

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 mZ"l, 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 - 26 Aug 2014 00:33

Thank you all for the well wishes.

I was thinking something today, and I would love some feedback on it. I have been kind of own recently, and the whole idea of today is the best day to be sober triggered this thought.

For me sobriety is like a mitzvas lo saaseh. I define sober as not acting out. I stay sober because I hate the person that I am when I am using lust, and I know that any given sip can send me down the rabbit hole. Basically, sobriety is not doing something negative.

But then I hear people in recovery and it seems more like an positive and not a lack of a negative. It seems like I am missing something fundamental here, but I don't know what it is. It also seems to me like this is my next big step that I have to take in my recovery.

Thoughts?

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Re: MBJ's 90 day (and more) Journey
Posted by gibbor120 - 26 Aug 2014 01:09

I think the positive that people experience is just the positive of living life. When "lust" is in charge, we are possessed, doing things that are desctructive and painful, yet we are not able to stop. Being able to live a "normal" life without being controlled by lust is quite enjoyable.

When someone walks out of jail, they are happy. Why? Nothing positive happened. Just the removal of a negative. Being controlled by lust is like being in jail. Freedom is sweet.

my 2 cents.

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Re: MBJ's 90 day (and more) Journey
Posted by dms1234 - 26 Aug 2014 01:21

I think we need both aspects. The "life" aspect for actually living life and the "lo saaseh" too keep us in check cause we always gotta be careful. Careful not crazy or else that would impede on living.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 26 Aug 2014 01:34

I like the way you phrased the question.

The real 12-steppers will answer you that the sobriety that they have, providin' that they reached a certain level, is an "aseh," for they are closer to God and more attached and so on. That might be true and probably is.

Those who are not (and i am closer to this group) will define sobriety like you said, but then there are the side effects that come with it, and those are 'positives' as well....for I now experience the feelin' of freedom....i am free of lust many times, which feels great. I can pass by certain areas without havin' urges. I can see my wife at all times and not have desperate desires. I can walk the streets, etc. And it also has a snowball effect to the rest of the day. More in control of work, davenin', projects, etc.

Bottom line....I wouldn't worry about it.

and the biggest positive that you should think about....as Chicago was wont to say: "You're the inspiration" for me and for many others.

chazak; chazak!!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 26 Aug 2014 07:44

Believe me I am extraordinarily grateful for my sobriety. But all too often I feel like I am slogging through life. I want that high on life feeling that is all too fleeting for me. I guess my perspective most of the time is that my life doesn't make me happy, but with much emunah I can try to accept that it is good for me and use the tools I have learned to stay sober. But living life is just about keeping the sadness from overwhelming you is not a way to live. I guess I need to find the tools in my toolbox to find happiness in life.

Though cordnoy, you are right that giving chizzuk does make me happy

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Re: MBJ's 90 day (and more) Journey
Posted by StonerDan - 28 Aug 2014 07:11

Sweet friend. I've suffered from sooo much pain and sadness and depression, since I was just a little kid (I'm 27 now), and I had always thought, until the last 2 years, that I would never ever get past it. However, I have, to a huge degree. It's taken a huge amount of effort on various levels, using Torah, Prayer, therapy, friendship (like here), and more physical stuff like hobbies and exercise. It's been a huge effort but every little push has been completely worth it. I can honestly say that I feel genuine happiness, almost every day. I've had to learn a lot about embracing and facing pain, and much more, and I'm still learning. I've had to slowly learn how to respect myself, how to be aware of the goodness that exists in me.

You sound like you're hurting and that hurts me. Please email me if you feel I can be of assistance.

Much love and blessing

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Re: MBJ's 90 day (and more) Journey
Posted by lavi - 28 Aug 2014 08:31

[MBJ wrote:](#)

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Though cordnoy, you are right that giving chizzuk does make me happy

i tend to think that a human is like a cup.

can be full, can be empty,

can fill it with different things,

not being filled with bad stuff doesn't mean that the cup is full with good stuff.

also, i think there is evidence that true happiness (see 5 levels from r.n weinberg, obm) makes life really life. and without it- join the rest of the world on prozac- or worse.

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

Posted by MBJ - 28 Aug 2014 22:17

Thank you for the moshul lavi, it seems very appropriate. I feel like my cup is empty now. I took out the lust and I need to find something wholesome to fill it with instead.

There was just a gye email about this idea. They always seem to be on topic for me.

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

Posted by TehillimZugger - 28 Aug 2014 22:22

Big book tells the story about the storm that thoroughly demolished the farm. Farmer comes out of the bunker they were hiding in and tells his wailing wife, well, storm's blown over... But the fact his that his farm has been reduced to rubble! He can't be content with the fact that the storm's passed

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 28 Aug 2014 22:34

[MBJ wrote:](#)

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Has anythin' changed in the last week or so?

You usually are much more upbeat?

Can we help?

It should be with hatzlachah

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 30 Aug 2014 22:18

Not the last week or so, just something I always struggle with. Some times I am more

successful, right now less so. As you all are aware my marriage is strange to say the least, and at times I feel disconnected, which can be difficult. I am actually doing a bit better since my first post.

Like I said, I try to have trust in Gd that He has my back, so that keeps me from falling, but it doesn't leave me brimming with!joy always. Sometimes I just want basic human companionship.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 31 Aug 2014 10:49

I have decided that being depressed sucks and I would rather be happy. So now I am going to be happy.

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Re: MBJ's 90 day (and more) Journey
Posted by ineedchizuk - 31 Aug 2014 10:56

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Wow, so easy, and it's catchy too- you made me smile!

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 31 Aug 2014 11:27

[MBJ wrote:](#)

I have decided that being depressed sucks and I would rather be happy. So now I am going to be happy.

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