

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 - 16 Jun 2015 14:38

One other thing. My preschooler is in love with his teacher. Everyday he talks about how pretty she is and how pretty her clothes, shoes hair and nails are. He is so young it means nothing. But it scares me so badly. Everytime he does I say a tefillah to Hashem. Please don't let him be sick like me.

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Re: MBJ's 90 day (and more) Journey
Posted by yiraishamaim - 16 Jun 2015 15:01

I hope as well. I know when I was 7 years old I couldn't get my eyes off Suzy.

It's a nature. You can't really "change" him but you can try to shift his focus.

Perhaps get him into guy stuff, like sports.

Read him stories at night and talk to him of the chashivus of being an ehlichre yid.

Get him nature books like "Ranger Rick". They are wonderful, full of bright colored pictures and wholesome stories, This makes for strong bonding between father and son

Encourage him to be a Lego-maniac and go to town in your description of how great are the stuff he built.

Like anything else- Daven, make an hishtadlus then live and let G-d

and that means: NO WORRIES BUDDY!

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Re: MBJ's 90 day (and more) Journey
Posted by gibbor120 - 16 Jun 2015 16:11

I'm sorry to hear that MBJ. Sounds like the familiar nuclear reset. As parents, I feel like we are doomed to worry. Hang in there. KOT!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 16 Jun 2015 16:19

Like sny prototypical boy, he loves cars and trucks and lives playing ball. He alsohas a crush on his teacher. He is only 3. But I worry. It is not that he lives her that worries me. It is the constant talk if how she looks and how pretty she is.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 17 Jun 2015 16:37

[MBJ wrote:](#)

I just fell. Got to 10 days. I was doing fine for 8 days. Surrendering every thought and emotion and action that was dangerous to me. It felt great. But the last two days I have neen plagued by a growing lust. I gave in. Not because I had to but because I felt what is the point in not. I could have stopped but I knew that I would be back an hour later fighting again. No relief, just the same nagging urge. So I had a feeling of yiush and I stopped fighting. Of course it solves nothing. It just takes a bit of the edge of lf the nagging urge. So frustrating. I was feeling so good. Now, not so much.

sorry to hear that

care to join a group of sorts?

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Re: MBJ's 90 day (and more) Journey
Posted by israel613120 - 17 Jun 2015 19:05

[MBJ wrote:](#)

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Hi best of Hatzlacha to you

Re; the teacher, I don't know I'm just thinking, have you seen her, maybe you or your wife could ask the Menahal to tell her to 'tone it down' a little. The nails did it for me, I know the schools round here do not allow the teachers to do their nails.

Sorry I may be way of the mark.

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Re: MBJ's 90 day (and more) Journey
Posted by yiraishamaim - 17 Jun 2015 19:29

[MBJ wrote:](#)

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I feel for you man especially the feeling that - "again I am in this predicament. Did I not do this so many times before only to be followed by the same lousy loser feelings.

Unfortunately, we've all been there".

When I joined the forum I would see again and again the experienced guys writing- you just have today or take it one day at a time. To me the lesson I got was - don't look so much of the ocean ahead of you- lets take it bit by bit- right now, just today. In that spirit you let Hashem

take over the battle that is happening right now in front of you.

You wrote "because I felt what is the point in not. I could have stopped but I knew that I would be back an hour later fighting again."

Pardon me my good friend but that idea is NONE OF YOUR BUSINESS, just let G-d fight this particular fight for you. Who the H_____ are you to say that you will certainly lose?

Miracles happen all the time to all of us -you are no less *ra-uy!*

Just do what your supposed to do and let G-d do the rest

"Hashem Yelachem Lachem Ve'atem Ta'charishoon"

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 17 Jun 2015 20:55

[cordnoy wrote:](#)

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I wish I could. I don't know that I have the guts. But chasing my tail sucks too.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 17 Jun 2015 20:58

[israel613120 wrote:](#)

[MBJ wrote:](#)

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Sorry I may be way of the mark.

It is not a school, it is a day care. Anyway the teacher is not important. He will be on to the next level in 2 months. It is the importance that it takes in his mind. It is not sexual he is too young. Still it scares me.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 17 Jun 2015 21:06

[yiraishamaim wrote:](#)

[MBJ wrote:](#)

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You are sort of right. I put it this way, I need to provide the will, He needs to provide the strength. I ask Him for the strength, because I know I have none. But I do have to want it. When I fell, I was overwhelmed by the pain and I lost my will.

It will make you happy that I had another nisayon, but this time I wavered but held on. Then He took it away. So I gave Him a big thank you.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 18 Jun 2015 03:45

[MBJ wrote:](#)

[cordnoy wrote:](#)

sorry to hear that

care to join a group of sorts?

I wish I could. I don't know that I have the guts. But chasing my tail sucks too.

conference call number, where you wont need to give name, or even talk

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

Posted by hwhap@gmx.com - 18 Jun 2015 09:24

[MBJ wrote:](#)

[cordnoy wrote:](#)

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I wish I could. I don't know that I have the guts. But chasing my tail sucks too.

You could try doing part of the joining, like so:

1. Locate an in-person SA meeting.
2. Unlock your car.

3. Open the door.
4. Sit down.
5. Start your car.
6. Drive to the meeting and park.
7. Step out of your car and lock it.
8. Walk in to the building.
9. Walk in to the room.
10. Sit down.
11. Introduce yourself.

If you try to do this and you get to step 6 that's already a big victory, and it will feel good, it feels good to drive yourself to the meeting. If you're still ashamed you can try to get farther next time.

I also want to point out that one of the big benefits of a meeting is to dump the shame. So when you say you don't have the guts, that's understandable, but you once you have been to your first meeting you won't be ashamed to go back.

Hatzlacha raba MBJ.

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Re: MBJ's 90 day (and more) Journey
Posted by needtoquit - 18 Jun 2015 11:44

hwhap@gmx.com wrote:

[MBJ wrote:](#)

[cordnoy wrote:](#)

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Hatzlacha raba MBJ.

hwhap@gmx.com

Wow, very well put! Yes, it's simple, not easy!

MBJ,

It's been a while since I've posted here but noticing you struggling made me want to give you some encouragement and hope, if I can. *Baruch Hashem*, I'm sober now since going to my first SA meeting three and a half months ago. I wouldn't lie to you, I was physically shaking in fear before that first meeting. I called a friend I'd meet on Dov's call and told him how I was feeling and that I was afraid I'd crash if I drove. He pointed out that a little fear is only a sign that I'm not

Since then I've been going to meetings regularly and sobriety had been indescribably amazing, better than I could possibly imagine. I've met tons of really great guys with solid recovery & sobriety, both Jewish & not, and have come to believe that I can have that too.

If you'd like to talk more about my experience, feel free to PM me and I'll give you my number.

Hatzlacha in getting whatever help you need in this challenge and all of life,

NeedToQuit

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 18 Jun 2015 21:17

Last two posts should be required readin'.

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