

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

=====

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

Posted by ZemiroShabbos - 03 Sep 2013 19:20

MBJ, i don't have much to add, other than to say i admire your forbearance and efforts. kol hakavod. I hope (oops, cordnoy alert), I pray things get better and better

a ksiva vechasima tova

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 03 Sep 2013 19:22

if i didn't add anything to the site except this: ~~hope~~ is a four-letter word, I would be pleased.

Nobody ever drove a truck with 'hope.'

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by skeptical - 03 Sep 2013 19:28

I drive my car with hope all the time!

"I hope I'll make it before the tank reaches E!"

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 04 Sep 2013 00:36

Thanks Zemmy.

I just got back from Erev R"H slichot, so I will write the tefillah that I add to Shema Koleinu. I used to go on about mikvah and closeness and blah blah blah. Recently I simplified it to this.

"Please Hashem, let it be Your will that I be happy with my wife and she happy with me."

It is just about us learning to appreciate each other and what we have in each other. Then being satisfied and happy with what we have.

Ktiva V'Chatima Tova to all my fellow truckers. May next year be the one when we all kick the %@!& out of this disease.

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 04 Sep 2013 00:51

amen!

But "kick the hope out of this disease?!?"

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 04 Sep 2013 09:13

[cordnoy wrote:](#)

amen!

But "kick the hope out of this disease?!?"

=====
=====
That too!

Re: MBJ's 90 day (and more) Journey
Posted by Dov - 05 Sep 2013 00:11

Great post but nO need to go to war with anyone or anything, amigo. Deroche'hah darchei no'am. Surrender works better and Hashem makes it work if we want Him to and let Him.

Back in the old days on GYE (or *GUE!*) posters here used to say things like, "**Go Blow this yetzer hora to SMITHEREEEEEENS!!!**" (usually in moving banner thingies - remember those anyone?)

They were *women*, usually. Funny, no? That was way back in the day before the mechitzah on GYE. (sorry to admit that, Guard. But we all have come a very long way together.)

That derech is like the tzaddik in the gemorah who used to say "*girah b'einei yitzra d'ra*" - and arrow in the eye of the yetzer hora. He was punished for that and shown that such a derech is wrong, prideful, and he had to be brought down low.

I get scared when I see the fist-shaking. Hey, I'm not insulting anyone here right before RH, am I? Just sharing experience and some thoughts, thats all.

Still friends?

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 08 Sep 2013 01:38

In other new a gut gezent yar to all of you.

I had an interesting though this R"H. Every year I always wonder if today is the day that Hashem gives me my portion for the coming year, why is there no time in the tefillah for me to give Hashem my personal wish list, like I do in Shema Koleinu?

I think this year I figured out the answer. Hashem knows what I want and more important He knows what I need. RH is not about trying to convince Him what I want, as I if could, I already do that all year round. RH is about celebrating His Majesty and complete ownership of this world. It is also about realizing that He knows what is best for us and being grateful for whatever it is he does give us.

Eli

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by Dov - 08 Sep 2013 07:42

Wow, sweet. I guess all that is saying He really is the one and only **Melech**, on a personal MBJ/Zemmy/Gevurah/Dov/cordnoy/skeppy/whoever level. Sounds like RH, to me!

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 12 Sep 2013 00:16

I have been really looking forward to this post.

Last year two days before Yom Kippur I masturbated, I am sure there was porn involved. Then for the first time, on Yom Kippur, I asked Hashem to help me overcome my issues with

masturbation and pornography.

It is now my one year anniversary to my starting really dealing with my lust issues.

In this past year I masturbated about 10 times, a 96% reduction of my previous life.

In this past year I watched porn 3 times, a 98% reduction.

In this past year I learned that sex is optional. I learned that I have to treat my wife with respect and my problems are not because of her. That more or better sex has nothing to do with it. I learned that fantasies of any kind are dangerous and that whatever it is we get is what Hashem has deemed we need to get. I learned that ~~hope~~ is a four letter word.

I still have a long way to go, but I want to thank all of you GYEers for teaching me and helping me learn all those lessons. One thing I know for certain, one year ago today I never thought I could get to the place I am at now. Now I know with Hashem's help and your help, I can go even further

Thank you.

Eli

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by Gevura Shebyesod - 12 Sep 2013 00:33

KUTGW & KOMT!!

=====
=====

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

Posted by ZemirosShabbos - 12 Sep 2013 00:48

Kol Hakavod! happy anniversary

keep on shteiging trucking and yabadabadoing

a gmar chasima tova

=====

====

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

Posted by inastruggle - 12 Sep 2013 01:05

You're an inspiration.

KUTGW!

=====

====

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

Posted by gibbor120 - 12 Sep 2013 01:17

MAZAL TOV! Wonderful!

=====

====