

MBJ's 90 day (and more) Journey

Posted by MBJ - 04 Nov 2012 13:48

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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 hwhap@gmx.com - 07 Jun 2015 05:19

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[MBJ wrote:](#)

A question for those with some insight. How do I deal with the obsession?

Even when I am being good, I spend way too much mental energy on my addiction. Why I am falling off the wagon I think about how to go about getting my next hit.

When I am good I am still always thinking about the sex I am not having, the girls I am not ogling, the porn I am not watching and the masturbation I am not doing.

Hey MBJ, I have been reading your thread. There's a lot of good experience here.

I was struck by your post above about the mental energy. It really resonates. As for me, when I am off the wagon it's the worst, I feel like life is the stuff between the sexual thoughts.

When I am on the wagon it's very different. There's a strong incentive to really engage in life. There are times when I sit down and work on something and put some music on, and I emerge three hours later and for a few seconds I feel like a normal guy, because for a while it was all out of my mind. I also think that without some low-caliber sex thoughts to fight off I wouldn't be on my toes when the big one hits.

At a deeper level, I felt better about it when I realized what's really going on inside my head. For a long time I thought about my life and even with all the masturbation and the porn I didn't understand why I should have such a hard time with it compared to other men. Then I realized that the relevant factor is the interpretation that I give to sex. For me we are always talking about someone abusing somebody else. That is how I understand it in the back of my head. When I see certain kinds of shoes that's what I think about, although I don't readily acknowledge it. When I look at it that way it means that my whole life I have experienced seemingly normal sex in a way which is highly immoral and even criminal. When I look at it that way I am overwhelmed by the evil that I imagined I was perpetrating. No wonder I am the way I am now.

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Re: MBJ's 90 day (and more) Journey  
Posted by hwhap@gmx.com - 07 Jun 2015 05:21

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[MBJ wrote:](#)

[hwhap@gmx.com wrote:](#)

Interesting. What role do you think phone calls play?

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I mean: if I call someone for help when I want to think about sex, is that like calling G-d when you surrender?

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 07 Jun 2015 11:34

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I recently went through a day that I was busy at work with torah shiurim on my headphones all day. It was a beautiful calm day with little mental traffic.

For me all my sexual experiences are selfish, but not really abusive. Either way it puts me in a place of extreme disfunction, to the point that I can't even imagine what a normal healthy sexual experience is.

[hwhap@gmx.com wrote:](#)

[MBJ wrote:](#)

[hwhap@gmx.com](mailto:hwhap@gmx.com) wrote:

Interesting. What role do you think phone calls play?

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I mean: if I call someone for help when I want to think about sex, is that like calling G-d when you surrender?

I view that slightly differently. Calling someone is a way of airing out your problem. So many times what seems like the biggest issue in the world, when exposed to the light will get real proportion. Then it can seem small or even commical. That is the power of phoning a friend, getting perspective.

Surrender for me is telling myself that I don't need this thing. My life can go on and in fact be better without it.

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Re: MBJ's 90 day (and more) Journey  
Posted by hwhap@gmx.com - 07 Jun 2015 11:59

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[MBJ wrote:](#)

I said to myself I don't need to feel connected, or my connection is being the provider of my house and family. That giving is how I receive. That is true to some extent, but still sometimes I want to feel like someone cares for me, like someone is looking out for me just for me, not based on what they get out of it.

When I read your post above I couldn't help but think that when you go to sexaholic anonymous meetings you can get some real love. I've been to some. I have to say I never felt closer to someone than to the men there. I think there is a mishna that talks about the love of David and Yonasan, so there may be such a thing as a special love between friends. I think I'm very far from that, I've pushed away all my friends, and I don't tend to make new ones, but sometimes I'm helpful to others.

Still reading your thread ...

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Re: MBJ's 90 day (and more) Journey  
Posted by hwhap@gmx.com - 07 Jun 2015 12:48

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[MBJ wrote:](#)

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.

That's interesting. I don't allow my wife to apply pressure on me in this area. I can't control what she does, for example whether she wants to stay married or not. I do have control over the choices that I make, and I can choose whether to go to sexaholic anonymous meetings, or web sites, therapy, whatever. With due consideration for her schedule.

You sound like you are really concerned about respecting your wife enough. You already respect her plenty, you don't need to prove that you respect her, and winning the olympics of respect is not going to fix any intimacy problems.

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.

Just some thoughts here, colored by my own family life:

As long as you fundamentally feel you need her to stay clean, she'll feel under pressure and it will turn her off. Tashmish becomes a chore, it turns her off. As long as you believe something is missing, she knows that and pressure is on for her. There's a flip side to that though. Women like to impress men with how good they look, whether or not they want to admit it, and she has to be sensitive.

I think that a woman wants tashmish even more than the man does, but, like us, it has to be just right. You turn her off because of who you are today. If you change for the better you'll stop turning her off and she'll come looking for you.

I also wouldn't put a lot of weight on the conversation you recounted above. She's right, at the moment there's no sexual chemistry because your thoughts turn her off. Change yourself and she'll be sitting in your lap.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 07 Jun 2015 14:58

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[hwhap@gmx.com wrote:](#)

[MBJ wrote:](#)

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When I read your post above I couldn't help but think that when you go to sexaholic anonymous meetings you can get some real love. I've been to some. I have to say I never felt closer to someone than to the men there. I think there is a mishna that talks about the love of David and Yonasan, so there may be such a thing as a special love between friends. I think I'm very far from that, I've pushed away all my friends, and I don't tend to make new ones, but sometimes I'm helpful to others.

Still reading your thread ...

Doesn't compare to what is supposed to be with wife.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 07 Jun 2015 15:00

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[hwhap@gmx.com wrote:](#)

[MBJ wrote:](#)

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You sound like you are really concerned about respecting your wife enough. You already respect her plenty, you don't need to prove that you respect her, and winning the olympics of respect is not going to fix any intimacy problems.

If you would know MBJ, you would know that he was doin' that just for respect and for lovin' and for shalom bayis; not for intimacy. Many wives say similar and it is a tough struggle, for some of us men need the groups for sobriety.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 07 Jun 2015 15:03

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[hwhap@gmx.com](mailto:hwhap@gmx.com) wrote:

Just some thoughts here, colored by my own family life:

As long as you fundamentally feel you need her to stay clean, she'll feel under pressure and it will turn her off. Tashmish becomes a chore, it turns her off. As long as you believe something is missing, she knows that and pressure is on for her. There's a flip side to that though. Women



like to impress men with how good they look, whether or not they want to admit it, and she has to be sensitive.

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I also wouldn't put a lot of weight on the conversation you recounted above. She's right, at the moment there's no sexual chemistry because your thoughts turn her off. Change yourself and she'll be sitting in your lap.

I am sorry Mr. Hwgapqx, but you are way out of line here.

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 07 Jun 2015 16:26

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Perhaps you are right. I'll take it under consideration.

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Re: MBJ's 90 day (and more) Journey  
Posted by hwhap@gmx.com - 07 Jun 2015 17:01

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[cordnoy wrote:](#)

I am sorry Mr. Hwgapqx, but you are way out of line here.

I think I am all out of observations anyway, but you're right, I am a bit rough around the edges.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 07 Jun 2015 17:17

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[hwhap@gmx.com](mailto:hwhap@gmx.com) wrote:

[cordnoy](#) wrote:

I am sorry Mr. Hwgapqx, but you are way out of line here.

I think I am all out of observations anyway, but you're right, I am a bit rough around the edges.

but on the other hand, it looks like youre tryin' to help, and MBJ responded (to you I believe) that you may be right, so perhaps I will take a backseat.

I just thought it was presumptuous for you to say that he should fix himself and she will sit in his lap, for MBJ has been a model citizen for many many months, and perhaps years, and he has had no (ZERO) relations in that time, so while the advice may be good for me or for others, i didn't think it was proper to him (although he is strugglin' now).

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 07 Jun 2015 17:51

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I was just being politely dismissive. Sorry for the confusion. The fact is maybe he is right maybe not. I don't know and I don't care. What I do know is giving a lust addict advice on how to turn

his wife into a sex kitten is poison for me. That will lead to hope to fantasy to disappointment and to struggles. We all know hope is the dirtiest four letter word of them all.

What I should know, which I forgot for a time is that it doesn't matter and it is completely out of my control. I have to surrender to Hashem and trust in Him and live my life accordingly. The rest is up to Him.

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Re: MBJ's 90 day (and more) Journey  
Posted by hwhap@gmx.com - 07 Jun 2015 18:08

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[MBJ wrote:](#)

I was just being politely dismissive. Sorry for the confusion. The fact is maybe he is right maybe not. I don't know and I don't care. What I do know is giving a lust addict advice on how to turn his wife into a sex kitten is poison for me. That will lead to hope to fantasy to disappointment and to struggles. We all know hope is the dirtiest four letter word of them all.

I completely agree, but maybe the implication wasn't clear. I certainly don't mean that you should adopt some phony behavior that will make her a sex kitten. I do mean that if you get past your problem (perhaps by plugging in to SA, so to speak) she will want to sit in your lap. But when she is sitting in your lap you'll be thinking about anything other than sex. But after a while you will also have the intimacy (without sex) that you want.

Hope it's clearer now, I apologize for the confusion.

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Re: MBJ's 90 day (and more) Journey  
Posted by aryehdovid85 - 12 Jun 2015 16:43

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[shomer bro wrote:](#)

I can very much relate to that feeling of loneliness. It may help to have a close friend you can talk to about this, and who'll be there to give you that healthy touch (hug). .....[u][i][b] and I'm sending you a virtual hug.

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what I great idea.. a virtual hug...gevaldig.I'm sending one out to all who need one... Thanks SB for the idea

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