

90 days for the heavy addict...

Posted by EscapeArtist - 02 Jan 2019 04:25

I busted on day 87.

There. I got it out. You can all stop laughing now... thank you very much.

Hi all, you can call me Moshe (hey, I've been called worse...); I've been addicted to masturbation since at least the age of 6, over 25 years. (No idea how it happened.) Since finding out it was [redacted] somewhere in high school (I think it was at an extracurricular [redacted] shmuess in camp; -not from [redacted] or my dear old folks) I've started cutting back and trying all sorts of tactics to stop. I went through upps & downs, never lasting more than a few weeks at most.

To make a long story short, after about 8 years of my wife thinking she was married to the best hubby in the world (they all think that at some point, no?) I kinda filled her in about my double-life, obviously sparing MANY details, but enough to get her quite upset, as anyone who's been in that situation can understand. I tried the TAPHSIC & similar methods, but I would always come crashing back down w/ renewed vehemence. (They are really wonderful tactics, but for someone like me, it just reinforced the fact that I CAN'T control myself without fences blocking me; [redacted] once I'd leap the fence I'd hit the ground running...)

I finally got so fed up (usually happens when you keep forcing yourself to do something because you HAVE to, not bec. you WANT to even...) that I sat down and wrote a detailed goal for myself (based on a lecture I heard from R' Avi Shulman - phenomenal person), complete with the whats, whys, hows, what ifs & whens. This worked for longer than ever. I was slated to hit day 90 in middle of [redacted] [redacted] [redacted], beautiful. Problems started after a few weeks, the addicted mind starts going crazy. You start finding ways to ever-so-slightly break [redacted], without really falling... then that's not enough, the brain gets crazier, crazier than ever before. seriously, every [redacted] on the street became this crazy beauty in my eyes. I started contemplating things I never thought of before. Spent most of the [redacted] [redacted] davening standing at my shtender, but in my head i was very intimate with the shiksa from the hardware store... (good thing I was wrapped in a talis - [redacted] [redacted]).

[redacted] [redacted] I felt sick, was laying in bed & finally broke the last [redacted] - applied a drop of pressure & basically exploded on contact. (sorry mods, I'm new here I don't know how graphic is accepted, feel free to edit).

I've been on & off since then, but scared to fight too long, afraid I'll end up in places worse than I've ever been. Any advice from the vets or fellow warriors?

Thank you all, [redacted] [redacted] [redacted], much [redacted] in this [redacted] [redacted] [redacted]!

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Re: 90 days for the heavy addict...
Posted by ColinColin - 08 Jan 2019 21:06

The great thing is that you are aware of this and have posted on here.

So take the extra energy from the hormones and use it for the positive.

Either fix up something round the house, visit an elderly relative or learn more

or relax and watch a film or read a book or go for a walk

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Re: 90 days for the heavy addict...
Posted by Hashem Help Me - 09 Jan 2019 02:36

When withdrawal set in by me - also at about two weeks - it was terrible. I was on the verge of tears and highly irritable and desperate for ejaculation. The thing that helped best was strenuous exercise. Physiologically, when one exercises to the point where the heart rate is raised and one sweats, the same calming secretions are released in the brain that are released when masturbating. Withdrawal lasted about two weeks and then began to recede in a noticeable fashion. Hatzlocha buddy. We are here for you.

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Re: 90 days for the heavy addict...
Posted by shlomoy - 09 Jan 2019 10:19

Lomed I´m very happy of your sobriety.

I WISH ALL THE BEST

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Re: 90 days for the heavy addict...
Posted by shlomoy - 09 Jan 2019 10:22

heavy addict....

KEEP IT UP.....good luck

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 09 Jan 2019 17:35

Thank g-d I made it through last nights wedding w/o letting any triggers wash over me & make me crazy. I did at one point grab 2 chairs & meditate with the serenity prayer from SA (yes I know I'm snapping, but hey it helped & i don't think it's avodah zara...).

Withdrawal is crazy. Everyone becomes a trigger. Yes even the secretary in her 80's (a big tzadeikes - Rebbeim stand up for her) started up the annoying tingling feeling...

So far I'm not allowing the lust to take over, it helps so much to get support from the chevra here, friends from PA & SA, & of course, to just hand it over to my "higher power as i understand him".

Thank you all for your support!

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Re: 90 days for the heavy addict...
Posted by stillgoing - 09 Jan 2019 19:59

[EscapeArtist wrote on 09 Jan 2019 17:35:](#)

..... I did at one point grab 2 chairs & meditate with the serenity prayer from SA (yes I know I'm

snapping, but hey it helped & i don't think it's avodah zara...).

Withdrawal is crazy. Everyone becomes a trigger.

I'm with you on the withdrawal crazyness, but excuse me for asking... What part did the two chairs play in the serenity prayer?

Warning: Spoiler!

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 09 Jan 2019 20:05

you know, just needed to clench something. Like a squishy stressball.

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Re: 90 days for the heavy addict...
Posted by stillgoing - 09 Jan 2019 20:47

[EscapeArtist wrote on 09 Jan 2019 20:05:](#)

you know, just needed to clench something. Like a squishy stressball.

I hear. I guess it was good that you used a chair. For me the stress ball would have probably

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Re: 90 days for the heavy addict...
Posted by ChizukSC - 09 Jan 2019 22:32

Not sure what a serenity prayer is, but I am with you, I find meditation and a little mindfulness very helpful.

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Re: 90 days for the heavy addict...
Posted by ColinColin - 10 Jan 2019 00:13

The Serenity Prayer is:

"Hashem, grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
And wisdom to know the difference."

It was written by an American Notzrim minister .

Is there in anything in it which contradicts Jewish belief?

I will leave it to those more educated than me to elaborate.

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Re: 90 days for the heavy addict...
Posted by Hakolhevel - 10 Jan 2019 01:12

From Rabbi Shais Taub.

addictionblog.org/spirit/what-does-the-serenity-prayer-mean/The Serenity Prayer & AA

Most people who know even just a little bit about addiction and alcoholism know about “those meetings” where people get together and all say the Serenity Prayer together and then say, “Hi, my name is _____ and I’m a _____.”

Original Serenity Prayer

The truth is that the Serenity prayer did not originate with the 12-Step movement. Its most well-known version is attributed to the 20th century theologian and social commentator, Reinhold Niebuhr, but many — Niebuhr included — concede that the prayer has been around in various forms for centuries. Interestingly, the prayer is not part of any religion’s liturgy and, as such, is truly a non-sectarian prayer.

Enough background. What does the prayer mean?

What Does The Serenity Prayer Mean?

There are three parts to the Serenity Prayer. The first asks for “the serenity to accept the things that can’t be changed;” the second asks for “the courage to change the things that can” be changed; and the third asks for “the wisdom to know the difference” between the things that can and cannot be changed.

In other words, we’re asking G-d for three things — serenity, courage, and wisdom. Serenity has its time and place; courage has its time and place; and wisdom is the ability to know whether it’s a time and place for serenity or a time and place for courage.

For instance, being resigned to a situation that can and should be changed is not really serenity so much as complacency, while trying to change something that is just a fact of reality isn’t really courage so much as foolishness. Therefore, we don’t want to use serenity to deal with situations that really call for courage and we don’t want to use courage to deal with situations that really call for serenity.

Serenity Or Courage?

The problem is that self-deception, denial and our inherent prejudices make it hard for us to tell these two kinds of situations apart. Sometimes we trick ourselves into just accepting something that really is our responsibility to take care of because we are afraid of dealing with it. In that case, what we really need is courage — not serenity. Other times, we are convinced that if we would just try harder, come one stronger, give things another chance, then we will be able to alter some aspect of the truth to be more to our liking. We do this because in our perfectionist drive to control people, places and things, we believe that reality ought to be different than it is and therefore, we are sure, we just need more grit and gumption to see things through. But what we really need is the ability to let go and let G-d. We don’t need courage in

that situation, but serenity.

So, we pray to our Higher Power to guide us in honestly assessing all situations so that we will come to the proper decision — serenity or courage.

Serenity Prayer Exercises

One general guideline that I have personally found helpful is the “me-you principle.” If something needs to change, it needs to change in me, while if something about you seems to be my problem, then what I really need to do is realize that you are who you are right now and accept that truth. It’s funny how it works out. When I don’t waste my energy trying to change you, I seem to have a lot more energy left over to change myself and when I work on changing myself, I seem to have a lot less problems with you

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Re: 90 days for the heavy addict...
Posted by Markz - 10 Jan 2019 03:11

[ColinColin wrote on 10 Jan 2019 00:13:](#)

The Serenity Prayer is:

"Hashem, grant me the serenity to accept the things I cannot change...."

It was written by an American Notzrim minister

This is something you can change?

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Re: 90 days for the heavy addict...
Posted by Thistimeillwin - 10 Jan 2019 10:39

[EscapeArtist wrote on 09 Jan 2019 17:35:](#)

Withdrawal is crazy. Everyone becomes a trigger.

Question for you, EscapeArtist, and for anyone else,

Do you find withdrawal the second time around (or the third or the hundredth) easier than the first? You made it to 87 days a few months ago, is it as bad as then?

My second round is much easier than the first in actual withdrawal (itch in the pants all day, sweats, hands - and computer mouse - automatically starting to go to the wrong place).

If easier, you must psych yourself up that every day you overcome some withdrawal you'll never have to do it to that level again, whereas if you fall today, you will have to relive it next time around (I know, logic doesn't always work with the crazy beast).

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 10 Jan 2019 17:10

Hard to say. Definitely not as crazy as the 87 day stretch, but I'm only about 2 weeks in now. Previously though, I eventually ended up feeding the beast little bits at a time, so it just got crazier & crazier because I wasn't allowing myself to actually "fall" Once a person's at that point, I wonder if it's smarter (or even muttar perhaps) to "let it all out" so he can start fresh, as the more frustration you cause yourself, the crazier you go, & the more likely to end up doing something much worse.

I think the long term solution, which I am currently attempting (with a lot of help from SA & fellows from GYE) is to not allow the triggers to get to you Quite difficult at times, but so far its working

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