

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 stillgoing - 18 Jun 2015 23:04

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**MBJ**

One other thing. My preschooler is in love with his teacher. Everyday he talks about how pretty she is

He's only three! How many kids do you know that take things without permission. All of the kids that I know. Does that mean that they will all be kleptomaniacs when they grow older?! My older siblings still tease me that in first grade I used to talk about how soft my teachers hands were. (And no, that didn't cause me to be where I am today. Guys are my problem, not girls).

Kids will talk about anything. He seems to have a sense of style. That doesn't mean that he will be all over girls as he grows up. It just means that he likes nice things.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 18 Jun 2015 23:36

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[stillgoing wrote:](#)

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Hatzlacha

Now I don't profess to remember everything about every person, although generally I will not speak on the phone with someone unless I read his history first, did you ever mention that tidbit before? No big deal either way. ...just curious.

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Re: MBJ's 90 day (and more) Journey  
Posted by needtoquit - 19 Jun 2015 14:28

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[cordnoy wrote:](#)

Last two posts should be required readin'.

Wow, I'm flattered! I'm really grateful to Hashem for giving me the right things to say.

[9494 wrote:](#)

Needtoquit said it very well.

I will just chime in and say that if you feel that you actually do need meetings, just do it - the discomfort will last...till you step into the door.

Like every normal human being I was nervous as hell, had a constant stream of excuses popping up during every second of that initial drive. Its normal, but certainly not an excuse to not go (if you decide you need it that is).

Yes indeed. After walking through the door it really did get better.

Hatzlacha to everyone in getting whatever help they need in this challenge and all of life,

NeedToQuit

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

Posted by MBJ - 29 Jun 2015 21:56

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I am feeling frustrated. I fell again yesterday. On the one hand I am struggling to get going on the other I think I am making huge progress mentally.

I wrote a post on what surrender means to me. I had a further thought on that. Surrender as I said is tiving up the right to pust etc. I now believe that a consequence of that surrender is I get my bechira back. If lust is not something that I must have then it means I have a choice whether to act out or not. If I feel a stirring of something I say to myself "you have a choice". I can choose to act or obsess because I dont have to. Now this all may be bunk, afterall I just masturbated last night. On the other hand simply reminding myself that I have no right or need to lust and I therefore can make a choice, leaves me with peace and a smile and usually a dwindling if the lust.

It feels right. What a miracle and blessing bechira is.

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

Posted by MBJ - 01 Jul 2015 21:09

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One thing my latest struggles have driven home is the abslute miracle my 600 days of sobriety were. I am seeing now just how far kochi vosem yadi gets me. It gets me a week at best. Just like in the last 20 years of my life.

I am an addict and I love you Hashem. Thank You for this avenue to get closer to You.

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Re: MBJ's 90 day (and more) Journey  
Posted by neshamaincharge - 02 Jul 2015 03:25

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[MBJ wrote:](#)

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What a great lesson for us all! Thank you for sharing!

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Re: MBJ's 90 day (and more) Journey  
Posted by aryehdovid85 - 06 Jul 2015 22:21

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[quote="neshamaincharge" post=258417][MBJ wrote:](#)

One thing my latest struggles

I am an addict and I love you Hashem. **Thank You for this avenue to get closer to You.**

Yes I totally identify with this feeling. It is certainly an opportunity for getting close to Hashem.

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

Posted by MBJ - 13 Jul 2015 20:58

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A careful look at my life has to lead me to the conclusion that I am either the luckiest man alive, or there truly is a G-d who is looking out for my best interests. Since I don't believe in luck I have no choice but to accept the latter possibility. Accepting that, I must therefore show deep gratitude, respect and appreciation for this G-d. I mean you couldn't write a script with that much serendipity. Not even the movie Serendipity has as much serendipity as my life.

Since I have this wonderful Being watching over me and providing everything I need, I must then conclude that I am not lacking anything in my life. Even things that I may perceive as lacking I know this is only a limitation based on my short sightedness, and that given enough time I will see why even these alleged deficiencies to my needs and really for my benefit.

I must therefore conclude that anytime I think I need something, I must be mistaken. For, if I truly needed it I would have it. Since I do not have it, or said differently, since G-d has not given it to me, it proves that I don't need it.

Therefore any lust I feel is optional not necessary. I am then surrendering that need and left with a choice.

Once it becomes a choice I am free to think about the pros and cons of that choice and make an informed decision.

My history informs me that the pleasures of all lusts are fleeting and illusory. The pain and depression felt after far outweighs the benefit received.

The choice then becomes an easy and liberating one.

Now while this seems so logical and true to me now. I must go through this whole process everyday. Sometimes several times a day. That is the lessons I have learned from my last set of

falls.

May Hashem give me strength to pick myself up from my "?" ???? ????? and make my current 14 days of sobriety stick and grow.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 13 Jul 2015 22:44

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Should be mandatory reading.

Daily.

Perhaps a moderator should make this post sticky.

Anyone. ...?

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Re: MBJ's 90 day (and more) Journey  
Posted by yiraishamaim - 13 Jul 2015 23:42

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The clarity of the your argument is impressive.

Thank you for that.

You are in fact displaying the classic battle between good judgement and the lure of desire.



No matter how clear it is not to consume certain foods when on a diet it's still a challenge not to eat them. Of course not to mention the added difficulties that the aroma and the comments and grunts others make over its taste.

The student knows he has to study for the exam tomorrow yet he may watch his team on television wasting away precious time.

Temptation/lust gives quick strong pleasure but is short lived followed by fallout that isn't pretty. The true value of its pleasure is thus illusory.

On the other hand, making the logical sound decision gives a person a long lasting meaningful feeling of accomplishment and self respect.

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Re: MBJ's 90 day (and more) Journey  
Posted by Pidaini - 15 Jul 2015 03:56

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Thanks MBJ for that share!!

It's really nice to see your posts, sporadic as they may be!!

KOT!! KOMT!!!

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Re: MBJ's 90 day (and more) Journey  
Posted by dd - 15 Jul 2015 09:00

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Thanks MBJ!!!!

What a great post!!!!

Like Cordnoy said this should be a must to everyone!!! And like you said sometimes even a couple of times a day!!!

But like Yirais wrote its not always so simple even when knowing all of the above. I think that the more we review it before a attack not during the easier it is to have a influence on us.

Its all about ??? ????? ?? ??? aint so easy but very worthy!!!

KOP!!!!

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 15 Jul 2015 21:35

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You are right dd. That is not a strategy for an attack. That is my strategy at the very first sign of trouble. When in the midst of a real struggle more blunt force tactics are needed.

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 28 Jul 2015 07:53

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[MBJ wrote:](#)

[dov wrote on 02 Dec 2012 20:25:](#)

It won't really be 70 days, though. It'll be a day just like the day before and the day after. Just -

To some extent I agree. When I am going through the day, I can't say I need to make it through one day...chad - gad - ya! day 70 (today it is 72), rather I need to say I am going to make it through today. I can do today. But for where I am in my development, I need to look back and see how far I have come, because I still don't believe that I can do it. Personal history has tells me that what I am doing is impossible. 20 years of experience tells me that I can't overcome my problem. So 70 days of being clean is not going to wipe out 20 years (Over 8,000 days) of living in filth. I need to look back and say to myself, "When you started this I bet you never thought you could do 70, and yet here you are. Now let's go and tack on some more. Let's go even further up the mountain."

I hope that at some point, I will be able to not need to look back, because I will have the self confidence to believe in myself and my recovery. But for now, it is still not quite real and I need to look down the mountain and see how far I have lifted myself out of the muck.

Besides, I love the spinning gold bar thingy next to my name, :D

I wrote this post 2.5 years ago. I was lookin at my 90 day chart obthe computer for the first time in a while and I saw I am now at 999 cumulative clean days. Tomorrow with G-d's help I will have had 1000 cumulative clean days in the last almost 3 years.

I know I had a bad string of falls recently that I am now starting to climb out of, but 3 years ago I would have said that in 50 years I could have 1000 clean days not 3.

Now after 3 years I can say that I have the confidence in G-d to know that He will help me whenever I call upon Him.

Also my 4 digits of filth will have a 4 digit counterpart of sobriety. It seems surreal.

All I can say is Thank You RBS"O. Thank you for the awakening. Thank you for my situation. Thank you for Your strength. Thank you for ALWAYS being there for me, holding me, protecting

me, guiding me. I am truly nothingness, and only by Your Chessed am I a something.

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