

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 dms1234 - 31 Aug 2014 19:12

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Yankel, I thought you paskened that we can't change our feelings?

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

Posted by Pidaini - 31 Aug 2014 21:26

We can't, and that's why we can be happy with whatever our feelings may be, if we would be able to change them then we'd need to in order to be happy, but since we can't, then we can just accept what our feelings are and be happy even though they're lousy!!

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

Posted by MBJ - 31 Aug 2014 23:03

[Pidaini wrote:](#)

I once heard from a good friend

"The secret to being happy is to be happy"

Go for it!!!

Didn't I tell you that?

Anyway, we can certainly change our actions. I started singing to myself smiled and thanked Hashem. Then I felt happier. (I also lusted less today)

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

Posted by dd - 31 Aug 2014 23:36

[MBJ wrote:](#)

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

agreed being depressed sucks big time!!!

i guess i'm going to join you in being happy, because being happy rocks a being depressed sucks!!!

i'll try to sing and thank hashem the way you did!!

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

Posted by dms1234 - 01 Sep 2014 01:37

But then how can you be happy if you cant change your emotions?

I agree that sometimes we cant affect what emotions come to us like sadness etc but we can decide to change our emotions and in fact change!

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Re: MBJ's 90 day (and more) Journey
Posted by Gevura Shebyesod - 01 Sep 2014 07:44

It's the difference between "feeling" happy and "being" happy.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 01 Sep 2014 10:56

[Gevura Shebyesod wrote:](#)

It's the difference between "feeling" happy and "being" happy.

Exactly! And often if I act happy, then I will be happy and feel happy.

I was in a state of mind that when I started I was resisting the effort. But I pushed through and felt as happy as I was acting. B"H it is continuing and I feel great.

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Re: MBJ's 90 day (and more) Journey
Posted by ineedchizuk - 01 Sep 2014 11:30

Hey MBJ,

Happy to hear that your happy fest is spilling over to day two!

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Re: MBJ's 90 day (and more) Journey
Posted by unanumun - 01 Sep 2014 23:01

I once heard that there was a study done (Perhaps it is a true story or perhaps it was made up) of different people from different socio-economic levels, backgrounds and stuff, to see what causes happiness.

The end result of the study was the only thing that seperated the happy people from the others was.....

the decision to be happy.

Perhaps we are finding added proof to the study.

in fact, as I write this I also am deciding to be happy after a stressful day and I just broke a sly smile

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Re: MBJ's 90 day (and more) Journey
Posted by Bigmoish - 03 Sep 2014 07:59

MBJ

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

Pidaini

I once heard from a good friend

"The secret to being happy is to be happy"

Gevura Shebyesod

It's the difference between "feeling" happy and "being" happy.

MBJ

Exactly! And often if I act happy, then I will be happy and feel happy.

In that case can the secret be changed to "The secret to being happy is to **act** happy?"

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Re: MBJ's 90 day (and more) Journey
Posted by lavi - 03 Sep 2014 08:22

[unanumun wrote:](#)

I once heard that there was a study done (Perhaps it is a true story or perhaps it was made up) of different people from different socio-economic levels, backgrounds and stuff, to see what causes happiness.

The end result of the study was the only thing that seperated the happy people from the others was.....

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Perhaps we are finding added proof to the study.

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hi una,

it look like a lot of posts echo the same theme, the decision to be happy. i understand there really is something to this, a bit like the yiddish saying "trucht git, vet zahn git"

however i like better the knaitsch added by our friend ineed, that chitzoinus m'oirair p'nimius. (mis.yesh.- if i'm not mistaken).

this is because, although it is really beneficial to be in a positive frame of mind, and to be in good spirits, it is not an end to itself. it's purpose is for greater things.

and when the lack of cheer, is caused by something deeper than everyday wear and tear, it would seem prudent to find a actual step to take, and together with a positive mindset, b'ezer Hashem, be matzliach.

basically a plaster (band-aid) won't heal a gaping wound.

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

Posted by MBJ - 12 Feb 2015 11:16

I know I have been gone for a while, and I intended to stay gone, but I keep getting pokes from people how I am doing so out of respect to them I will give an update.

Baruch Hashem, day by day I am doing well. I have 18 months sobriety now. I left the forum and cut off connections here because of pressure from my wife. She asked me to not have personal correspondence with people that I meet here. This was very important to her and out of respect for her, I am respecting that request. So while I may not be present here, my thoughts are never too far, and I have you in my tefilos everyday. If you really want to know what I am up to check me out on the Wall of Honor, I update it monthly. If I fall c"v, I will update that as well, though keeping up a streak of 18 months is mighty strong motivation.

My home life is what it was, nothing to update for those who know.

Though since I am posting I will say something, I recently tried to talk to my wife about us again. I told her that I wanted more connection affection etc. She said to me a few things thst she is 1000% correct about. First off that while we have no sexual chemistry anymore, not for many years now, we have a wonderful relationship as parent as partners in a home, and we really do compliment each other and work together beautifully. That comes with its own intimacy and closeness, maybe not the one that I fantasize about, but that doesn't make it less important. The second thing she said was, maybe I am too busy looking at what I am missing and not enjoying what I do have. This floored me, I have spent the last 3 years trying to learn this lesson and intetnalize it, and she just popped it off. Gave me a new level of respect for her. (Which I promptly forgot and am reminded again as I type this.)

Thank you all for the concern.

Trust in Hashem, He has a plan for us all we just have to let Him take care of us.

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Re: MBJ's 90 day (and more) Journey
Posted by unanumun - 12 Feb 2015 13:21

Nice to hear from you. Thanks for checking in.

Hatzlocho in everything.

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Re: MBJ's 90 day (and more) Journey
Posted by dd - 15 Feb 2015 06:12

Hi MBJ!!!

Its been a while. I was really thinking about you. I even tried to email you but it seems you don't have that email account anymore. I'm so happy to hear your doing great b"h!!!!

Keep up the good work!! I'm sure every bit of effort you put in will pay off be"h. Like you said Hashem has his plan for us.

Hope to hear from you again soon.

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