

from the bottom up

Posted by confidence - 05 Nov 2013 10:55

After a long, terrible streak of falls the past few months, i've returned. kinda embarrassing actually. I just broke up with a GF after many months. been incredibly difficult the past week and a half. Surprisingly, inspired by the relationship, i've been clean the past 11 days - a long shot from my old habits. it's already a miracle i've made it this far without any slips.

my game plan is taphsic, foruming, chizuk emails, k9 filter and trying to find direction in my life. my life has basically gone to the trash. i'm not finding meaning and feel incredibly distant from G_d due (primarily for intellectual reasons). I'm turning away from all that garbage and trying to find a relationship with Him again that I can be proud of. I'm studying for MCAT these days and am pretty stressed out. Have been using the internet as my escape for many months, which has caused me to push off the test and feel even worse about myself and need further fix to escape.

so here I am, trying to find myself. looking for friends. trying to stay busy after this breakup. took time to mourn and now deleted all pics, letters and stopped correspondence. I'm actually diagnosed with obsessive thinking so leaving this all behind has been tough. Gonna need lots of support in the coming weeks. Hope to make integrate back into the community here.

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Re: from the bottom up

Posted by SIB101854 - 18 Nov 2013 05:10

I was suggesting actually that the poseter recognize his addiction, and proceed in a positive manner. I think that your view of physical intimacy between a husband and wife borders on the demeaning .

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Re: from the bottom up

Posted by Dov - 20 Nov 2013 11:17

Re: confidence - Hey, keep posting, you are gonna make friends here and it will help, be'H. Thanks for the chizzuk and the honesty.

Re: SIB101854 - Thanks for your feedback, too. If you want me to erase it, I'll consider that. But please understand, I was not talking about "sex between husband and wife," but between *addict* and wife. And yes, I think that sex between what I refer to as a sex/lust addict and his wife is actually often demeaning, though it may not seem that way to either of them yet.

Now, you may define 'addict' as practically any guy who masturbates every now and then and struggles with his yetzer hora. But that is certainly not what *I* mean by 'addict'.

In contrast, sex between most *normal* husbands and their wives - regardless of their religion - is probably not usually demeaning, but rather sweet and loving. I was referring to sex *for the man who **is** actually a lust addict and in his active addiction*. And if you wish, I will give you examples of many sex addicts like myself, who have slowly come to see our sexual 'neediness' as the cover over our damaged attitudes toward sex and toward women in general - even toward our own wives, and what that means practically speaking, and what happens to our sexuality after that.

You and I are probably defining addict differently, that's all.

Incidentally, no matter what the GYE Handbook may imply, I do not ever suggest to anyone here that they need to 'recognize their addiction'. Who am I, to make such a determination on anyone else? All I can do is share my experience as an addict, with them, and let them see if it fits.

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Re: from the bottom up
Posted by SIB101854 - 21 Nov 2013 06:54

I would suggest that an addict in the sexual sense is someone who is obsessed about sex, masturbation and porn to the point where his normal sex life almost is nonexistent. I can only tell you that since I have been clean with the support of my Eshes Chayil and this chevra, that the emotional and physical intimacy between myself and my wife is great.

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Re: from the bottom up

Posted by Dov - 21 Nov 2013 14:35

Glad u see success, chaver!

I, for one, see sex/lust addiction not as being 'in a sexual sense', but always 'in every sense'. In other words, I never saw my problems as mainly sexual in nature - *except when I was still in active addiction*. Then, *all* I could see was my sexual and religious/moral struggle - and I assumed that recovery would mean sexual healing above all.

But I didn't get better for years, even though I did all kinds of things to try to fix my sexuality and sexual morality...until things got worse and worse and finally after about 15 years of isolated struggling, found Sexaholics Anonymous and a real, live chevra of people openly staying sober working the 12 steps. Since then, I have been sober one day at a time and personally met hundreds of other frum yidden as well as thousands of gentiles, all with the same exact basic issue and all with the same basic solution.

People who see themselves as addicts and work the 12 steps, generally do not differentiate much between one addiction and another. I'd be perfectly comfortable in an AA or NA meeting simply introducing myself as "Hi, I'm Dov and I'm an addict," and have done that when no SA meeting was available while we were somewhere on vacation, for example.

But more to the point, we generally do not see our basic problem - or our basic solution - as a sexual one. For this reason, none of the 12 steps addresses sexuality - or in the case of alcoholics, drinking. Instead, the only place drinking or not drinking is even referred to is the 1st step. After that, for the next 11 steps, we talk about sanity (step 2), about our relationship with our G-d (steps 3,5,7,11, and 12), and about self-honesty and our usefulness to G-d and others (steps 3,4,5,6,7,8,9,10,11,and 12). The steps and recovery is not about 'not drinking or lusting', and the sexual healing that definitely occurs in most cases, is just a small part of the journey.

And I want to say that while my wife and I have seen great healing and progress in all aspects of intimacy (including sexually), I don't see that as the main fruit of my recovery, by a longshot. It's overshadowed by my newfound sanity! And I mean that seriously, not being kitch.

But it's great that you have found some sexual healing and real intimacy through the work you are doing! All I am saying is that I see addiction as an issue affecting my humanity and sanity, in general, rather than as a thing focused on my problem: sex, alcohol, cocaine, or whatever.

Does that distinction help us understand each other better? It's an important one, to me, so thanks for letting me share it with you, chaver.

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