

MISGABER? or perhaps not yet.....

Posted by misgaber41 - 18 Feb 2014 23:16

So here is how it goes.

BUT !

When I was all of 9 years old, I had a class mate who came from a wealthy family always had more than he needed, his father a very very generous person always gave him extra to share with others, and share he did , but it came with a price tag! he would bribe me to go to the bathroom for a minute in middle of class let him... and he would reward me with whatever he had that day. obviously this didn't happen to often but occasionally this did, without any body knowing of anything!

Now I am not looking to blame anybody for my shortcomings but myself, I should of known better then to go along with this, But... this is the sad reality.

After Bar mitzvah we split up in 2 different Yeshivos, but naturally I was left with a dent and as a result I would have fantasies of all sorts did not have a clear head for a day, but I learned in a very respected Yeshiva was very careful to keep my dignity, made sure to act and talk properly, but inside myself lied a very big secret, many times was I anxious to go talk to a mashgiach about my problem, but my self respect shame and being afraid of revealing my secret kept me back of doing so. I would never drink a ounce on Purim being afraid of letting loose, and maybe I will say something!

So I lived that double life having a name as a TOP BOY and deep down I knew that I was a BOTTOM BOY!

Then came the big blow when I took a office job like 3 years ago and got access to a computer all day long... more need to be said? I found out and filled in all that I have been missing all along after a short while I went from bad to worse My wife kept on asking me what's the matter but of course after so many years of doing this I am quit a good actor and managed to fool her too.

After a while of this behavior and after a deep fall I decided to follow a link from GYE and see

what they have to offer, I didn't sign up the first time cuz I cant unveil my secret but after a few times and realizing that I cant fool MYSELF any longer I gave it a try.

So like 4 months ago I had the privilege of joining this holy community and signed up counting 90 days, chatted a lot, read the forum a lot, and even made some close friends which I speak often on the phone, but I still had convicted myself that I am not as bad as the others here I don't need to open up to the public I am strong enough to keep a low profile and still be MISGABER, oh was I wrong! it helped me for a short time but not a long term solution! I reached 83 days once and then like 28 days but yesterday IO had a big blow!

So after consulting with my dear GYE friends I decided to go public and start counting my 90 days openly and hopefully with the koach harabim I will make it to 120 Years!

thanking you in advance for helping me be MISGABER.

=====

Re: MISGABER? or perhaps not yet.....
Posted by Pidaini - 13 May 2014 20:53

I guess there are different definitions of "battle", I was referring to number 4, which usually doesn't work by me and ends up being a fight "do!" "don't!" "do!" "don....maybe?".....

once I'm there and not doing one of the others, I know that I'm not as sober as I could be.

=====

Re: MISGABER? or perhaps not yet.....
Posted by Machshovo Tova - 13 May 2014 23:34

[TehillimZugger wrote:](#)

Yes. But in option One, you're not fighting, you have trained yourself to look away instinctively.

Even if it may have started as fighting, but after you keep at it for a significant while, it becomes second nature - hergel naaseh tevah. B"H, although I've had other kinds of recent slips and even falls, but for the past approx 2 years my street vision and general vision (including internet vision) has reached a level of looking away instinctively rather than putting up a fight. And that is after many decades of hefker vision. So I know it can be done. For instance, this past Sunday the weather was warm so I went with my wife to the waterfront. We went by train and bus. There were (I imagine) many triggering sights all over, but I appreciated the opportunity to practice vigilant shmiras einayim in all types of situations. And be'ezrat Hashem it was not a challenge. I davened for assistance before I left the house. I looked into a sefer during the trip (and shared some insights with my wife). And at the waterfront (a promenade, not a beach), I concentrated on the water, not on the people. If you go with the attitude that there are no two ways about it - you must guard your eyes, then you can be successful be"H. But if you have an attitude of uncertainty, "will I slip today?" "will I fall today?", then there is a good chance that your prophecy will ch"v be fulfilled.

Hatzlacha

MT

=====

Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 13 May 2014 23:50

#4 doesn't work by you?

Wasn't #4 to look again?

that's the easiest to do!

=====

Re: MISGABER? or perhaps not yet.....

Posted by misgaber41 - 14 May 2014 01:20

All I could say is Im sorry to Yankel for posting what he wrote to me in private. And btw the way I understood what he was saying was that if you are living life in a positive manner then you are not "fighting" you are "living life" yes everybody walks on the street everybody comes across triggers the million dollar question is what comes next. Now the answer to that I would say is, it depends what you did the last few days? what were you focused on? and I see a difference by myself if sit for a few hours/days and watch "stuff" then the slightest trigger will turn me on, and truthfully after such a day I come home and lust after my wife as well. However if it comes after a period of keeping my head focused I wont even be attracted as much and wont have second thoughts, that does not mean I will not fall again but it does mean that I am living life, and not every walk on the street is a war.

So yes I will endorse what yankel said that if a (fierce) fight then its not sobriety!!!

Now just for the record my original question was 'how is the fight "for" sobriety, which in my opinion that is a fight, once you are sober the fight is over.

Once again Pidaini, sorry for steering this storm.

=====

Re: MISGABER? or perhaps not yet.....

Posted by TehillimZugger - 14 May 2014 03:34

[Machshovo Tova wrote:](#)

[TehillimZugger wrote:](#)

Yes. But in option One, you're not fighting, you have trained yourself to look away instinctively.

Even if it may have started as fighting, but after you keep at it for a significant while, it becomes

second nature - hergel naaseh tevah. B"H, although I've had other kinds of recent slips and even falls, but for the past approx 2 years my street vision and general vision (including internet vision) has reached a level of looking away instinctively rather than putting up a fight. And that is after many decades of hefker vision. So I know it can be done. For instance, this past Sunday the weather was warm so I went with my wife to the waterfront. We went by train and bus. There were (I imagine) many triggering sights all over, but I appreciated the opportunity to practice vigilant shmiras einayim in all types of situations. And be'ezrat Hashem it was not a challenge. I davened for assistance before I left the house. I looked into a sefer during the trip (and shared some insights with my wife). And at the waterfront (a promenade, not a beach), I concentrated on the water, not on the people. If you go with the attitude that there are no two ways about it - you must guard your eyes, then you can be successful be"H. But if you have an attitude of uncertainty, "will I slip today?" "will I fall today?", then there is a good chance that your prophecy will ch"v be fulfilled.

Hatzlacha

MT

Wow MT! You're a good guy! Great insights! You should post more often!

{Congrats on the two years!!!}

=====

Re: MISGABER? or perhaps not yet.....
Posted by Pidaini - 15 May 2014 11:14

[cordnoy wrote:](#)

#4 doesn't work by you?

Wasn't #4 to look again?

that's the easiest to do!

I stand, acutally I'm sitting now, corrected!!

The truth is that it's any of the choices if I am "trying" to do it, and not just doing it, then it's a fight, and not what I am looking for in sobriety.

NO hard feeling M41, it actually brought out the best of some of us!

=====

Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 15 May 2014 19:13

Pidaini,

May I humbly suggest somethin' that I suggested to you before?

Perhaps don't have a specific agenda as to what YOU are lookin' for in sobriety. Maybe that is some of the issue.

B'derech efshar....you decided that the only way you will be satisfied is if this addiction to lust is completely "dibbuked-out" (exorcised) from your body and brain. I feel that this is what step 1 is teachin'....acceptin' this fact that this is who we are....this is our dna....will there come a time when with the assistance of God, our dna will change? Perhaps, but acceptance and surrender teaches us that that is none of our @\$%in' business. That is the Ribbono shel Oilam's gesheft; not ours.

What is our job?

Simply one thing.

To remain sober for right now.

We shouldn't give a damn if we used any of the aforementioned options.

We should plan on workin' the steps, or usin' the chevra, or learnin' more mussar, or Tapshik, or whatever.

The goal remains the same.

If we keep this goal in mind, we are not even white-knucklin' like some might argue.

White-knucklin' is when we have a ten-hour period that we are desperately tryin' to get thru unscathed. That is a lot of superfluous pressure on us.

This way, our focus and mission is ONLY on this moment before us....not more, not less.

b'hatzlachah

=====
=====

Re: MISGABER? or perhaps not yet.....

Posted by Pidaini - 16 May 2014 16:42

Thanks Avrom!!

That is certainly something I need to "work" (decide up)on.

I do indeed have a dream of what I want the struggle to look like....I justify it by the fact that it seems that that is what other's are experiencing...

But I guess you are right, and with that I can even give a chassideshe tatch to the AA paradox "We can only have it if we give it away". Those people that I look at and read about probably gave up all their reservations, all their "demands" (that sounds harsh, but that's what it is), all their rights, first and only afterwards were they granted those very dreams...

Thanks again for telling me what I need to hear!!!

(I think you should add "bracha" to your endings, the gedolei hador have endorsed it)

=====

Re: MISGABER? or perhaps not yet.....

Posted by cordnoy - 16 May 2014 18:02

B'hatzlachah brachah

=====

Re: MISGABER? or perhaps not yet.....

Posted by misgaber41 - 25 May 2014 22:09

So after staying clean for 64 days (WOW) what do I have to say to the olom???

Well if I was given 1 thing to say it would in my humble opinion be, Living life is not centered on yes porn or not porn, true when I am busy living life I don't have that desire to lust, but not lusting does not make me live life, I will still have that desire of call it what ever you want that will need to be filled and chances are very strong that it will be ... yes, you guessed right, lust!

What needs to be the focus, again in my opinion, is not what could I do to fight the addiction?

Now without bragging just to mention an idea or 2, add another seder to your day, think of another way that you could be there for your wife and kids (not to mention how much time lusting takes away from that!) how can you improve your tefilah your Shabbos table, keeping the battle on that side, avoids it from coming home to us!!

=====

=====

Posted by misgaber41 - 02 Jun 2014 21:14

But that's not really true cuz, true the first few days I was "stayin away" but after a while that changed from staying away to "living" - truly enjoying life, Staying away from porn wasn't the battle it was just a few days back, so guys if you ask me if Im cured I will clearly say NO! but did it get easier I will clearly say YES! so just stay around it will get easier soon!

???? ???? - ?????????

???" ?????? ????????? ??? ?? ??? ???????? ??????, ??? ??? ????? ??????, ?????? ????????? ???

?????? ???? ??? ?? ?????? ???? ?????? ???? ???? ???????

???? ??????" ???? ?? ????? ?????? ??? ?"?, ?????? ?????? ??? ??? ??, ?????? ??????" ?????? ?"?, ???
?? ?????? ????? ??"?, ??? ??" ???? ??" ???? ??? ?????? ??? ??? ?? ??????? ?????????? ?? ??????"
???? ?? ?????.

A gut Yom Tov to all my fellow friends!

=====
=====

Re: MISGABER? or perhaps not yet.....
Posted by misgaber41 - 17 Jun 2014 22:17

Today I updated my count, now although I know that 90 days is not the solution, and I know that your not there until your there, it still felt good to see it go up to 89. So I went back to read my thread which I started after that last blow and started reading back, I must say it was quiet fascinating to see all that has changed within myself over the last 3 months. Now regardless of where I go from here I have learnt a few lessons. Its getting busy here so Ill explain at a other opportunity, in the meen time thanks to all of you for getting me till HERE!!!!

=====
=====

Re: MISGABER? or perhaps not yet.....
Posted by Pidaini - 18 Jun 2014 23:19

mazal tov, mazal tov, mazal tov!!!

May you be zocheh to grow in being in touch with Real life (Hashem is the only real thing) more and more!!

90 days, is just a drop in the bucket of life!!

KUTGW!!!

=====

Re: MISGABER? or perhaps not yet.....
Posted by Gevura Shebyesod - 19 Jun 2014 00:30

Mazel Tov!!!!

Keep on being Misgaber, one day at a time!!!

=====