

MBJ's 90 day (and more) Journey

Posted by MBJ - 04 Nov 2012 13:48

My heart is pounding out of my chest right now as I put these thoughts on "paper". This is the first time I am being completely honest about my problem, and it is very scary.

I am writing this mostly because I think getting these feelings and thoughts out of my head will be cathartic and if by chance I can help someone else, that would be wonderful.

I have been struggling with this problem for better than 20 years. I started with these thoughts and actions at a very young age. While I can't remember exactly how old I was I am sure I was not yet 10 years old, I think that 8 is a closer approximation. When I got my first computer at age 16 with an internet connection, it got a lot worse.

I went through up and down periods sometimes falling "only" once a week, sometimes everyday. I am still not sure if I would consider myself addicted to p***, but I sure as heck am addicted to m*****. For me the p*** was always a means to an end and not an end itself. As soon as I finished being mzf, I would turn off the p*** because I found it disgusting. I only wished I had found it so disgusting 5 minutes earlier.

I tried to stop many times only to fail after a week, two weeks even three weeks. Maybe when I first got married I was able to hold off a little longer, but even that did not stop me forever. It is funny I never davened to Hashem to take away my urge for lust. For some reason I felt that if I didn't stop on my own my Teshuva would be imperfect and I would not be completely forgiven. This past Rosh Hashana I realized that this line of thinking was getting me absolutely nowhere. They say by Neilah, you should take on one Asei and one Lo Ta'asei to work on the coming year. Like a broken record year after year, my Lo Ta'asei was always the same. Clearly my thinking was flawed. This year I davened to Hashem to help me kick this horrible habit. So baruch Hashem, since Erev Yom Kippur I have kept myself pure. I have had 41 clean days now, and I can't believe how easy it has been. Not to say I haven't had temptations, but nothing a small slap in the face and telling myself, "I am not doing anything stupid today" hasn't stymied. In the past my hands would literally start shaking two weeks into my trying to stop with the need for physical relief.

I think I wrote enough for today, hopefully I can update more tomorrow with my 42nd clean day (6 weeks).

Kol Tuv,
MBJ

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Re: MBJ's 90 day (and more) Journey

Posted by MBJ - 07 Aug 2013 09:53

You were actually closer on the first guess.

Anyway, I actually did write her a letter once, but that was in my pre GYE days. It was probably very whinny and needy and accusatory. It obviously put her off. So for that reason I am hesitant to try again. But it is perhaps worth a shot.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 14 Aug 2013 17:05

So I fell and I have fallen two more times for good measure.

Like last time, after letting this bad habit back in it takes some effort to get it under control again.

I was thinking that I need some motivation to get going, but I don't know where to turn. I started thinking my wife is supposed to go to mikvah in a little while so maybe I can hope she will go and hold off on that hope. But then I thought as cordnoy likes to say hope is a 4 letter word. I bad dirty word that gets you expecting something and causing you to crash if it doesn't work out. So then I am thinking, but I have to have hope that my marriage will turn out, for as Pamensky says, this is the most important relationship in your life.

But then I start thinking, maybe he is wrong, maybe your marriage is the 2nd most important relationship in your life. The first is your relationship with yourself. (I am sure that is something that Dov has said before.)

The reason I should be clean is not because of my wife, although that would be a nice side effect. The reason I should be clean is because I should have enough self respect to not reach for masturbation to dose away my tiredness, frustration and discontent. So while it is a tempting and pleasurable experience, it is one that has nothing to it. It is totally and completely empty. It has the same potential to solve your problems as drugs or alcohol. Which I guess is really the point.

So while true that this is not something that I have not realized before, it is good to reiterate to get it into my thick skull. Kind of like hilchos tumah or Fourier Transforms. It take going over a few times before it really leaves a impression.

So while I may not have had the epiphany that will keep me from falling ever again, I feel better now and as we say, one day at a time, one moment at a time right?

Eli

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Re: MBJ's 90 day (and more) Journey
Posted by Pidaini - 14 Aug 2013 17:11

Yup, no epiphanies needed. All you need to know is that you are going to stay clean and strong RIGHT NOW!!! The next minute is just as far as a million years!

Get back up, and KOT!!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 18 Aug 2013 15:24

Thanks Pidaini.

So I am at 4 days again. I feel better now though, time will tell if my head is truly back in the place it should be, but I think it is.

One consolation is unlike my last fall, my turnaround (if this is it) has been faster and with less falling than last time. That too is a sign of progress.

Eli

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 20 Aug 2013 15:50

it should be b'hatzlachah

and yes, I am not a big fan of "hope."

it does not rely on "action."

I just "hope" that things get better.

that does not cut it with an addiction such as ours.

it also does not cut it with a marriage.

what are you/I doing about breaking the addiction/stopping the pattern?

what are you/I doing to better the marriage?

should we just sit by and "hope" that things will improve?

I "HOPE" NOT!!!

KOT!!!!

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Re: MBJ's 90 day (and more) Journey

Posted by MBJ - 20 Aug 2013 16:35

Thanks cordnoy.

So my wife's next mikvah appointment is coming up, and I said to her, If I promise to not ask for sex will you go to the mikvah?

She just said I am not supposed to go until next week. So I said that is what I meant next week. She did not answer me.

So maybe she will go, maybe she won't. If she does I will say thank you and respect my promise. (Should be easy, haven't asked in almost 2 years.) If she doesn't I will try to talk to her as to why she would refuse.

No hope, no expectations. We'll see.

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Re: MBJ's 90 day (and more) Journey

Posted by cordnoy - 20 Aug 2013 18:22

wow!

I certainly feel for you.

The actions of not askin will speak louder than the promise.

So I asked my wife if we should abstain in some way for several months. She said, "You tried that already and you didn't keep it." I persisted, "Perhaps this time...now that I'm improving." She said, "Do what you want." Bottom line...I will. I hope

plan that my actions will speak out. I already started not touching yesterday. I gotta kick that

lust/love/lust/love (bs)/lust outta my head (and elsewhere).

b'hatzlachah to all

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 20 Aug 2013 22:46

As I said in other times, it may not be for everyone, but abstaining sure has helped me get my head straight, granted my case is more extreme than I would recommend.

That being said, I don't think that should mean that you should not touch her at all, if you can stand it. Non-sexual touching is very important, and may even be a way of showing her that every time you touch her is not just to get her into bed with you.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 20 Aug 2013 22:51

yes, ive been busy with pemansky's "affectionate touch," but i gotta be real careful....from my standpoint, of not turning it into lust, and from her standpoint, of showing and demonstrating that i can do it, and it is not a necessity, and that she can be free to explore or express herself without getting yanked into bed.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 21 Aug 2013 09:45

For sure there is a very fine line for us with lust issues between affection and lust. A line that blurs for me as well. But it is a very important distinction that me must learn.

IF you know in your head that sex is an impossibility, which is what you want right now, because you want to try to abstain, then it is easier to separate the two.

Good Luck

Eli

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 21 Aug 2013 16:13

not an "impossibility," for the door is still opened, but something that i would rather not do right now....good for both of us, i think

thanks

b'hatzlachah

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 21 Aug 2013 17:25

Separate idea.

Is it weird that my in the last few times I have had a ???? ???? I dreamed that I had to update my 90 day chart to enter a fall?

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Re: MBJ's 90 day (and more) Journey

Posted by Gevura Shebyesod - 21 Aug 2013 17:45

A ????? ???? is NOT a fall. The dream is all part of that sneaky ba***** YH's dirty tricks, to make you think "I fell anyway, may as well enjoy it".

I know you're going through a real tough time, i can't imagine having to deal with something like that. But you seem to be on the riht track and your patience will definitely pay off in the end.
Hatzlacha KUTGW & KOMT!!!

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Re: MBJ's 90 day (and more) Journey

Posted by MBJ - 21 Aug 2013 17:49

[Gevura Shebyesod wrote:](#)

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Hatzlacha KUTGW & KOMT!!!

I know I don't have to update. That was part of the dream. In my dream I was telling myself, I have to update my chart.

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