

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 markz - 27 Sep 2015 17:37

You have a ???? of 3x 90 days. INCREDIBLE.

And today's sobriety also deserves a mazel Tov!!!

Can you share what tools you found were most beneficial to your 'healing'

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 27 Sep 2015 18:43

[markz wrote:](#)

You have a ???? of 3x 90 days. INCREDIBLE.

And today's sobriety also deserves a mazel Tov!!!

Can you share what tools you found were most beneficial to your 'healing'

Strange....but I think I have two chazakos of 90 days.

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Re: MBJ's 90 day (and more) Journey
Posted by markz - 27 Sep 2015 19:37

If this was a Torah&Chizuk poster I'd tell you that we hold like Rav lechumra that 2x is a chazaka

But as one of the balaba tim, I can tell you, Cord' you have a much better chazaka!!

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Keep it up

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 28 Sep 2015 17:31

I think cordnoy means that he has gotten to 90 6 times.

If you want to know the tools i have used read this thread. But mostly it is keeping my eyes and thoughts clean and trusting in Hashem.

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Re: MBJ's 90 day (and more) Journey
Posted by yehoshua - 30 Sep 2015 08:30

So how are u doin?

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 30 Sep 2015 18:08

[yehoshua wrote:](#)

So how are u doin?

Right now I am sick, tired and hungry. But I am happy and content. And therefore bH i am doing great. Its nice to hear from you yehoshua. How are you doing?

Remember: current clean streak is 1 day.

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Re: MBJ's 90 day (and more) Journey
Posted by yehoshua - 02 Oct 2015 07:57

Thank you for the "right back at 'ya question". I am sick too, tired too, but Baruch Hashem I am not hungry. I am happy too, but not content. Wait, maybe I am not happy. Sorry to write it, it's this moment.

These beginnings are soooooooooooooooooooooo hard.

But this question: "How are you doing?" is for an addict so beautiful, because it gives belief that there is hope.

So thank you.

I remember.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 03 Oct 2015 20:59

Beginings are always hard. But as long as I am happy with my life I am ok. When I start to find flaws there are problems.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 06 Oct 2015 08:55

Current streak: 1 day. This time for real.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 11 Oct 2015 17:11

And again. 1 day. The last 4 falls have been the exact same circumstances. So I made a pseudo-taphsic. I took on a something to do, bli neder, before I start to engage in the action that leads to my falling. I feel like I need to stop and think before I act. The impulse is strong, so I need a buffer. I did it bli neder because I am terrified of nedarim.

In addition I have been depressed recently. Been feeling entitled and consequently underappreciated. Also unproductive and hopelessly wrong about every decision. So not a good combination.

I realize that the latter is more the underlying problem whereas the former problem is simply the expression of the symptoms. Nevertheless feeling very unconnected to my higher power. Which of course is my fault because I am not putting in the work. Another thing to add to the list that is my fault. (Now I am being self pitying)

Also my phone buzzes several times a day with another attack. I wonder if one of those buzzes will be that I was run over or stabbed waiting for my bus. Last incident was not so far from me. I also wonder if my dying thought would be thank you Hashem for ending it. But that is fantasizing, also bad for my sobriety.

Don't worry you all I am not going to off myself. I am not even close to that. I just need to write out my thoughts now. It gives me perspective. I need to do my thank yous. It has been too long.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 11 Oct 2015 18:52

I did my thank yous and listened to Rav Twersky. Feel much better.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 12 Oct 2015 09:49

[MBJ wrote:](#)

I did my thank yous and listened to Rav Twersky. Feel much better.

Nice

Email me if you want a quick meet.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 12 Oct 2015 10:18

Pathetic part is I don't even really enjoy it anymore. I just feel like crap afterwards, even if I am floating for a few moments during. The juice is definitely not worth the squeeze. I know this yet there I go acting out anyway.

Just got to keep guarding my nose.

Before I forget again: Thank you Hashem for creating this amazing planet that has the perfect location and atmosphere to keep its water in liquid form over most of its surface.

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

Posted by MBJ - 18 Oct 2015 11:47

So I fell again on wednesday night. A bad one. Went to a bit of porn along the way.

Then thursday night I ws home alone and boy did I want to fall. But I am tired of falling. So I decided that I didn't want to. But man I really eanted to. My arms were itching to masturbate. My eyes wanted to see some porn. So I explained the situation to Hashem. I told Him how much I ached to act out. But that I didn't really want to. I asked Him for help to keep my hands aey from the wrong places and my eyes from looking for the bad things. A miracle happened and the urge went away. I felt wonderful because I can stay sober at least for just today.

Then erev Shabbos and I am going to shower and I wanted to fall again, like the last few ervey shabbos/chag. This time I said I can stay sober just for today. I asked Hashem for help and started singing popcorn and didn't even think about masturbating again.

I feel great now. Better than I have in a while. I don't know if it will take long term. I do know that I can stay sober for just today.

Thank you Hashem for creating the capacity in me to hear and appreciate the complicated patterns of music and then recall and reproduce it with my voice so I can sing in the shower. (though popcorn is not really singing)

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