

Can 90 Days Undo 21 years of damage?
Posted by selfloathing - 16 Sep 2015 14:41

Let's try honesty...

OK here goes...

This is my second GYE account, my other one started 3 years ago. I logged in once, lasted 3 days, fell back into bad habits and never logged in again.... I can't even remember my account information...

A bit of history:

I started looking at pornography at 11 years old, but I didn't really masturbate until I was 16 years old.

I continued for the next 8 years, telling myself that once I got married it would stop...

I got married and that never happened, in fact I would find myself on the computer "taking care of myself" as soon as my wife fell asleep after we were intimate.

Of course this led to guilt and suffering, but I held it in and hid away from the world. I began to hate myself, and it began to affect every thing in my life. I lost confidence in my abilities at work, in my kehila, in my abilities as a father. I became an angry man with a short fuse. I always feel uncomfortable, I can't even be "in" a conversation anymore, I just keep looking for ways to end it, get back on the computer or hide away in the bathroom or...

The trouble is that I work online, my entire parnosa involves me having unfettered access to the web. Additionally, when I tried broaching the subject to my wife, to get to help me get over this handicap, she got so offended it took me weeks to get her to get over it by telling her it was "just a temporary thing" and "i'm over it".

Because of all these excuses, I put any hopes of a cure out of my mind. I told myself I'd do it

alone, make it a couple of weeks, and then cave...

But things changed a few months ago. I lost my job and started sitting online doing stupidities, and fell further into the pit again. Then things got really bad.

I no longer desired intimacy with my wife, or any physical contact at all. I started preferring the computer and watching these sites to spending time with my wife. Intimacy became a chore, I felt disconnected from my family, my community, my wife, myself, from G-D... Even on Rosh Hashana, when I closed my eyes to concentrate on the tefilos or pirush hamilos i would see images or tumah, I literally had to stare at the name "Havayah" by the Aron to chase the images away from my mind, and even that was a struggle...

I can't do it anymore, I need to change....

So I'm back, and this time it will work, because it has to...

This was extremely hard to write. I am a proud man, I never like to show weakness and admitting fault has never been a strong point. So I hope I don't feel stupid after I hit submit...

So I am 6 days clean now, and I already find it hard to focus on work on anything... I hope I can do this, I don't know what I would do if I fail....

=====

Re: Can 90 Days Undo 21 years of damage?
Posted by selfloathing - 21 Sep 2015 00:34

Hey All,

Thanks for the advice, I welcome all insight and suggestions...

B"H I am working it out...

Still clean, can't really talk much now, but will IY"H log back in tomorrow.

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by Angel - 21 Sep 2015 10:10

Selfloathing, i got really frustrated a while back and that was the real beginning to my ending. I am cleaner than I have ever been in my entire postpubescent life. The big difference between now and then, for me , is that a few months ago I got really upset at myself. Usually I get depressed and dissapointed and close up for the rest of the day but this time was different. I was upset at myself but not for being a hypocrite but rather for letting something so below me take me over. I realized when I quit smoking a while back that I never felt ashamed to smoke but when I quit I felt above it so I felt like being above it was my place and not lowering myself to that level. The same applies for porn/ masturbating etc. I am above it . My father is the king of the universe. I don't want to lower myself to such dirt .I am way above it. I trult feel that having this self worth mixed with that anger truly helped me overcome my addiction (so far bli ayin hara)

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by eslaasos - 21 Sep 2015 14:45

[Angel wrote:](#)

Selfloathing, i got really frustrated a while back and that was the real beginning to my ending. I am cleaner than I have ever been in my entire postpubescent life. The big difference between now and then, for me , is that a few months ago I got really upset at myself. Usually I get depressed and dissapointed and close up for the rest of the day but this time was different. I was upset at myself but not for being a hypocrite but rather for letting something so below me take me over. I realized when I quit smoking a while back that I never felt ashamed to smoke but when I quit I felt above it so I felt like being above it was my place and not lowering myself to that level. The same applies for porn/ masturbating etc. I am above it . My father is the king of the universe. I don't want to lower myself to such dirt .I am way above it. I trult feel that having this self worth mixed with that anger truly helped me overcome my addiction (so far bli ayin hara)

Hi Angel,

That's a very interesting point you make.

My turning point was triggered by something else, but once I started making real progress, and once or twice I slipped I experienced for the first time, a real anger against the Yetzer Hara, as if it was an independent being that had deliberately done something malicious to cause me a

It was a new and liberating experience.

Hatzlacha to all of us for continued victories.

=====

Re: Can 90 Days Undo 21 years of damage?
Posted by selfloathing - 24 Sep 2015 19:57

Still clean, but I am having a lot of up and down moments throughout the day. I Slipped last night, saw something in a link that I didn't mean to but I didn't look away for a couple of seconds, will omit what so as not to trigger others. Since then, I have had a renewed "Need" to go to sites I shouldn't. Even intimacy with my wife isn't helping... I am pushing through this but I am afraid I will fall...

=====

Re: Can 90 Days Undo 21 years of damage?
Posted by cordnoy - 24 Sep 2015 20:08

[selfloathing wrote:](#)

Still clean, but I am having a lot of up and down moments throughout the day. I Slipped last night, saw something in a link that I didn't mean to but I didn't look away for a couple of seconds, will omit what so as not to trigger others. Since then, I have had a renewed "Need" to go to sites I shouldn't. Even intimacy with my wife isn't helping... I am pushing through this but I am afraid I will fall...

Sorry to hear that; be strong.

May I ask a question please?

[Yes you may.]

Thanks; why do you think that is (that intimacy with wife is not helpin')?

=====
=====

Re: Can 90 Days Undo 21 years of damage?

Posted by selfloathing - 24 Sep 2015 20:11

[cordnoy wrote:](#)

Sorry to hear that; be strong.

May I ask a question please?

[Yes you may.]

Thanks; why do you think that is (that intimacy with wife is not helpin')?

In the past, when I slipped I tried to hold off for intimacy and some times it worked. But if I hadn't looked at prn in a while it wouldn't and I would go online after she fell asleep and...

So to answer your question:

a) history of a bad routine?

b) withdrawal after a "taste"

c) because I am still fresh on my recovery journey, barely 2 weeks in?

=====

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by selfloathing - 25 Sep 2015 13:56

Still clean!

Managed to avoid a tempting slip last night, and I am feeling good today!

=====

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by eslaasos - 25 Sep 2015 14:29

BH, chazak v'emotz!

Hold on till Shabbos, then you have Sukkos to look forward to.

=====

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by shlomo613 - 25 Sep 2015 16:37

SelfLoathing,

Hi. Maybe you want to change your name to StillFloating? Sounds and spells pretty similar.

All the best.

Shlomo

=====

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by abd297 - 25 Sep 2015 17:10

Wow. You have such strength to finally face your challenges. I can totally relate to the feelings of not wanting to be around people. I also had trouble really focusing on davening on Yom Tov. It was a constant battle between me and my endless thoughts and memories from my past. I have found them to be strong and vivid as ever. You just gotta push through and distract yourself.

Best of luck with all your struggles. Keep us posted.

=====

=====

Re: Can 90 Days Undo 21 years of damage?
Posted by selfloathing - 25 Sep 2015 19:18

When I stop hating myself I will definitely change the name...

=====

=====

Re: Can 90 Days Undo 21 years of damage?
Posted by eslaasos - 25 Sep 2015 19:19

[selfloathing wrote:](#)

When I stop hating myself I will definitely change the name...

????? ???

=====

=====

Re: Can 90 Days Undo 21 years of damage?
Posted by abd297 - 25 Sep 2015 20:02

That might be a good thing to work on now. Realize that this problem is not YOU. There is no room for growth if you put yourself down and hate yourself.

=====

=====

Re: Can 90 Days Undo 21 years of damage?

Posted by Shlomo24 - 25 Sep 2015 21:49

[abd297 wrote:](#)

That might be a good thing to work on now. Realize that this problem is not YOU. There is no room for growth if you put yourself down and hate yourself.

I digress, the problem is him. As it is for all of us. External factors isn't what makes us the way we are and changing them won't make us sober. We have to do work on ourselves (with the help of god). However, we aren't bad people, we are just sick, we have a disease. We aren't "less then" as people, so there is no reason for us to hate ourselves. That realization has helped for me.

=====

=====