

Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 18 Aug 2017 00:10

First round of 90 days.

First week I was busy plus I came here 2 or 3 times to stop myself and change the subject

Today I tried to come here but I just quickly rushed to porn....

when you try to post that you blew it asked for why and what are you going to do about it.

as if I know.

That is why I am here.

so,

why did I do it.

A) Stressed Out,

B) No Sleep

C) Just wanted to stop stopping.

D) Taivas Nashim

E) Escape real life

F) there is more but its not coming to me now that I calmed down

it went so fast. I wanted to come here first but YH said just check Drudge for a second first, just on the way, then entertainment news, then seeya straight into the toilet.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by GrowStrong - 20 Aug 2017 22:01

Until we had been driven to the point of despair, until we really wanted to stop but could not, we did not give ourselves to this program of recovery.

This is an excerpt from the white book.

Don't mean to be blunt but it doesn't seem like you really want to stop... yet.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by GrowStrong - 20 Aug 2017 22:03

But I love your honesty.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 20 Aug 2017 22:50

I thought I did.

I thought I was at despair or whatever you call it.

Then a week passed.

It doesn't stay with you is what I'm saying

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Re: Round 1, Blew it in 7.5 Blah!

Posted by mikestruggling - 21 Aug 2017 04:38

[Needtoclearmyhead wrote on 20 Aug 2017 18:54:](#)

[Needtoclearmyhead wrote on 20 Aug 2017 18:22:](#)

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Just something I realized whilst reading one of Dov's posts.

All this "you're great" "at least your trying" "its a disease its not by choice" blah blah

it makes me vomit.

(it may be true about others, so bemechilas kvoidcha)

In my case it is bullsh!#

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I like the fantasy, the disconnect from reality.

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But as someone who likes to live in my fantasy head, I guess I would rather watch NASCAR than drive a nice car myself.

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Because it is too much.

But what about if I get it (if such a thing is possible) to a Manageable level.

Why is going to stop me then. Yiras Hashem hasn't worked for 20+ years.

What can I possibly do when I finish 90 days.

I still want porn. I always want porn.

How can I make that stop??

Is that even possible.

Sorry just venting.

But please don't tell me how wonderful I am.

That is counter productive.

I am a total POS today.

Maybe I will figure this out at some point.

But for now I want to watch more than I want to stop.

As much as my brain screams stop, that last 3,4 days max.

this has been ongoing cycle for a few years now.

hi there welcome

i'm so happy i read this post i am not sober at all...

in fact i'm in my worst binge since i got married

i feel exactly like what you posted

one difference i believe i'm an addict

it doesn't really help me the belief because now that i'm drunk i don't have the willingness to do what it takes

but i really really related to your post and it helped me that i'm not the only guy who feels like garbage

so don't feel like garbage also check out the 20 tools

and maybe maybe consider checking out if you're an addict

i believe the SA website has a questionnaire to figure it out

best of luck

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Re: Round 1, Blew it in 7.5 Blah!

Posted by nefeshpashut - 21 Aug 2017 15:26

This was important and meaningful for me to read, Needtoclearmyhead. Thank you for sharing that on this forum. It takes guts!

In a perversely analogous way, I have found that the addict needs to go deeper and deeper into recovery to get what he needs, just as when he is in the throes of his addiction, he needs more and more and more grotesque material to excite. So, for me, when I discovered GYE, a few words of chizuk here and there were at first enough to get me going. I am by no means free of this cunning, baffling addiction. I had my 90 day-streak, and I have lost my sobriety repeatedly in the last 3 months as I go through a major life transition, switching countries and jobs and so many big changes (not an excuse, just that I understand -- because of recovery -- what some of the triggers are for me now....). But what I am saying is that over time, going deeper into recovery has been necessary -- and it has been so rewarding! I had a fall last week. I was so

ashamed. I wanted to run away from myself, from Hashem. But to where can you run? And yet despite the shame, I can look at the days of sobriety that I have had since I joined GYE around Pesach of 2016 (and subsequently went to in-person meetings that changed my life....); I can look at those days of sobriety and marvel. I received this incredible gift from Hashem that has been to see the world as it is during the days; to see its full range of colors! To have real relationships with people....

So you gotta go deeper, achi; you gotta go much deeper into it. For example, you mention these words of wisdom from the famous Dov. I only this month started listening to his audio files on GYE. It was a tool that I had not used. Wow, has this changed my life. CHANGED MY LIFE. Some people won't like what he says on there, but it shook me to the core. Hashem does not love the struggle, for example. He does not want us to suffer, to seek the love he has for us in all the wrong places, abusing ourselves in the process. Leaving aside (somehow for a sec) the issue of it's a terrible aveira!!!

Here's something else: I get it, I think. You are angry. And there is some kind of marriage between your anger and your love of this stuff. I loved it too. I did not grow up traditional, and I had many (bad, traumatic!) intimate experiences in my youth. The fantasy and the control, the anonymity, especially online, these were what I retreated into, and you can definitely say that for me it was my loyal friend, lover, which I was desperately attached to all of these years. BUT, I have broken that myth asunder through recovery. Or rather, I am in the process of giving it over to Hashem to take away from me. I cannot do it. I have to turn my will over.

I hope this helps, my friend!

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Iamafighter - 22 Aug 2017 05:46

Il would love to talk to you. Unfortunatly i habe a similar problem i love porn! It is great! Im about to go watch for the 2nd time tonight

Google voice 3476996753

or

iamafighter02@gmail.com

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Iamafighter - 22 Aug 2017 05:47

3476996753

iamafighter02@gmail.com

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Hope4debetter - 23 Aug 2017 17:40

[Needtoclearmyhead wrote on 20 Aug 2017 19:10:](#)

People at times talk about an awesome steak, skiing, beautiful view, fancy hotels, flying first class, nice cars, or even great chizuk shmooze, sharp pilpul, or dehoibeneh shalosh sheedis or tish.

All that doesn't really interest me if it doesn't involve naked women.

They think I'm a bit of a porush/cheapskate/spoil-sport.

you don't appreciate nice things?!?

you're a tzaddik/loser/clueless (depending who is talking about what)

I just like sex better. (I don't announce this)

Does that make me an addict? or just I have a taste for sex instead of food or what have you.

since before my Bar Mitzva this is all I wanted.

If I even fix it, then what?

will life suck?

will I all of a sudden want expensive steak or to hear pilpul/hisoirurus?

Or will I just hate my life until I fall into a porn wormhole and breathe.

I felt basically like you and nothing helped me to understand what the heck is going on with me, where I'm standing at, what my real struggles are, and what is the thing(s) I need to do to help myself... This situation went on for years till I was referred to therapy by Relief. I started therapy (tried a few therapists) and was referred to a psychiatrist for an evaluation. The moment the psychiatrist asked me if I have anything more to say and if I'm ready to hear bluntly what's going on with me, I felt that this was the moment! This is what I'm waiting for the past 20 years! and indeed it was!!! He gave me such a clear and precise picture and map of what's happening that I couldn't doubt it. It was painful but relieving (on some degree) at the same moment. In my case this was the only thing that gave me hope and here I am on my second day sober (I had much more days in the past but my life was so miserable then and wasn't interested in nothing, but now I feel I'm still living and I'm interested in work and in people), and still feeling calm and collected, as long as I do the little homework they (doctor and therapist) gave me. I'm not fully ready yet to join a live SA group, but meanwhile I'm trying to benefit from the support on here.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by mikestruggling - 23 Aug 2017 20:33

[Needtoclearmyhead wrote on 20 Aug 2017 19:10:](#)

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i felt that way and still do many many times. in SA and recovery (for the record i'm not yet in recovery my current "streak" is two days) i started having enjoyment in others things and i for the first time felt REAL enjoyment i also thought i enjoyed porn but i was (and am) a slave to lust when i enjoy other stuff simple chat with friends etc. that's real optional willing leisure not being forced by my desires to do something i don't believe in (i do want it on some level it's just gonna kill me so i can't)

best of luck

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Re: Round 1, Blew it in 7.5 Blah!

Posted by yxorwa - 23 Aug 2017 22:20

Wow! I can relate to what you've written.

It's hard thinking that you've thrown your future, your self down the toilet. And knowing that you really, really want the stuff that's bad for you-- well, that's human.

I wish I had insight to give you. I'm not going to even try. I ask myself whether I really believe in G-d. If I do, how can I jump into this porn/lust/stuff/shmutz? More recently, I've been trying on: "well, I think I believe in G-d; it's just reward and punishment that I don't believe in in any meaningful way." How?? Do I think I'm going to die? Do I believe I'm going to die? Yes, I believe I'm going to die. Do I *think* I will? Most of the time, no. Maybe always 'no'. Perhaps my attitude towards shmiras einayim is the same. It's there, but it's not there. (Not sure that this is clear...)

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Mesayin - 24 Aug 2017 15:35

[Needtoclearmyhead wrote on 20 Aug 2017 18:54:](#)

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this has been ongoing cycle for a few years now.

Hi NTCMH. Nice to met you.

I looks like I need to introduce you planet earth and to the Human condition. So with no further adieu, Welcome.

Every human being in the world with no exception loves lusting, you are not the first and not the last, some more and some less. Even **great** people like lusting.

I can understand why you do not like to hear that you are great, we jews love to feel guilty as if it was a righteous, as if saying that I'm a peice of scum garbage is the greatest thing we can do and Hashem loves such people. As Rabbi YY jacobson puts it "What's a Jew? If he doesn't feel guilty then he blames himself for it."

?Bottom line is that our Rabbis teach us that you, I and every other jew is infinitely great no matter what terrible things we committed and it is heresy to call oneself anything less than that.

Knowing our greatness helps with a few things.

1. If we know how precious we are then we would be more motivated to take care of the great thing we are and not to make it dirty and contaminated.

2. The only way to deal with the yetzer hurah is to be besimcha and if one has this false notion that he/she is a piece of garbage, worthless, etc... then the are not besimcha and you can forget about battling and trucking.

?Denying our greatness and value is a lie.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 24 Aug 2017 16:34

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I'm not trying to ruin it for you.

If telling yourself these things works for you, go for it.

But no, not everybody lusts like that.

Not everyone likes it, thinks about it, or acts on it nearly as much.

Being condescending and then following it up with cheesy chizuk and corny racial stereotypes is unhelpful.

To reiterate,

I was venting about exactly this.

You're so great even though you sin.....

Doesn't work for me.

Glad it's working for you,

Good luck.

=====

Re: Round 1, Blew it in 7.5 Blah!

Posted by Mesayin - 24 Aug 2017 16:41

[Needtoclearmyhead wrote on 24 Aug 2017 16:34:](#)

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Sure thing whatever works for you.

How was I being a racial stereotype?

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Mesayin - 24 Aug 2017 16:45

And I didn't mean to be condescending (I had to google that), I just trying to be a little badchan'dig. Sorry.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 24 Aug 2017 16:58

So,

Continuing my 3rd try at 90.

4 days ago this was the worst thing in the world.

Today I go onto the Pizza store to buy some late breakfast, after a very stressful meeting with a difficult relative and while I'm about to pay, 2 girls walk right up behind me to order/pay/whatever.

very tznus frum post-sem (or maybe in HS?) anyway in my head they both asked me for sex, and I had to fight not to answer. (wtf is wrong with me?)

Don't tell me that is what everyone is thinking.

I had to leave the store.

is this related to an addiction that got out of hand?

withdrawal? old fashioned pervert?

These kids never thought for a second that I had a whole conversation with them in my head.

is this something that can go away with SA / Steps / Therapy?

I am so ready to go right back into porn spiral.

I didn't even check in here for the last 4 days as I had no need whatsoever.

It's not boredom. I have tons of work on my desk that I'm not doing.

I turned away 2 people from my office just as I am writing this.

I hope this forum can either help me understand or direct me to someone who can.

until I have an idea of how to separate and define the following I can't fully work on myself.

- 1) normal testosterone (mine is low by the way so I shouldn't be so perverted)
- 2) too long since normal sex
- 3) addiction / compulsion
- 4) bad habit
- 5) crazy perverted sickness
- 6) emotional distress that has nothing to do with sex but is manifesting itself in available outlet.

- 7) boredom
- 8) something I haven't thought of yet???

I hope doing 90 days will loosen Lusts grip on me enough that I can work on it.

otherwise just 90 days is just 90 days.

I hope to live longer than that.

insight welcome.

TY

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