

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

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In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can ( and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

**Warning: Spoiler!**

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 12 Feb 2021 13:57

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[Zedj wrote on 12 Feb 2021 05:40:](#)

I also see some guys posting quotes from Tanya occasionally here, or people saying just learn Chassidus and you will be ok. Which I think, if your mind is unhealthy, it won't work.

I would be very interested in such a thread.

In regards to the above:

There is a website [stumptherabbi.org/](http://stumptherabbi.org/)

There are alot of interesting questions answered in regards to yiddishkeit in general.

The Alter Rebbe says (loose quote), instead of so many chassidim coming for yechidus the Tanya will answer any question a person might have.

So the question arises as @HakoelHevel mentioned, is tanya the answer to our "addiction"?

In one of the videos ( [stumptherabbi.org/?s=Tanya](http://stumptherabbi.org/?s=Tanya) )

In short, no. Tanya doesn't replace a therapist. Tanya is for the average guy with a regular yetzer hora.

Thanks Zedj!

To me the big issue when I first got here was reconciling what I believed to be chassidus vs what was being taught here. For a while I thought many people on here where borderline kofrim.

Living with the problem so long, I believed I had all the answers in chassidus and Torah. If only I would truly follow that path I would break free.

After a while I came to realize, not only did I need help, but I never really understood the Torah or Chassidus path. As we know Ein Chavush Mattie Es Atzmo. I read everything In the wrong way. (Or it was taught to me in the wrong way )

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 21 Feb 2021 05:04

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So my wife shared with me something she saw on Facebook

"Every woman's dream is that a man will take her in his arms, throw her into bed...

**Warning: Spoiler!**

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Re: The Road To Being Honest With Myself (and others:)  
Posted by OivedElokim - 21 Feb 2021 08:02

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Chassidus teaches us how to deal with everything, including this struggle.

By that I mean it gives us the proper perspective.

It does not provide the basic tools to live as a sane human being, which is what we need to learn. But on the other hand-there is no such thing as a Torah or chassidus approach and a regular approach. There's only Hashem and his Torah. Torah tells us that we need doctors for our health. So when we go to a doctor we are following Torah. I think that applies in every area. Also breaking a porn or masturbation habit. The tools we can get from secular sources as long as we don't confuse ourselves and have two parallel tracks of growth in our life. Lmk if I'm not making any sense...

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Re: The Road To Being Honest With Myself (and others:)  
Posted by OivedElokim - 21 Feb 2021 08:03

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Also I'll be thrilled if there was a chassidus thread. I tried making my own awhile back... didn't really work out...

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 21 Feb 2021 12:40

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[OivedElokim wrote on 21 Feb 2021 08:02:](#)

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I don't think I was saying anything different.

But for the sake of clarity. Since porn and masturbation is a sin, many of us look at it as a Yetzer hara problem which therefore ALL the answers should be found in the Tanya or mussar.

But Tanya/ Chassidus (for me) and mussar (for others) did not work and it bothered me for a long time why not, until I came to realize (after some time here) that I never read the Tanya correctly due to my sick mind.

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Re: The Road To Being Honest With Myself (and others:)

Posted by OivedElokim - 21 Feb 2021 17:49

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I just think that my point was to clarify something on the subject that is quite often misunderstood.

You are right that you can't get to 90 days just by learning a few perakim Tanya...

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 17 Mar 2021 02:11

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So I haven't posted in a while, life has been busy, but I think it's a good idea for an update.

I've been on a 30-60 day cycle for a while now. While that's better than when I started, and I don't obsess over the calendar anymore (because it wasn't helping me). I would like to get farther.

Typically around day 30 lust starts to build up, regardless of my intimate life. There is something so sweet and precious in porn, that real intimacy can't replace. It's like sugar cookies. There's no replacement, they are truly delicious junk.

This time, I have an additional challenge. With a new member to the family, I have not been intimate in a while.

Nevertheless, although I'm feeling desire for lust, it's not getting as strong as I would expect. My theory is my marriage is in a good place, and despite not being intimate, my wife and I are having meaningful conversations and connection points, which probably helps my resolve not to let her down (even though she doesn't know about my problem)

The other items that may be helping. I've been spending a little more time on and of gye.

Either way, thanks for listening and I pray to Hashem we all stay clean one day at a time.

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Re: The Road To Being Honest With Myself (and others:)

Posted by OivedElokim - 17 Mar 2021 02:18

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Keep it up.

Hatzlacha and much nachas!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 17 Mar 2021 02:21

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On a related note to my above post. As I have not been intimate with my wife. I've been reminded what it was like as a bochur. There really is an excitement that sex (or porn) can add to ones life, that really is not replaced by anything. So it got me thinking, how do we expect bochurim to really handle it

My thought was (bderech efsher). Just like now, I'm married, my intimate life truly doesn't fill the void of on demand super exciting porn. Truthfully intimacy is very differet. Intimacy when done right is more fulfilling and meaningful, but it does not replace the excitment of porn. Porn and sex with self is still tantilizing. There's much more variety. Proof is in the pudding, I've been married now for a while, yet still, sometimes even after just being with my wife I want porn.

Nevertheless, I understand that with skipping porn, yes I'm missing something exciting, and it truly is hard, but I am gaining somethi g meaningful.

I think the same is for a bochur. I only started really acting out at age 18. Before I started acting out, i was so much more focused and driven. Life without porn may be missing the excitment, and really there may be no replacement for it. But it's so much more meaningful, and makes your bochur years so much more powerful

It's like lehavdil in the world you can't have everything. Someone who buys sodas and eats in fast food restaurants will be a little fat. Of you work out and eat well, it may not be as fun, but your better off in life.

I dont know if any of this makes sense. If I'm way off please lt me know

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Re: The Road To Being Honest With Myself (and others:)  
Posted by lionking - 17 Mar 2021 04:02

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Mazel Tov!

Lots of Yiddishe nachas!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Changing - 17 Mar 2021 04:58

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Mazal tov! May you have much nachas! Your an inspiration to us all. Upwards and onwards!

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Re: The Road To Being Honest With Myself (and others:)  
Posted by Dave M - 17 Mar 2021 13:32

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[Hakolhevel wrote on 17 Mar 2021 02:21:](#)

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Nicely put. The reality is, a bochur will never really understand. Certainly one that has been exposed to porn. That being said, any bochurim on this site is already miles ahead in the game. The fact that they are on GYE and fighting, will go a long way in helping them establish a better foundation for their marriage. Hopefully, by reading all the stories that us married guys have written, will help drive the point home. I enjoy your deep thought provoking posts. Please keep them coming.

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Re: The Road To Being Honest With Myself (and others:)  
Posted by wilnevergiveup - 01 Apr 2021 06:40

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The other items that may be helping. I've been spending a little more time on and of gye.

Either way, thanks for listening and i pray to Hashem we all stay clean one day at a time.

I am just seeing this now so sorry for the delay.

First off, Mazal Tov!

Second, you put it down beautifully. Relationship doesn't replace porn or lust and neither is it necessarily going to be a more pleasurable experience. What it can do when done right, is fill a hole, a hole that you may have been filling with junk food until now. Junk food tasted good, but it leaves you feeling nauseous afterwards. Eating healthy will help you with your hunger, but it won't take away the temptation of junk food. You can work on the pros and cons, but at the end of the day, those cookies are tempting.

I've learned to realize this too. Lust is still tempting, it's just not good for me. It's interesting that I find that my weight gain/loss and my state with lust go hand in hand. Some guys here say that when one is up the other is down etc. I find it to be the opposite. When I am focused, I can focus on keeping healthy in all areas, when I am slipping and sliding, it's everywhere.

Either way, thanks for bringing this out so clearly.

Wilnevergiveup

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Re: The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 01 Apr 2021 14:36

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[wilnevergiveup wrote on 01 Apr 2021 06:40:](#)

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Wilnevergiveup

Thanks! BH still clean here.

Funny how those cookies are not as tempting on Pesach?

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