

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 m^z"I, 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 - 06 Sep 2015 16:21

So I was lurking on cordnoy's call on Thursday. To paraphrase what he read from the white book, I am not just powerless over lust, I am powerless over me.

That is exactly the feeling I have been having.

It then said that I have to not just surrender my lust, I have to surrender me.

Thinking in more Jewish terms, is that not what kedoshim teheyu is about? Is it not surrendering the right to excess physical pleasure, even permitted ones? Instead I have to give up those rights and surrender myself to G-d, to be His servant.

Sounds simple, but I have a long long long way to go to figure this out in my life.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 09 Sep 2015 20:05

A sad or happy point.

At this point in my recovery I have been able to strip bare all the romance and appeal to act out, with porn and masturbation. (There is one form that still holds the thrill, I am working on it.) I get almost no joy from it. I see it for what it is. It is a sham, a tease, a lie. I masturbated a few weeks ago and there was no joy no relief. Just the idea of, way to go idiot.

So that is good it helps me prevent taking sips or slips because I see it for the emptiness it is.

The sad part is I don't care. I want it anyway. I was listening to an AA lecture by Bob D. He was saying how when he would drink he was always thinking that somehow he would get back to the old days when drinking was still fun. He would never get there, but he always had that hope.

I completely related to that. I want to act out with porn with masturbation. I know it will leave me cold, but somewhere deep ibside I am yelling just do it. It will feel great, just like it used to. You can still find that contentment and oblivion, just give it a chance.

Just a question ad to which voice I listen to.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 09 Sep 2015 20:51

[MBJ wrote:](#)

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Just a question ad to which voice I listen to.

That's perhaps what this paragraph means: And do you know what it was that I wanted out of acting out? Acting out promised that if I could just get rid of "me" long enough, then in that quiet, I would somehow finally be "me."

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Re: MBJ's 90 day (and more) Journey
Posted by yehoshua - 10 Sep 2015 07:06

I completely related to that. I want to act out with porn with masturbation. I know it will leave me cold, but somewhere deep ibside I am yelling just do it. It will feel great, just like it used to

That is the insanity we addicts have. Knowing it is wrong, it will hurt, it will be hell, but doing it anyway. And I have the same thing, everything is ok, I am ok, my family is ok, my job is great and even my friends start to like me again, I am not depressed and then I think, ok just one little peak, just a bit of nudity.

But hey, hey, what the ..., I need some other medicine, I still want to feel the pain of others, I want to look them in the eye and be me, I am powerless just for today, just for today, just for today, just for today.

There is this great story that I heard on Youtube on the NA testimonial, the gorilla story. They tell it better than I ever can, but anyhow the main point is somehow like, that giving into our addiction is like wrestling with a gorilla, it ain't over until the gorilla says its over.

So leave just for today, I ain't fighting the gorilla, I give up. Today, just today.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 16 Sep 2015 05:33

I thought I had a real good rosh hashannah davening. I tried to really focus on making Hashem my melech, pouring my heart out to Him, taking the amidah slowly and talkingg to Him word by word. At the same time I had some major lusting after my wife. I had to surrender it quite a few times and still ended up with a wet dream last night.

I don't know if that says something bad about my recovery or my avodas Hashem, or both or neither. But I do have this niggling feeling that I am still too much about me. The rational, subconscious though it may be that I had a great teffilah look at me. Now I deserve some TLC from my wife.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 16 Sep 2015 09:12

[MBJ wrote:](#)

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It is good that you're able to put to pen what is truly going on inside your head.

Now, for the difficult part.....

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 16 Sep 2015 13:47

[cordnoy wrote:](#)

It is good that you're able to put to pen what is truly going on inside your head.

Now, for the difficult part.....

I don't even know of that is the problem. I am just guessing right now. Though of course removing selfishness is always a good goal. I also happen to be very narcissistic and I can't help but taking pride in my tefillah, which if you think about it, is beyond absurd and the height of hypocrisy.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 16 Sep 2015 20:04

BH tonight was better. Some lusting, but more manageable. I had a good talk with Hashem this afternoon. It helped a lot.

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Re: MBJ's 90 day (and more) Journey
Posted by aryehdovid85 - 16 Sep 2015 22:15

MBJ

Great to hear u r doing better. Yes,we all deserve TLC from our wives!!!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 16 Sep 2015 23:02

[aryehdovid85 wrote:](#)

MBJ

Great to hear u r doing better. Yes,we all deserve TLC from our wives!!!

Shhh! Don't say that too loud. I may actually believe it. Then I will be back where I started.

I used to have a mantra that I stopped using, but I realized I have to start it up again.

Eli, no one cares what you want or think you deserve so shut up and do your job.

It works wonders for me when I start getting too self-pitying.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 17 Sep 2015 00:34

personally, i can never go into such thinkin'.

It will send me spirallin' down the twin hyenna holes of.....

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 17 Sep 2015 07:01

[cordnoy wrote:](#)

personally, i can never go into such thinkin'.

It will send me spirallin' down the twin hyenna holes of.....

Which one? That no one cares? Funny, because that thought is very calming for me. Gives me real serenity.

To each their own screwed up mind

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 17 Sep 2015 08:17

[MBJ wrote:](#)

[cordnoy wrote:](#)

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Which one? That no one cares? Funny, because that thought is very calming for me. Gives me real serenity.

To each their own screwed up mind

No; the one that we need or deserve tlc from our wives (plural?).

I don't deserve diddly.

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

Posted by MBJ - 17 Sep 2015 08:34

Oh yea, me too. Sends me to very very bad places.

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