

The time is now...

Posted by TzviFree - 11 Aug 2015 16:52

---

I figured I'll introduce myself here, and start writing my (hopefully) 90 day journal as well.

I'm from a yeshivish background, married, and have a couple of children.

I'm 30+, and have been looking at images since I was 10, though my struggles actually started before that. (8? 6?)

The longest clean streak I've ever had since then was about 14 days. That's right. 14 clean days in more than two decades.

I feel like I've tried 'everything.' Therapy, various programs (including something called Candeo, 12 Steps, and other programs)

There are times when I've decided that for whatever reason, Hashem wants me to go through life as an addict. There were other times where I felt that Hashem was rooting for me... Up and down, but mostly down.

I've been treated for depression, and B"H that's behind me. Through therapy I've made a lot of very positive changes in my life. But I just can't get through this addiction.

Although I've tried the Taphsic method before, it just caused me to lose A LOT of money. However, 13 days ago I tried a different approach. I made a neder that I'll give money to Hillary Clinton's campaign if I have a slip. And although the past two weeks have been, well, hell, I've been sober.

Sober, though, is a funny word. I haven't been sober, I just haven't acted out. I know that I have underlying challenges that influence my decision making, where I think that the computer is the best salve for my troubled soul. What my neder has done has given me the time to use other

tools that I've learned along my journey.

Beforehand, it'd be stimulus-response. I feel angry-computer. Stressed?-computer.

Etc. In my mind, really being sober doesn't mean abstaining from the computer. We all know that if my computer was destroyed, I'd still be an addict. Sober, to me, means feeling serene. Able to properly handle the vicissitudes of life without being too shaken. "Veya k'eitz shasul al palgey mayim..."

This morning I had a slip. Well, I define it has a slip, perhaps others wouldn't, as it wasn't so clear cut. As I'm writing this, I'm realizing that although I'm down over this incident, I'm satisfied that it didn't turn out a bad as it used to be. But, true to my neder, I have to give money to Hillary Clinton's campaign. (Do two wrongs make a right?)

I'm not taking my name off the 90 day chart, because I don't think the slip qualifies for that. So my journey continues...

Today is day 14.

My wife is a niddah, and has been for the past three weeks. We had a miscarriage then. We weren't stunned by the news, as we knew early on that this wasn't a viable pregnancy. It still hurt, though.

The silver lining in this is that I have the opportunity to really wean myself off of my dopamine drug. The hard part for me, though, is finding a suitable alternative. So far, music has been helpful. I'm hoping that, over time, my brain just doesn't need the same level of dopamine that I've been giving it for so many years.

Although I'm counting days, I'm really looking at this just one day at a time. I can't get overwhelmed - when I think about NEVER going back to the computer, I get really anxious. So, looking to be sober just for today

=====  
=====

Re: The time is now...

Posted by markz - 14 Aug 2015 03:17

---

Tzvi - I owe you a Thank You!!!

This week would typically have been downhill for me as I have my ups and downs, but the fact that I decided this week to take the plunge and join GYE, and partnered with You saved me - How can I thank you?? And I like the handshake picture!

You wrote "I find I have a hard time 'snapping back' to how I was before the slip. The desires still linger."

My friend - what were you expecting? That the desires will dissipate and cease to exist for the next 14 days? I know you had a picture of a baby earlier - but you weren't born today and past experience tells you that desires still linger and you probably have what I do. I find usually its the opposite. After I slipped once, I'm in slip mode - why not repeat? Who cares? Etc.

Solutions? I find that 90% or more slips occur by me after 11pm. Is that the same by you?

If your answer is yes, I have an idea [which i don't think is mentioned (yet) in the 30 Principles of GYE Program], that has helped me some and Id be interested to to share with you. Let me know if you are interested to hear, and if most slips occur after 10pm?

=====

Re: The time is now...

Posted by Bigmoish - 14 Aug 2015 03:54

---

Welcome mark!

Have you thought about starting your own thread?

=====

Re: The time is now...

Posted by TzviFree - 14 Aug 2015 14:10

---

---

[markz wrote:](#)

Tzvi - I owe you a Thank You!!!

This week would typically have been downhill for me as I have my ups and downs, but the fact that I decided this week to take the plunge and join GYE, and partnered with You saved me - How can I thank you?? And I like the handshake picture!

You wrote "I find I have a hard time 'snapping back' to how I was before the slip. The desires still linger."

My friend - what were you expecting? That the desires will dissipate and cease to exist for the next 14 days? I know you had a picture of a baby earlier - but you weren't born today and past experience tells you that desires still linger and you probably have what I do. I find usually its the opposite. After I slipped once, I'm in slip mode - why not repeat? Who cares? Etc.

Solutions? I find that 90% or more slips occur by me after 11pm. Is that the same by you?

If your answer is yes, I have an idea [which i don't think is mentioned (yet) in the 30 Principles of GYE Program], that has helped me some and I'd be interested to to share with you. Let me know if you are interested to hear, and if most slips occur after 10pm?

I'm glad that you found this thread helpful, thank you! I'd love to hear your ideas, feel free to PM or post them if you'd like.

### **Today is Day 2**

Yesterday was rough. Coming off a slip, all I could think of was the images dancing around in my head. Additionally, I have a lot of free time now, which makes for a volatile concoction. I read, I listened to music, and generally tried to distract myself.

But you know what I didn't do? I didn't daven. Not out of spite, but out of habit. I go to minyan,

but my mumbles barely represent the turmoil in my soul. Like any relationship, my relationship with Hashem is complicated. There's a lot of bitterness on my part, "Why did you put me through what I went through in my younger years? Why do I have to be a sexaholic?"

However, there are beautiful times of lucidity where I feel so connected. Hashem has given me a wonderful marriage, children, friends, social standing, health, and the list goes on and on. I look at my life, at 'what could have been,' and know that Hashem has been holding my hand all along. I was like a blind man, in the dark, walking on the edge of a cliff. By all accounts, I should have fallen off, broke, and perhaps even died.

Yet, here I am! Me'eis Hashem haysa zos, hee niflas be'eyneinu! At so many stages in my life, I truly and honestly had thought I wouldn't be where I am now.

Yet, with all this, I find davening to be difficult. Besides the fact that generally teffila is one of the four things that need constant chizuk, (which, perhaps, may mean that the relationship with Hashem needs constant chizuk) I find that I have other impediments.

Recently I realized that part of me doesn't believe that I am *allowed* to have a relationship with Hashem. That, as one of His children, I am *deserving* of a relationship.

I've been accused of overthinking things. Perhaps...

P.S. I plan on counting this as day one, as technically my slip was on the morning of Thursday. It's semantics, but this way I can say I had a 15 day streak :D

=====

Re: The time is now...

Posted by markz - 24 Aug 2015 01:34

---

Hey Tzvi - I hope you're rowing strong on this Guard Your Eyes Steamliner, on your way to 16+!

Please checkout the new GOOD-NIGHT-BLOG I posted

[guardyoureyes.com/forum/1-Break-Free/262276-THE-GOOD-NIGHT-BLOG](http://guardyoureyes.com/forum/1-Break-Free/262276-THE-GOOD-NIGHT-BLOG). You're invited to partner on this ambitious blog. I'd really appreciate if you'd consider to join the blog to 'moderate' me any times I feel the urgent need to logon after my shut-down time - Although I'm trying my hardest not to find excuses to logon, at times it's really tough...

=====

Re: The time is now...

Posted by shlomo613 - 24 Aug 2015 03:22

---

[TzviFree wrote:](#)

[...]

Yet, with all this, I find davening to be difficult. Besides the fact that generally tefilla is one of the four things that need constant chizuk, (which, perhaps, may mean that the relationship with Hashem needs constant chizuk) I find that I have other impediments.

Recently I realized that part of me doesn't believe that I am *allowed* to have a relationship with Hashem. That, as one of His children, I am *deserving* of a relationship.

I've been accused of overthinking things. Perhaps...

It's really good that your difficulties with tefilla disturb you.

You've given a number of credible reasons why your tefilla may not be going. Also bear in mind that acting out cools one's cheshek for a connection down immensely (that's not my own assertion).

Something as important as your tefilla certainly deserves to be thought about. If you feel you're overthinking maybe it's better to talk everything through with a wise sympathetic rov? Not hiding your acting out because it's a critical part of the jigsaw.

=====

Re: The time is now...

Posted by TzviFree - 28 Aug 2015 19:54

---

Hello folks... it's been a while.

I've had a bunch of slips. I didn't post, because I was slipping, and I didn't want this thread to be 'TzviFree's 90 days of slips'

It's silly - reaching out to others is one of the tools to help me ground myself, and stay sober. There's so much wisdom on these boards, and I deprived myself of it. The good news, though, is that I'm here now.

Y'know, I've read Steps 1 and 2 about a million or two times, but only today did I get a real feeling for them. I always kind of glossed over them - Yes, I can't help myself, yes, there is a HP that can, etc.

But today, I had a flash of insight. I *really can't help myself!* I always knew it, but today, I *felt* it. For a moment.

I feel like I've been doing everything I can to keep sober, and nothing is working. So I have a new plan. I don't plan on being sober tomorrow. Tomorrow I might slip. However, my goal for today is to be sober.

=====

Re: The time is now...

---

Posted by TzviFree - 28 Aug 2015 20:13

---

[shlomo613 wrote:](#)

It's really good that your difficulties with tefilla disturb you.

You've given a number of credible reasons why your tefilla may not be going. Also bear in mind that acting out cools one's cheshek for a connection down immensely (that's not my own assertion).

Something as important as your tefilla certainly deserves to be thought about. If you feel you're overthinking maybe it's better to talk everything through with a wise sympathetic rov? Not hiding your acting out because it's a critical part of the jigsaw.

I have a very good relationship with my rov, and he is well aware of my struggles. We speak semi regularly, and it's been very helpful. That being said, there's only so much he, or anyone else, can do. If my thinking is warped, though he may help straighten out some of it, there's just many parts of a day that I apply my thinking to.

=====

Re: The time is now...

Posted by markz - 28 Aug 2015 20:51

---

"There's so much wisdom on these boards, and I deprived myself of it."

Tvi,

Ever since I joined this club a few weeks ago (GYE), I come on almost daily to the forum so I don't get deprived - just to read, and it helps me on 2 fronts.

1) There's so many different views and angles discussed that it keeps me focused positively



2) Until I joined the club, what I was dealing with was private, and I grew up with the perception that this is my problem which no-one can understand or help me. By joining the forum and reading daily it totally changes the mindset. There's more to discuss about this. I'd think it a good idea if you try come on often to read different board discussions like I do, and it could really help you too.

??? ????

=====

Re: The time is now...

Posted by Dov - 06 Sep 2015 07:33

---

[TzviFree wrote:](#)

Hello folks... it's been a while.

I've had a bunch of slips. I didn't post, because I was slipping, and I didn't want this thread to be 'TzviFree's 90 days of slips'

It's silly - reaching out to others is one of the tools to help me ground myself, and stay sober. There's so much wisdom on these boards, and I deprived myself of it. The good news, though, is that I'm here now.

Y'know, I've read Steps 1 and 2 about a million or two times, but only today did I get a real feeling for them. I always kind of glossed over them - Yes, I can't help myself, yes, there is a HP that can, etc.

But today, I had a flash of insight. *I really can't help myself!* I always knew it, but today, I *felt* it. For a moment.

I feel like I've been doing everything I can to keep sober, and nothing is working. So I have a new plan. I don't plan on being sober tomorrow. Tomorrow I might slip. However, my goal for today is to be sober.

I feel like I've been doing everything I can to keep sober and nothing is working."

You mentioned reaching out...but then it seemed that by reaching out, you mean posting on this forum...

The forum is great...but as you can see, it is far from a powerful tool for you. Perhaps the inherent weakness of posting from behind a computer using a fake name - to people hiding behind their computers and posting w fake names. Perhaps not. Just a thought from a guy who loves the forums but knows how limited they are for the real thing...and you are in the real thing, sir. Your struggle is not 'virtual'.

So, if you'd like to really start reaching out, i'm just offering as a fellow recovering pervert, that you email me and make this thing a bit more real than posting using a fake name to people using fake names. We could talk on the phone as well. It's OK.

=====

Re: The time is now...

Posted by markz - 02 Oct 2015 12:43

---

Hey Tzvi long time no speak. How you doing these days?

=====

Re: The time is now...

Posted by eslaasos - 07 Oct 2015 18:10

---

[TzviFree wrote:](#)

Like I said, my tastes vary with my mood. I used to listen to non-Jewish music a lot, not so much recently, but (in my opinion) it's hard to find songs focused on feelings and emotions within the Jewish music scene, and I find that those are the songs that help me through my experiences.

Hi Tzvi,

Thanks for your inspiring posts.

I too find music to be a very helpful tool, and it can totally change my mood sometimes. My Rebbi in yeshiva used to tell me to listen to music even in the 3 weeks.

I have a long list of Jewish songs that I listen to frequently that I'd be happy to share, just PM me if you're interested.

One caveat is that Jewish music didn't appeal that much to me when I was also listening to non-Jewish music. I have been "clean" from non-Jewish music for at least 12 years now, so it may be different for you.

Also, there are times when I actually watch Jewish music videos on YouTube, which is much more powerful. My filter is smart enough to block most of YouTube but allows me access to my saved favorites.

Lastly, I've been through some of the things you mentioned, but in different chronology. If you ) BH I am in a very different place than I was, but still have some big hurdles ahead.

Imcha anachnu b'tzarah b'aliyah.

=====

Re: The time is now...

Posted by Dov - 14 Oct 2015 00:31

---

Gevalt, I scared someone off?

It would be a service to explain what that means.

Thanks,

Dov

=====  
=====

Re: The time is now...

Posted by TzviFree - 08 Dec 2015 14:21

---

Hi, it's me...

I've been sober now for 11 days. Been having ups and downs, but the last week + has been great, BH.

More later...

=====  
=====

Re: The time is now...

Posted by kelevshav - 08 Dec 2015 15:35

---

Speaking of music - the Gr"a in divrei hayamim says that the reason why music is called ????? is because music can defeat the yetzer hara.

)

=====  
=====