

My days (even more then 90)

Posted by needtoquit - 10 Jan 2013 09:02

I have been working on the Wall of Honor for 6 months now. On my first try I reached 90 days, but then over Succos I fell (hard as is always the case) a number of times. I have since been trying to regain my ground but been having a hard time. I made it to 5 weeks again and then about a month ago I fell again and have been staggering around since. See [here](#) for more of my story.

I have finally started up again strong at the very end of December and am now on day 17. One idea which I saw and liked was the \$90 for 90 days. So I am doing it with a twist. If I don't finish the 90 days I will give a dollar for each day which I stayed clean to a "tzedaka" which I really don't support. (It is a valid tzedaka just one whose mission I disagree with.) I have been starting to have a hard time the last few days and thought that posting was in order. So, I decided to make a real log of my journey. But not just 90 days clean but Biezas Hashem for many more.

Thanks for reading and Hatzlacha to you all.

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Re: My days (even more then 90)

Posted by AlexEliezer - 03 Jun 2013 19:55

I simply can't see how a lust addict can watch actresses on TV and in movies and remain sober. They are the very drug. Perhaps a lower dose, but the drug nonetheless. He who feeds it is hungry.

If you're depressed, take positive actions, not negative ones. Take a long walk. Exercise. Straighten up your room or house. Do a project around the house or yard. Get together with a friend. Daven a personal tefillah in English.

I would also recommend a book called Feeling Good by David Burns. It teaches you how to think positively and talk positively to yourself. You simply can't be depressed when your mind is brimming with positive thoughts.

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Re: My days (even more then 90)
Posted by Chachaman - 03 Jun 2013 20:57

its very good that you came to the realization that the addiction fills a certain void. that's the essence of recovery: no need to apologize for anything!

just don't beat yourself up--we all get depressed sometimes. today is a new day, this minute is a new minute, and its counterproductive to beat ourselves up.

Sometimes if we quit Tv cold turkey, its too hard, and then we binge. Cut it down slowly--epiaodes don't build on one another. Say "I'll watch every other episode", try it for a while, and slowly build up other areas of your life.

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Re: My days (even more then 90)
Posted by needtoquit - 11 Jun 2013 09:38

48 Up. While that is great I really need to work still. (Also, I need to post because I'm almost off)

[AlexEliezer wrote:](#)

I simply can't see how a lust addict can watch actresses on TV and in movies and remain sober. They are the very drug. Perhaps a lower dose, but the drug nonetheless. He who feeds it is hungry.

Yes, of course you are right. However, in the moment it isn't really the lust part of my brain which is pushing me to watch it (usually, and at first. Ok so maybe I'm lieing to myself. I'm to tired to think about it now, but I'll have to really think about it later.). Yes, it is likely a just as insidious part but not this part.

I'll have to continue another time because it's really late.

Hatzlacha to us all!

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Re: My days (even more then 90)
Posted by gibbor120 - 11 Jun 2013 18:59

ayzehu chacham, haroeh es hanolad

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Re: My days (even more then 90)
Posted by AlexEliezer - 11 Jun 2013 22:36

Amazing streaming video shiur by Rabbi Zecharia Wallerstein about the root of the problem with the internet and other electronic media, and why filters are not the answer.

[www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia_Wallerstein/2012-06-20/Korach: The Truth about Happiness/Rabbi_Zecharia_Wallerstein_Korach: The Truth about Happiness_2012-06-20.wmv](http://www.torahanytime.com/scripts/media.php?file=media/Rabbi/Zecharia_Wallerstein/2012-06-20/Korach:_The_Truth_about_Happiness/Rabbi_Zecharia_Wallerstein_Korach:_The_Truth_about_Happiness_2012-06-20.wmv)

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Re: My days (even more then 90)
Posted by needtoquit - 12 Jun 2013 03:49

I'm not sure if this will help but it's worth a try:

I admit that I suffer from not really living. It was what drove me to masturbating, porn, erotica, movies, TV, internet, sleeping through *shacharis* and *seder*, depression, laziness, and just

about every other think which I have done wrong in the last number of years.

OK, now that I got that off my chest, what am I supposed to do about it? I was reading the forum recently and realized I should really consider going through the whole GYE handbook. Is that what it is really about, living?

I was reading some of Dov's posts about honestly and especially his story about Captain Kirk in the [Dov thread](#). (Thanks Gibbor120!!) He pushes hard for people to use their real names and I decided that he's really right. However, I'm not ready to admit to the world (i.e. the guests who visit he looking for who knows what but don't really care about it enough to join) who I am and my life story. However, I just found this awesome feature in the formatting section when posting which allows for content to be hidden from guests. So, Something is hidden for guests. Please log in or register to see it.

Hatzlacha to us all!

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Re: My days (even more then 90)
Posted by Chachaman - 12 Jun 2013 04:03

I see a yellow box; I will log off and see if I still see it.

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Re: My days (even more then 90)
Posted by Chachaman - 12 Jun 2013 04:05

It says

"Something is hidden for guests. Please log in or register to see it."

When I am a guest.

It works!!! Baruch Hashem!!!!

I don't know why there are so many guests--why don't they just sign up for heaven's sake???

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Re: My days (even more then 90)

Posted by Gevura Shebyesod - 12 Jun 2013 04:23

Lots of people find the site and read for a while before they sign up. When I found the site I lurked for like 2 months before I had the guts to sign up and post my story. But during that time I was already working on being clean and getting tons of chizuk from reading the posts.

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Re: My days (even more then 90)

Posted by needtoquit - 12 Jun 2013 06:25

[Gevura Shebyesod wrote:](#)

Lots of people find the site and read for a while before they sign up. When I found the site I lurked for like 2 months before I had the guts to sign up and post my story. But during that time I was already working on being clean and getting tons of chizuk from reading the posts.

Same here, I spent months before joining. However, when (if) I get up the courage to even just sign my name (it's a combination which is not overly common) I don't really want it so public that anyone who stumbles onto the page or Googles my name can find it.

I'm still not even sure what it will accomplish and if that is something I need. I have been thinking about what I can do to live life more fully instead of escaping into whatever my escape hatch is.

Thinking back on my past hobbies and things I used to do, I realized just how much they were ways to escape my reality. From playing with Legos and using my imagination to escape into the little world of the minifigures well into my teenage years, to playing handheld video games instead of going to seder in high school, to locking myself in my dorm room or bathroom to watch movies on a borrowed iPod in Bais Medrash, to watching hours and hours of action and superhero movies and TV shows, to finally the last step of watching porn and reading erotica to escape from my world. Now even on my way back up, I can't am having trouble giving up TV and movies and maybe even turning to them more as something to fill the void left by my lusting.

What is it that I'm trying to escape? That is the thing which has really been bothering me. I have a really great life in many ways. Sure nothing is perfect but all in all, it's certainly not the type of). And yet there is something which is clearly distasteful enough that I'm trying to escape it.

Just mussing, not sure that anyone but me can really answer most of these questions but it really does help to get them written down.

Hatzlacha to us all!

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Re: My days (even more then 90)

Posted by gibbor120 - 12 Jun 2013 22:29

[needtoquit wrote:](#)

life that I would want to end (at least not for the last few years

What is it that I'm trying to escape? That is the thing which has really been bothering me. I have a really great life in many ways. Sure nothing is perfect but all in all, it's certainly not the type of). And yet there is something which is clearly distasteful enough that I'm trying to escape it.

Did you suffer any trauma as a child? Divorce, harsh criticism, perhaps something more subtle that left you feeling bad about yourself???

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Re: My days (even more then 90)
Posted by Chachaman - 13 Jun 2013 07:15

Great insight, needtoquit! That was very helpful for me too!

It took me a while to figure out stuff. I found reading page 15 on "Gibbor120's home" to have very helpful insights about self-esteem.

Personally, I've always had a need to rationalize why I'm a tzaddik to myself, why other people should see me as a tzaddik, and I've always tried to hide insecurities or faults. What Gibbor120 wrote really resonated with me.

I've also had some issues relating social isolation.

But really, I have a great life. That's kind of the chiddush: there's no need to escape life! We can just go out there and live it to the fullest, enjoying the sweetness of Torah.

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Re: My days (even more then 90)
Posted by yehoshua - 13 Jun 2013 11:52

hm, like reading my life story a bit. But do you get your work done?

I mean sure it isn't the best way to live watching telly, but then again look at Tarantino. Watching

movies is all he really did and then started making his own movies. BTW sorry about bringing Tarantino up, he is very graphic and Inglorious Bastards was just way off....

Anyhow I am just saying it might not be so wrong to watch TV, play video games and watching a little bit of nudity. I mean really!!!!

But I am must also say this: I AM AN ADDICT, AND I CAN'T AFFORD TO WATCH A LITTLE BIT OF NUDITY. I go crazy after that and I found I must go through the 12 steps right there. When a thought arises in my head I need to get up and pray to Hashem and ask Him like you would ask your buddy to pass the salt.

So there, forgive me to say this, but not all men are addicts because they spend some time watching porn. I believe that. It is the same thing with alcohol. I drink after dinner a glass of wine and I am not alcoholic. Really, I am not. But I do like to drink a glass here and there.

But porn and masturbation. I can't take a sip. I can't. And for me it starts when I procrastinate and feeling low. So when does feelings arise, I HAVE TO ACT IMMEDIATELY AND ASK HASHEM FOR HELP!

hope this writing helps.... All the best to you!

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Re: My days (even more then 90)
Posted by reallygettingthere - 13 Jun 2013 19:28

[yehoshua wrote:](#)

But I am must also say this: I AM AN ADDICT, AND I CAN'T AFFORD TO WATCH A LITTLE BIT OF NUDITY. I go crazy after that and I found I must go through the 12 steps right there. When a thought arises in my head I need to get up and pray to Hashem and ask Him like you would ask your buddy to pass the salt.

I was thinking this morning about how the moment I see a woman jogging from afar, even if I saw nothing that gets my desires going, I have some sort of Pavlovian response that sets me in ta'avah mode. I dunno, is it simply a psycophysiological (did I just make that up?) response because my brain knows that there are goodies coming up?

Either way, IT DOESN'T MATTER.

If macaroni got my ta'avos started I would need to do what I can to avoid macaroni.

(At the restaurant:

Waiter: Today's special is the baked ziti

Me: AAAAAAAAAAAAAAAAAAHHHHHHHHHHHHHHHH!)

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