

sorta kinda working

Posted by mr.clean - 30 Nov 2015 05:49

Hey everyone,

long time no speak. im writing to you write after a new fall. whats a new fall you ask? lemme explain...

for a while my addiction had me watching 5-6-7 hours of porn (omg right?) more then once a week. i would stay up till the wee hours of the morning and then some. i realized, man this has gotta change and gotta change fast, but, i just couldnt stop. i *had* to have those hours and hours it was like fuel for me.

i stumbled on the taphsic method a long time ago but only recently realized its great potential. At first i would just lose oodles of money, but then after a while it started to kick in, when i couldn't just lose 50 or 100 dollars anymore. first it kept me at bay for a week then 2 then 3! inevitably i would fall but that became irrelevant! the point now became to not have porn be a **part** of my life. after a few weeks/months like this i came to see that i was still having hour upon hour binges and i decided that if the taphsic can curb me from weekly mess ups it can also curb me from hour binges and i imposed upon myself a huge knas that just makes it not worth it to act out for longer then a few minutes! i also gave myself another way out, the knas would be smaller if i messed up without porn! and even smaller if it was without and outside stimulation what-so-ever!

anyway, i felt that at the very least this should be shared with the oilam on the forum. for me its not as much about eradicating porn from my life this instant (although i wish i could) as it is slowly edging it out of my life (no pun intended). this is definitely helping. i can wake up tom not nearly as miserable (or tired) as i wouldve in days of old and know that im finally really taking serious steps to prevent this from staying PART of my life...

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Re: sorta kinda working

Posted by waydown - 08 Dec 2015 16:19

Who says "life is to short for temporary solutions"?

Maybe that's what life is all about? Maybe we have to constantly battle this till we die.(Yes you will say with 12 steps its not a battle. Ok so we have to surrender till we die. The point is, any action we commit ourselves to toward the riddance or containment of lust is life time. Even one who follows the 12 steps, he constantly hs to review and commit himself to that lifestyle.)

And so maybe the way to do that is via temp solutions for life?

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Re: sorta kinda working

Posted by waydown - 08 Dec 2015 16:30

Markz,

Let me first make it clear its assur and bad to masterbate period.

Secondly, there is a lav of ??? ???? as well as other lavin not to look at naked ladies. As far as I know masterbation is terrible and some seforim say a chayiuv misa bedi shomiam, but there is not outright lav.

To the main point though, we do have a fifth shulchan aruach called common sense. In my case, (I don't speak for Mr. Clean at all), I can sleep fine without viewing porn. My body is not hooked on porn. Thus, viewing it is just straight running after a tavia that I have full control over myself not to run after. Conversely, can't sleep at night without masterbating. I don't have full control over that yetzer. That's not an excuse not to work on it. But common sense dictates which one you will be held more accountable for.

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Re: sorta kinda working

Posted by waydown - 08 Dec 2015 16:35

Cords,

Is it practical if you don't understand it?? I mean 12 steps is not abra cadabra. One has to work on himself in order for it to work. Well I can only work on myself if I understand what I am doing. I am not a robot.

Another issue with 12 steps is that a prerequisite is a full commitment to stop. Well some of us have to get to that prerequisite as well. Some of us know its wrong but are not committed to stop. That's why more needs to be talked about how to build that commitment to do whats right. I think this is what Mr. Clean is trying to do. I wouldn't mind a forum on how to build up commitments.

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Re: sorta kinda working
Posted by Shlomo24 - 08 Dec 2015 17:31

[waydown wrote:](#)

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thou shalt first commit to thy surrender/12 step way of living and henceforth thou may comment on it

and in normal english, while effort is needed to remain vigilant about sex addiction/shemiras einayim/wtvr it does not mean that we have to **fight** our whole lives. very big difference between the two.

also, quite frankly, you haven't budged one mashehu on ur shil'tta, didn't you come here to change and not stay the same? i feel like this has been repeated 1000 times.

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Re: sorta kinda working

Posted by waydown - 08 Dec 2015 18:01

Shlomo,

Firstly, I didn't come here to change my middos even though I should. I came here because I had a lust problem. And it's far from gone but it's much much better.

Secondly, I have budged quite a lot on many stuff,

1) I used to think porn or flirting was my problem not masturbation. I know realize it's lust (That's not a stretch to saying that common sense dictates that porn is worse. In fact it supports that argument. Because if lust truly is my problem then that's the harder one to conquer. That's the one I have less control over. That's the sin that's harder to stay away from. Again that does not make it permissible.)

2) I used to think 12 steps was magic now I don't.

There are lots of more changes. All I am saying is I understand Mr. Clean's point.

Effort and fighting are different but however you cut it, it's an ongoing commitment. That's my point. So if one chooses to make small time temp solutions why is that necessarily bad? It can be dangerous because an individual is susceptible to slip back into lust much sooner. In other words as many have mentioned, half hearted solutions may not work. But the actual notion of life is too short for temp solutions I don't necessarily follow.

Also you say "thou shalt first commit to thy surrender/12 step way of living and henceforth thou may comment on it"

As of lately I have never commented in relation to knocking that approach one bit. All I commented on it was what should one do if he doesn't have the will power to commit to it? And as one that has tried working the 12 steps but had a commitment issue I can ask that question.

So please answer the following question, one who is not committed to fully stop or surrender what should he do?

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Re: sorta kinda working
Posted by markz - 09 Dec 2015 04:39

[waydown wrote:](#)

Most of us have found that speaking out our problems and our sins make us better and help us heal. Personally I whine a lot about my addiction... I can see how others feel talking things out makes us feel better. Hearing that someone else is going through similar pain and how they deal with it is part of my healing process. In addition, it helps some see their problems are not as bad as they think

My friend - what you write in this and the previous post needs a lot of thought, so if I can get my head around it, I might reply

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Re: sorta kinda working
Posted by waydown - 09 Dec 2015 15:24

Rav Markz,

Feel free to ask away. What thought is needed. I am an open book.

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Re: sorta kinda working
Posted by markz - 21 Dec 2015 12:01

Mr clean I see your name on the 90 day chart. Do you need some softener

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Re: sorta kinda working

Posted by markz - 05 Feb 2016 18:31

Mr Clean

Day 42

I'm impressed!!

You have a monstah muffler drivin on the highway, and we don't even hear you!

Keep on Trucking!!!!!!

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Re: sorta kinda working

Posted by mr.clean - 05 Feb 2016 18:43

Thx mark! Yea bh this is working for me:) took time but so far working Better then other things I've tried. I come on once in a while and subscribe to some of the threads that look cool, I'll post sometimes though, only when I feel I can be of help though:) thx for the check up! And KOT!

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