

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 MBJ - 01 Nov 2016 14:52

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[YidFromMonsey wrote on 01 Nov 2016 14:02:](#)

You're not giving us newbies a lot of hope here

Don't take it that way. I am just being a bit melancholy. We always have such high hopes for ourselves.

I listed some pretty amazing changes that I have undergone in the last 4 years that seemed all but impossible at the time. But I also know in some ways I have been lazy about my recovery. Taking things for granted that I shouldn't. Not implementing important lessons I have learned along the way.

Like I said I am suffering from my own bias. If you want to see the real progress I have made read through some of my thread. (Not all, it is really long already.) I am sure it is not as bleak as I feel. Perhaps I should follow my own advice. Maybe it'll give me some perspective.

Even if I am not a source of inspiration there are so many other here who are. But ultimately your recovery is what you make of it.

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 01 Nov 2016 15:07

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You are a tremendous source of inspiration.

you played a strong role in the fact that I have been sober the past two years and my sobriety in general for the past 3.5.

You have went thru tons.

I hope people read your story.

And again.

You also have gained tremendously.....even ask your wife and kids.

Why don't you simply list the changes that come to your mind?

I recently wrote a gratitude list and it numbered 100 without too much thinking.

Continued hatzlachah

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Re: MBJ's 90 day (and more) Journey  
Posted by Shlomo24 - 01 Nov 2016 15:10

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Thank you for your post, MBJ. While it may not be the most uplifting, it was honest and sincere. We could use some more of that in this world and in these forums. Considering you're struggling still, do you have a plan for the future? I hate to say this, but so long as one isn't trying to change, I don't really give any weight to their complaints or issues. I know that I can't change anyone and if someone isn't trying to do that himself then all I can have is empathy, but nothing more.

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Re: MBJ's 90 day (and more) Journey  
Posted by Gevura Shebyesod - 01 Nov 2016 15:54

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Sometimes the road is muddy and bumpy, it's foggy, the wipers don't work, the transmission won't get out of low gear. There's traffic backed up for miles. It looks like we will never get there. But all that matters is to drive in the right direction. The journey IS the destination.

KOMT!

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 01 Nov 2016 16:27

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[Gevura Shebyesod wrote on 01 Nov 2016 15:54:](#)

Sometimes the road is muddy and bumpy, it's foggy, the wipers don't work, the transmission won't get out of low gear. There's traffic backed up for miles. It looks like we will never get there. But all that matters is to drive in the right direction. The journey IS the destination.

KOMT!

It looks like we will never get "there."

The journey is the destination.

"There" is the journey.....nothing else.

There is no pot of gold waiting.

There are no 70.....whatever, not even one.

Simply put....which way is the car facing right now?

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 02 Nov 2016 07:40

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Thank you guys for the kind words and chizzuk. It means a lot especially coming from you guys. I know you are right. Like I said we have such high expectations for ourselves. But recovery is about living in reality not fantasy. So while I may not be living up to the fantasy of what I should be. I have to be happy with the reality and keep the car pointed to the destination that can only be reached after 120 years.

Thanks

Eli

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Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 02 Nov 2016 13:14

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[MBJ wrote on 02 Nov 2016 07:40:](#)

Thank you guys for the kind words and chizzuk. It means a lot especially coming from you guys. I know you are right. Like I said we have such high expectations for ourselves. But recovery is about living in reality not fantasy. So while I may not be living up to the fantasy of what I should be. I have to be happy with the reality and keep the car pointed to the destination that can only be reached after 120 years.

Thanks

Eli

Il am dealing with some of this stuff outside of this issue as well, and therefore I will nitpick again. Yes, there is a destination of after 120, but that is not the one we should be focused on "?????". The destination is the present moment. It is the direction the car is facing and moving. It is the moment we make the correct decision. That moment. It is not only a slogan....it is living

life. That is the way a messed up guy like me needs to live.

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Re: MBJ's 90 day (and more) Journey  
Posted by gibbor120 - 03 Nov 2016 20:55

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It sounds like a lot has changed. Growth is slow. We don't see it as it happens. But, you mentioned many differences between 4 years ago and now. If that is not progress, I don't know what is?! You have a lot to be proud of. Keep Trucking.

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 08 Nov 2016 12:21

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I was listening to a shiur last night and he mentioned the maaseh with Amnon and Tamar. The Rav was talking about the strange emotions of Amnon that went from lovesickness before he raped her to extreme disgust afterwards. I never had a problem understanding that specific story. All too many times I have had a desire so strong that I just could not control myself. I would be shaking with the desire. Then as soon as I was finished I find the thing so disgusting and myself so disgusting.

I remember the first and only time I bought a porn VHS. I planned and plotted. Timed it so no one would see, went to a place where no one would know me. Even if they did I had my excuse for being there. Put on a baseball hat and a hood, c"v someone should know I was a religious Jew. Then I had it and I was so excited. After I watched it and maturbated I was so disgusted I destroyed it right then. I ripped out the tape. I cracked the case. I shredded the box it came in. It truly was disgusting. But before the act it was so special so sweet. The best thing I ever bought.

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Re: MBJ's 90 day (and more) Journey  
Posted by gibbor120 - 08 Nov 2016 20:08

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Well put. I can relate.

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

Posted by MBJ - 15 Nov 2016 08:21

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I got to 90 days again. Yay. I have to give my thanks to Hashem because I literally did nothing. I said to Him if He will do all the work for me again I will gladly do another 90 days.

Oy vavoy to me if I start doing any of the work by myself. That will be the day that I will be a step closer to falling again.

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

Posted by cordnoy - 15 Nov 2016 22:36

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[MBJ wrote on 15 Nov 2016 08:21:](#)

I got to 90 days again. Yay. I have to give my thanks to Hashem because I literally did nothing. I said to Him if He will do all the work for me again I will gladly do another 90 days.

Oy vavoy to me if I start doing any of the work by myself. That will be the day that I will be a step closer to falling again.

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

Posted by MBJ - 10 Dec 2016 19:57

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It says on this week's parsha

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Sometimes when I take stock of all the bracha Hashem has given me in my life I become scared. I know I have done nothing to deserve all the amazing hashgacha pratis that He shows me. I fear one day He will decide that I have been given enough matnas chinam and take it all away. Like it was a loan to see what I did with it. I fear He'll say that I am not showing enough return on His investment in me and will decide to sell. I know I can't control that but it scares me nonetheless.

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Re: MBJ's 90 day (and more) Journey  
Posted by yiraishamaim - 10 Dec 2016 23:51

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We are never truly deserving of Hashem's gifts. This is another trick of the yetzer harah coming to you so you cannot be oved hashem b'simcha.

KOT with your head up high and let those cheshbonas not be on your mind.

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