

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 alot 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 mz"l, 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 no where. 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 habbit. 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 - 10 Sep 2017 18:40

I don't need sex to live. I don't need orgasms to live. I have no right to expect affection. I don't need my wife's affirmation.

But maybe I do. Maybe as a human being I need touch. Maybe I need to feel connected. Maybe some of that feeling has to be on my terms for it to really mean something to me and not just on my wife's terms.

5 languages of love was actually a very powerful book for me. It put some things really into place. So I try to give my wife love both in her language so she appreciates it and in my language where I can express myself better. Maybe I need some love in my language too so that I can feel that connectedness.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 09 Oct 2017 07:51

I have not been very successful these last few weeks.

I finally figured out why I can't stay stopped. This is very hard to understand to please follow closely. The reason is that I don't want to stop. I know its very complicated.

Now the real question is why don't I want to stop? I can't imagine it is for the pleasure, the pleasure is just so so. The escape is fun, and that might be a factor. The real reason I think is resentment. I started on the forum 5 years ago. I was a broken Yid, RBSO why can't I stop. I need your help. Along the way I learned that my actions where toxic to my marriage. That all problems in my marriage where my fault. Then I read how people would stop pressuring wives for sex and help out more and they had these magical turnarounds. Suddenly their wives we're more loving and kinder. And of course more interested. So I said I can do that too. I started helping even more, being more patient, never asking for sex. While my marriage had less negative interactions, there weren't more positive ones. I said ok it may take time, I have a lot of ground to cover. I waited a year, 2 years, 3 years. Nothing. I am tired of waiting. I want those promises, I want those blessings. I want a loving wife. So I am angry and hurt and tired, oh so tired, and lonely and sad. So I act out, as revenge against her, against Hashem, and to escape for a few minutes to the images women who do hug and do kiss, and more.

I could go on and I will, but later.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 09 Oct 2017 12:57

I understand and feel for you.

I am still waitin' to find love....in the bedroom and out.

Have there been better times in the past few years than beforehand? Yes.

Have I been (now) more comfortable in my head (than in the active lustin' days)? Yes.

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Re: MBJ's 90 day (and more) Journey
Posted by LoveU,Hashem - 11 Oct 2017 21:45

MBJ,

I am new here. You have been around for years. I wanted to pop by and say hello. I have read quite a few pages of your long and hearty journey. I am far from finished, butt what I did read was extremely inspiring. Many of your posts brought me to tears, and encouraged me to do my share in giving for my wife. It is so sad to hear that you have not made any progress. I really feel for you (although my sympathy cannot be cashed in the bank..). It must be difficult to rejoin a group that it's members have changed drastically. Probably most of your old penpal's around here are gone. But still, your journey have given me great chizuk. Please, keep on posting. Maybe also give a brief summary of the past five years for those who can't read through 38 pages of posts.

I look forward to hear from you! And may Hashem be on your side all the time!

Yitzchok

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Re: MBJ's 90 day (and more) Journey
Posted by Hashem Help Me - 15 Oct 2017 13:32

Such raw honest pain. So understandable. But you still want to stop. Have you tried speaking with someone about the attempt you made and the dismal results?

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Re: MBJ's 90 day (and more) Journey
Posted by yiraishamaim - 22 Oct 2017 03:20

[cordnoy wrote on 09 Oct 2017 12:57:](#)

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Have there been better times in the past few years than beforehand? Yes.

Have I been (now) more comfortable in my head (than in the active lustin' days)? Yes.

Wise words, A winners attitude. Finding success in any area of life and in so doing drawing inspiration.

Thanks for the post.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 30 Jul 2018 13:09

Been a real long time. Not a good time either in the department that this site deals with. I was masturbating at least 2 to 3 times per week. I guess I had enough already and spoke to Hashem again. It's been a while. I was able to finally get a bit of traction and have now been free of porn and masturbation for a month. Woohoo. It feels nice for a change.

I realized that I never really surrendered my lust, I simply loaned it away for a while, fully expecting to get it back at some point, in a "kosher" way of course. Well the kosher way didn't come to I took out back the not kosher way.

I was feeling angry and frustrated at my wife so I decided to say some thank you's to Hashem. I thanked Him for my kids, my job, my house etc. I could not say thank you for my wife. Then I got angry again, and also confused since my wife is from Hashem and therefore worthy of saying thank you for her. This happened for two or three days. Then on the following day I said all the thank you's and then I said thank you for a wife that allows us to work together to raise such amazing children, and they truly are. This was the begging of a crack in my resistance.

Still I have been pulling away from her recently, tired of getting smacked down and rejected. I realize now that has been a mistake. It goes back to a lesson that I had learned a while ago but forgot. It is my job to make her happy, not necessarily the other way around. Still it's lonely.

I know, go get help. I don't need that comment, I already know it. I am posting for me. To get my thoughts out of my head to sort them out. It's just how my brain works.

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Re: MBJ's 90 day (and more) Journey
Posted by lionking - 30 Jul 2018 15:04

Hi, Welcome back,

Don't drop put for another 3 years.

I don't have much to say to you. I will just suffice with a quote from yours truly.

[MBJ wrote on 06 Sep 2017 20:01:](#)

Thank you guys so much for digging that stuff out. I should read my own posts sometimes. I forget the lessons I learned in the past because I stopped living them.

Cordnoy, that was an amazing post by Dov that you posted. Thanks for bringing it here

I am glad to be back on this forum.

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

Posted by Dov - 30 Jul 2018 15:31

You wrote:

It goes back to a lesson that I had learned a while ago but forgot. It is my job to make her happy, not necessarily the other way around. Still it's lonely.?

Just a comment on that for you, based on our experience and the suggestions of some wise people in and out of Program:

It is never our job to make our spouses happy. We believe it is our task to do right by our spouses. To 1- be honest with and true to them, to 2- put them first in our lives ahead of our children and all other people, and to 2- be good to them.

Learning what's truly good for them and how to do those 2 other things often takes us some time. And the rest of our lifetime includes working to improve our performance.

But whether they are happy, is 100% their choice and not our task. And that's an important fact for us because when we cross that line of taking responsibility for someone else's feelings onto ourselves, things get confused and fake. Blame ensues both ways. It's just a dumb way to live, for us.

That's not to say that we don't *care* about how the other person feels! But there's a fine line of codependency here.

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Re: MBJ's 90 day (and more) Journey
Posted by mzl - 30 Jul 2018 16:22

[MBJ wrote on 30 Jul 2018 13:09:](#)

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Why do you think she's doing that? Is she angry and being vindictive? Do you turn her off because you are old or overweight but she doesn't want to hurt your feelings? Does she not love you but thought you would be someone to lean on? Does it bother her that you need it so badly because if she doesn't give it to you that implies that she's a horrible person?

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 30 Jul 2018 16:59

[mzl wrote on 30 Jul 2018 16:22:](#)

[MBJ wrote on 30 Jul 2018 13:09:](#)

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Mzl, have you read his thread?

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Re: MBJ's 90 day (and more) Journey
Posted by mzl - 30 Jul 2018 17:03

No.

But since he says it hurts when she rejects him that tells me that her rejecting him doesn't make sense to him.

It should be okay to ask questions ...

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 30 Jul 2018 17:28

[mzl wrote on 30 Jul 2018 17:03:](#)

No.

But since he says it hurts when she rejects him that tells me that her rejecting him doesn't make sense to him.

It should be okay to ask questions ...

Il don't agree.

People strugglin' here and in recovery are extremely sensitive. Maybe he minds, maybe not, but if you wanna help at all, please have the decency to read some of their previous posts before tryin' to help.

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Re: MBJ's 90 day (and more) Journey
Posted by JoyOfLife - 30 Jul 2018 19:07

[MBJ wrote on 30 Jul 2018 13:09:](#)

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I know, go get help. I don't need that comment, I already know it. I am posting for me. To get my thoughts out of my head to sort them out. It's just how my brain works.

Good for you for posting again. Post to your hearts content if that helps you. Hashem should give you the siyata dishmaya and clarity you need. Behatzlacha

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