

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 Needtoclearmyhead - 24 Aug 2017 17:08

[Mesayin wrote on 24 Aug 2017 16:41:](#)

How was I being a racial stereotype?

"Mesayin" post=319269 date=1503592918 catid=4

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."

not that I think you are a racist or anything but my problems are not because I'm jewish and jews love guilt.

if i didn't believe in schar v'oinish I may not care?

maybe. maybe not.

I can't get through a workday.

I can't enjoy my wife and kids.

that is not just "big deal, so you talked loshen hora..."

whatever.

let it go.

I have bigger problems...

(as you can see in my posts)

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Mesayin - 24 Aug 2017 17:16

From now on when I want to be a little funny I will post it in green so everyone will know to laugh

Anyway, back to your problems....

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Re: Round 1, Blew it in 7.5 Blah!
Posted by GrowStrong - 25 Aug 2017 07:15

Needtoclearmyhead please contact me at growstrong613@ gmail

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Needtoclearmyhead - 27 Aug 2017 22:03

another fall.

!@#\$%^&*()

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Markz - 28 Aug 2017 03:37

[Needtoclearmyhead wrote on 27 Aug 2017 22:03:](#)

another fall.

!@#\$%^&*()

Find a tool in your truck, get a real sobriety date, and you'll learn something else for free

Warning: Spoiler!

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Needtoclearmyhead - 31 Aug 2017 22:27

[Markz wrote on 28 Aug 2017 03:37:](#)

Find a tool in your truck, get a real sobriety date, and you'll learn something else for free

I do not know what that means

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 31 Aug 2017 22:30

So, I'm 4 days in and itching for porn.

is 4 days a thing or is that just me?

I've had sex this week, so its not just pent up release.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 31 Aug 2017 22:33

[Needtoclearmyhead wrote on 24 Aug 2017 16:58:](#)

I hope this forum can either help me understand or direct me to someone who can.
not sure, but if it doesn't settle soon, I'm going to lose my chips.

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

any one wants to give me more info/leads for research or guidelines?

To differentiate the normal from the crazy?

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Workingguy - 31 Aug 2017 23:20

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

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

I even spelled it wrong and went back and fixed it.

That was rishus not just flash impulse

I'm going to make an admission here which I will probably go back and erase at some point but in the spirit of putting it all out there, Being honest, 12 steps, etc etc

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!#

I watch porn because I like it.

I read erotica because I like that even more.

I like the fantasy, the disconnect from reality.

The albiet "fake" but perfect girls with perfect crazy scenerios.

I like it better than sex. I like it better than eating, sleeping , learning, davening, or anything else I can think of.

As someone once repeated to me from a chosson shmooze, "Just because you watched NASCAR doesn't mean you know how to drive. or that it is even remotely similar"

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

in my stupid (insert expletive here) over-imaginative mind I can totally visualize the whole thing and its like I'm there.

Real sex is like making love. Porn is violent, animalistic, primal, base.

My heart lusts that.

Not "oinah" as wonderful as it may (sometimes) be.

Maybe I would appreciate it more if not for my first love, Porn.

I only wish to stop it because of the guilt, the way it distracts me from things that are not only more important but crucial for my Spiritual, Financial, Marital, Paternal life.

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.

I just saw this post, and love the honesty and rawness. I can say one of two things. One, of you really had a reason to stop that actually made sense to you and was worth it for you, then you would do it. When we feel we're worth it, we can stop. When we feel we're worthless, then indeed why stop?

The second possibility is that everything you said is right and you love porn more than anything else and may always stay that way but will still decide to stop.

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Re: Round 1, Blew it in 7.5 Blah!
Posted by Workingguy - 31 Aug 2017 23:23

[Hope4debetter wrote on 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.

What did the psychiatrist tell you? Did he recommend pills?

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Hashem Help Me - 01 Sep 2017 03:07

[Needtoclearmyhead wrote on 31 Aug 2017 22:30:](#)

So, I'm 4 days in and itching for porn.

is 4 days a thing or is that just me?

I've had sex this week, so its not just pent up release.

not sure, but if it doesn't settle soon, I'm going to lose my chips.

As with any drug, we go through withdrawal when we stop. I actually cried during those first two

weeks. It gets better. The (fake) thrill and excitement of porn and the (fake) cozy warm and soothing release of masturbation will remain for a long time but as time progresses, the terrible longing for them subsides. Are you talking with anyone real about all this? It really helps.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 04 Sep 2017 01:06

another 7 days and boom 6 hour spiral into the toilet.

I didn't stop even when it hurt already.

wasn't even enjoyable.

blah.

need to start with more tools

90 days alone won't cut it.

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Hashem Help Me - 04 Sep 2017 01:10

Ouch! Sorry to hear. Lets get up and keep going

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 04 Sep 2017 04:13

sat on SLAA chat tonight for 10pm meeting.

I 'm not sure its for porn addiction.

Maybe more appropriate for ppl actually sleeping around but I hope to get some knowledge that I can use.

Otherwise I will just let it go.

Good night all

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Re: Round 1, Blew it in 7.5 Blah!

Posted by Needtoclearmyhead - 04 Sep 2017 21:56

What is the difference between AA and SA. (other than the obvious)

I just downloaded a copy of the SLAA book and don't want to get caught.

Can I get the big book from AA and still be "yoitze" ?

I went on the SLAA chat meeting a couple times.

The problem is they don't really work steps, just sharing.

also while somewhat relevant, it is not completely the same with goyim.

how do they define sobriety and falling?

Different rules I think,

From the very little I understand of 12 steps,

I don't know that I have the Stamina to go all the way.

I'm a cynical person by nature and hate chizuky self help speeches.

I'm only doing this because the alternative is to give up on life.

I already screwed up a fat portion of it.very disheartening to see people falling after years.

I'm rambling a bit but I'm falling asleep .

Thanks for listening

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