Dov - 21 Nov 2010 01:11

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You know a sachhh...we all know a sachhhh....we love you a sachhhh...have a guteh voch reb yid!!!!

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Re: When does the cycle end already?!

Posted by 1daat - 21 Nov 2010 03:30

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YVY. My favorite nigun. Elu v'elu oymrim, ashr...ok ok. Nudging's a good thing. It has its place, especially to "hit bottom from on top". There are other ways.

You could let yourself keep going and find out if you can stop acting out on your own. It's been known to happen. Maybe you're not really an addict. Lot's of guys here, sex and lust addicts, will tell you they were pretty sure at some point or other that they weren't addicts. For themselves they either changed their minds or had their minds changed for them.

You could poke around the different levels of work discussed in the Handbook, maybe taking them one at a time, and see at what level you come to experiencing a living, day to day, relationship with Hashem, where you know, from the scabs on your knees, that you're turning to Him to help you stay clean and alive, and that you are no longer isolated and living a two-faced life.

You could give 5 minutes a day to GYE or working steps, or davening for help.

You could, you could, you could.

Are you sure you are indeed addicted to lust? Maybe for you it's not such a big problem, not such a big yetzer.

Can you stop? An addict can't stop...at least not alone and not without Hashem in his life, "on a regular basis" as the saying goes.

There are gidolim on this site who went cold turkey, never looked back, and never worked a 12 step, and there are those whose lives depend on working their program. The love and respect these guys have for each other is a blessing to us all.

My two cents is that this is between you and Hashem. Period.

I wish you that you find your way with Him. Clean. Today.

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Re: When does the cycle end already?!

Posted by workingmyprogram - 22 Nov 2010 22:39

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You're doing a great job by reaching out! Only when we realize that we can't do this alone, and have the HUMILITY to accept that we need others to help us, can we get better. So keep it up, you will succeed with our help!

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Re: When does the cycle end already?!

Posted by KiviYVY - 24 Nov 2010 15:21

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[1daat wrote on 21 Nov 2010 03:30:](#)

YVY. My favorite nigun. Elu v'elu oymrim, ashr...ok ok.

Yeah - one of my favorites also. It really sums up the Baal Teshuva's (not BT, but it's real meaning) experience.

You could let yourself keep going and find out if you can stop acting out on your own. It's been known to happen. Maybe you're not really an addict. Lot's of guys here, sex and lust addicts, will tell you they were pretty sure at some point or other that they weren't addicts. For themselves they either changed their minds or had their minds changed for them.

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I stop for long stretches at a time, and then when I've fallen it happens a few times in that week or so and then I'm back on track. I'd say it's a mild addiction, but I'll do anything to remove the temptation to escape so I'll treat it like a real addiction.

There are gidolim on this site who went cold turkey, never looked back, and never worked a 12 step, and there are those whose lives depend on working their program. The love and respect these guys have for each other is a blessing to us all.

Yeah - I don't know which category I'm in. I see much benefit in the 12 steps. Even if I had no addiction I'd want to go through them. What I really wish I had was the motivation of a true addict - one who has hit rock bottom is choosing life over death and would do the 12 steps as if their life depended on it. I know that for myself my life, B'emes, **does** depend on it, but I don't feel that in my Kishkes since my addiction is not progressed (BH!). I'm trying to hit rock bottom while on top as is the motto of GYE, but it's not so easy. Any advice would be appreciated. Thanks for your help.

I wish you that you find your way with Him. Clean. Today.  
Amain!! VChain L'Mar and all the Heilige GYE Yidden!

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Re: When does the cycle end already?!  
Posted by 1daat - 25 Nov 2010 02:29

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[Yashuv-VYashuv wrote on 24 Nov 2010 15:21:](#)

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[Yashuv-VYashuv wrote on 24 Nov 2010 15:21:](#)

I know that for myself my life, B'emes, **does** depend on it, but I don't feel that in my Kishkes .

That's a great way to express that. Getting it in your kishkes isn't really necessary at this point. Just keep poking along. you're doing great--accountability groups, picking yourself up and keeping right on trucking, calling in to phone group. KUTGW!

Only you can decide whether or not to keep up your present pattern. Everybody gets serious about porn and masturbation in their lives in their own way, since getting serious is between each of us and Hashem individually.

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Re: When does the cycle end already?!

Posted by KiviYVY - 25 Nov 2010 02:58

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Thanks for the vote of confidence 1daat.

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Re: When does the cycle end already?!

Posted by ieeyc - 15 Jan 2018 03:00

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Re: When does the cycle end already?!

Posted by tzomah - 15 Jan 2018 10:57

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if you can do it great

and fully understand the chovos halevovos and my guess hundreds of thousands of yidden did just that they just may not know exactly what it saved them from

we yidden believe that without torah and tikkun hamiddos to some degree we don't stand a chance not in this world or in the next

if you can understand how the information pertains to you on a personal level kol hakavod and

my guess is it worked for many people already (and i am not sure everyone is recovering in sa  
and they will say it's because they're not doing it right well guess what it could be that many  
people are not learning mussar and chassidus right either)

if it works great

by the way the sefer cheshbon hanefesh has 13 ateps

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Re: When does the cycle end already?!

Posted by ieeyc - 15 Jan 2018 15:06

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wow! thank you for this answer, i was just getting nervous from what i was reading from some posts which were written here as if there was something deficient in musar or something, i think that point should be made that if the sefarim are not working the fault is in him!(me!)what i mean to say is the view is that addiction is a sickness and go ahead and learn c"h instead of taking antibiotics or chemo ,but what im hearing is the 12 steps are basically things that are found in the musar sefarim ,why wold someone say"musar is poison for me?" " i wont get any benefit "true, the Torah IS compared to a potion of life or a potion of death(zoché sam chaim, lo zoché sam maves) but thats not to scare us off and not take it ,its to tell you to search how can i be worthy to be zoché?is it so hard to be zoché ?does one need to be a tzadik to be zoché?dont think so, never heard THAT,. if someone opens their heart before learning a sefer musar , thinking "i want to be a mentsh that my Neshama is in control of the body, and not the body being in control of the Neshama, i DONT WANT lust ,tayva, i DONT WANT tremendous wealth , i DONT WANT vain glory ,that i should find approval in the eyes of men even though it might not be so pleaseing in Hashems eyes,these things come from my animalistic nature the body , and im not an animal , im a Neshama inside a materialistic body and i essentially want to do His will ,and not the bodys will, and this Holy sefer is going to instruct me how my Neshama can take control over the body AND THEN he learns the sefer,i think that will have a tremendous impression on the person and will work .im not belittleing the 12 steps and those who need them (maybe i also do )it be litaraly saving lives!not to mention saving people from destructive behaviors like molestation C"V or C"V prostitution,far be it for me to give people bum advice especialy from the fact that im not a Talmud Chacham ,never finished a mesechta in my life (yet), not a posek etc.just a yid who it was drilled in his head that musar ,or even sifrei chasidus(im a litvak) CAN change a person , just the problem is that theyre not working the sefarim right ,SO WORK IT RIGHT! DONT GIVE UP ! you dont give up on the 12 steps, dont you think that our sefarim deserve the same amount of respect! i think that there is alot more to say but ive got to run .thank you tzomah for the validation.

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Re: When does the cycle end already?!

Posted by unanumun - 15 Jan 2018 15:53

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Sometimes mussar can help. For me there were times I kept to a clear mussar schedule and I was fine with porn and acting out until a few weeks went by and I slowly slipped out of the mussar Seder. Particularly, often the reason would be for the same stresses and pressures that led me down the path of escaping to porn.

I myself never went to a twelve step meeting and didn't work through the steps in a clear answer systematic way. I have been clean thought since I joined gye (I think it's going on 4 years now).

However, what I learned here was to acknowledge the fact that my escape (and bad habit or perhaps some sort of addiction) was the solutions to my problem and not my problem. Understanding addictions and how the twelve steps helps, opened up a new way of looking at things. I definitely read through the twelve steps and put lots of thought into them. Especially the first few steps.

After being clean for a few years and retrospection, I think that perhaps yes I would've been able to stay clean had I learned mussar every day. And then I would have been able to live my entire life fighting this yetzer hara, perhaps winning more perhaps not but definitely through fighting for the rest of my life.

What I really needed was to understand my self better, understand my marriage better, understand the idea of giving to my wife in our intimate relationship and not taking. What I needed as well was to be exposed to raw honesty. (the kind that was basically demanded from gye members back when Dov was hanging around) to be honest with myself about where I was really holding what was really bothering me and what I really needed to do to change. I am not sure I would've have ever gotten that through learning mussar. And I am pretty proficient in many of the classic mussar sedarim. Perhaps if I had joined a group of mussarnicks (but that would've never happened).

Yes there are plenty of people who just have tayvas nashim on some level and by learning mussar they are able to keep it in check. But someone who is living a frum life externally but behind closed doors escaping to porn, obviously has a deeper problem than tayvas nashim. Had he learned mussar properly until that point, perhaps he wouldn't have ended up in such a place. But by the time someone reaches such a place (whether it is the age of 9 or the age of 50 ) there are deeper issues that need to be dealt with.



Once he picks up the yesodos of addiction and recovery and puts in the hard work to fix the main sources of his problem, then yes he can probably go back to learning mussar and know how to apply what he is learning to what he actually needs in life. (Sorry for the long post. I have a lot of catching up to do)

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Re: When does the cycle end already?!

Posted by ieeyc - 15 Jan 2018 19:42

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Re: When does the cycle end already?!

Posted by tzomah - 16 Jan 2018 11:30

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i think there is a huge difference between learning mussar and mussar sedarim and working on living it

mussar and chassidus is all about self awariness not shuckling and crying or singing over a sefer

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