

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

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Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by LifneiHashem - 27 Dec 2016 04:38

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114 days.

I have been fantasizing about my wife. On the one hand lust is lust. On the other hand, to be quite honest we are married 10 years & I don't recall fantasizing about her ever before. It feels like I'm finally having normal and natural sexual feelings. On the other hand, lust is lust.

I don't know.

This is unrelated to the dental story.

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Re: On the shoulders of those before me  
Posted by Shlomo24 - 27 Dec 2016 13:38

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[LifneiHashem wrote on 27 Dec 2016 04:38:](#)

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That's a great share. See? Being clean opens up issues many times. I heard yesterday "I now have issues in areas that I didn't even know I had areas before."

My experience is that speaking with my Higher Power can provide me with answers many times.

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Re: On the shoulders of those before me  
Posted by gibbor120 - 27 Dec 2016 20:06

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I took it to mean that I could avoid the dentist for a while and not suffer too badly for it :D

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Re: On the shoulders of those before me  
Posted by LifneiHashem - 27 Dec 2016 20:35

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Thanks Gibbor, but I'd really like to move past the dental hygiene discussion. The marshal and (undisclosed) nimshal aren't productive.

I certainly welcome your thoughts on my most recent post.

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Re: On the shoulders of those before me  
Posted by LifneiHashem - 27 Dec 2016 20:45

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Thanks Shlomo. Can I ask you what is the reason you don't say "Hashem"? I understand that He may be referred to as Higher Power in 12 steps literature or elsewhere, but I figured it's just keeping things non-denominational. Why the need for that term among fellow observant Jews? I'm not trying to be combative, just want to understand if there's a reason.

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Re: On the shoulders of those before me  
Posted by cordnoy - 28 Dec 2016 01:28

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[LifneiHashem wrote on 27 Dec 2016 04:38:](#)

114 days.

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I don't know.

This is unrelated to the dental story.

Yes, lust is lust, but it's a good positive step.

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Re: On the shoulders of those before me

Posted by Meier - 28 Dec 2016 01:36

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Isn't a husband supposed to lust his wife.

as long as she's the only one in body and mind so to speak??

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Re: On the shoulders of those before me

Posted by cordnoy - 28 Dec 2016 01:50

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[Meier wrote on 28 Dec 2016 01:36:](#)

Isn't a husband supposed to lust his wife.

as long as she's the only one in body and mind so to speak??

No.

hel is supposed to desire and want his wife.

Lustin' means he is fantasizin' and somewhat out of control.

This is especially true for those of us who are addicts.

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Re: On the shoulders of those before me

Posted by Meier - 28 Dec 2016 02:14

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Thanks for the clarification.

on 2nd thought.I should've asked Google.

Your description is on wikki.

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Re: On the shoulders of those before me

Posted by cordnoy - 28 Dec 2016 03:00

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[Meier wrote on 28 Dec 2016 02:14:](#)

Thanks for the clarification.

on 2nd thought.I should've asked Google.

Your description is on wikki.

Il didn't look it up first.

My pleasure.

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Re: On the shoulders of those before me

Posted by LifneiHashem - 02 Jan 2017 23:39

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When the peacock spider spots a female, he lifts 2 legs and sticks his abdomen into the air while puffing out the flaps on the side of his abdomen (looks like a peacock). He then proceeds to do a bizarre courtship dance with his legs up and colorful abdomen raised and vibrating. If the female is impressed she will allow the male to mount her. More often she remains unimpressed by his overtures and proceeds to devour him.

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Re: On the shoulders of those before me

Posted by cordnoy - 03 Jan 2017 03:49

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[LifneiHashem wrote on 02 Jan 2017 23:39:](#)

When the peacock spider spots a female, he lifts 2 legs and sticks his abdomen into the air while puffing out the flaps on the side of his abdomen (looks like a peacock). He then proceeds to do a bizarre courtship dance with his legs up and colorful abdomen raised and vibrating. If the female is impressed she will allow the male to mount her. More often she remains unimpressed by his overtures and proceeds to devour him.

Il like this guy.

What a lesson!

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Re: On the shoulders of those before me

Posted by Shlomo24 - 03 Jan 2017 04:00

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I don't get it.

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Re: On the shoulders of those before me

Posted by cordnoy - 03 Jan 2017 04:10

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[Shlomo24 wrote on 03 Jan 2017 04:00:](#)

I don't get it.

I'll let the mechaber explain first.

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