

Withdrawal symptoms on 90 day challenge  
Posted by proudjew95 - 28 May 2019 06:37

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I heard that there is such a thing but was wondering what symptoms people felt and and how long they last

? Do they often occur also with people who acted out every few weeks, prior to starting the challenge?

I am also looking for someone or a few people to check in with each day so i can feel more accountable ... thanks

Thanks

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Re: Withdrawal symptoms on 90 day challenge  
Posted by Ihavestrength - 28 May 2019 13:52

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[proudjew95 wrote on 28 May 2019 06:37:](#)

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Thanks

I don't think there are any objective universal symptoms. Honestly, blaming your feeling badly on not being able to look at porn or masturbate, is just foolish I think. Noone just masturbates compulsively or watches porn compulsively in isolation. There are things that drive us to those behaviors. Feelings, thought patterns, situations, etc.

So, someone who uses porn as a daily coping device will likely have some difficulty ("withdrawal symptoms"). Someone who uses it every few weeks will also likely have some difficulties, because he uses porn or masturbation to cope, just not as often.

Essentially, it is an obfuscation to say "withdrawal symptoms" when we simply mean that it is difficult to quit a habit/addiction/pattern of behavior that makes us feel good, and we use to our short-term advantage.

Great job on the streak you got going there. Keep it up! You got this!

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Re: Withdrawal symptoms on 90 day challenge  
Posted by Cryingforrecovery - 28 May 2019 19:20

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yes you male feel actual withdrawal symptoms which ma include anxiety, sweating, depression, and not bring able to sleep, for me it was so strong that I needed to go on meds.

not sure if it accurse with people with light addiction

but your body that lived on this drug for years will need time to learn how to live with out it

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Re: Withdrawal symptoms on 90 day challenge  
Posted by eliezergrow - 30 May 2019 04:26

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Yes, there are withdrawal symptoms. I have to learn to accept them. Sometimes they're gone and than they show up again. My biggest mistake was I thought after 90 days I would be comfortable to not act out again, but than strong withdrawal symptoms like depression/anxiety SLEEPLESSNESS!!! and everything else hit me when I was least expecting and I failed. Just know that you will live through it. This to shall pass!

I am day 49 since my lasting acting out. These last few days have been a bit more of a struggle and I feel the lust pressure mounting up again. I got home today and decided to relax and watch

a TV show, about half way through I realized that I am triggered and aroused from the faces of the women on the screen. I shut it off half way through and went to watching a history documentary instead. I can't control acting out but I could control what leads me there. In the last week I took a more scenic route home from work. I realize now that along the way I check out the women passing by and I tell myself it's innocent because I am not fantasizing about them, oh how foolish of me. I can't control the way I feel when I see an attractive women and I can't control once the lust builds up to lead me to act out, but I can control where I go and what route to take home from work. Tomorrow I will try harder to refocus myself and be honest of what my intentions are when I go and look places.

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Re: Withdrawal symptoms on 90 day challenge  
Posted by Hashem Help Me - 30 May 2019 11:10

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[eliezergrow wrote on 30 May 2019 04:26:](#)

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This post is a masterpiece. And probably this is what Chazal had in mind when they said "Ika darka achrina" - if one has the choice one is obligated to choose the more tzniusdik route then to use a questionable route **even if he shuts his eyes**. It is similar to stopping a child from dangerously sliding down a broken slide. Once he is sitting perched up on top with his feet dangling down, excited to zoom down, well good luck. However if you stop him before climbing the ladder to the top of the slide, with Hashem's help you will keep him safe.

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Re: Withdrawal symptoms on 90 day challenge  
Posted by proudjew95 - 14 Jun 2019 07:59

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Something is hidden for guests. Please log in or register to see it.

Are you still experiencing withdrawal?

how long after you quit did they begin and when were they most intense? And if you don't mind me asking, what symptoms did you experience?

I am very curious as I have been feeling quite bad lately, very weak a lot of the time and often very low. All my doctor's test results are OK

Thanks so much

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Re: Withdrawal symptoms on 90 day challenge  
Posted by tzemach - 19 Jun 2019 22:19

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Hi ProudJew95, there isn't any scientific literature about withdrawal symptoms, as far as I know, but some people have reported it.

Here are excerpts from various books/programs that describe how it seems to feel for some people:

Withdrawal symptoms can catch you by surprise. Common symptoms include: irritability, anxiety or even panic, unaccustomed tears, restlessness, lethargy, headaches, brain fog, depression, mood swings, desire to isolate, muscle tightness, insomnia, and severe cravings to use porn. For some people, sporadic withdrawal symptoms can continue for months. Talk about your feelings with a supportive person who is knowledgeable about the porn addiction cycle. Most often this person will be a fellow [GYE] member, a twelve-step sponsor or a therapist. Close friends not in recovery and family members can also be helpful. (Based on Wilson, Gary. Your Brain on Porn & Weiss, Robert, Sex Addiction 101)

In the Fortify program, they write:

Prepare for withdrawal symptoms. Like turbulence on a plane, just wait for it to end. Don't panic. Life will soon become very sweet. Prepare for a renewed overwhelming desire for porn, 2-3 weeks after stopping. Thoughts that you really desire porn can hijack you. Find something that you love more than porn, and attach yourself to it very strongly. Discouragement after a setback can kill the battle, instead remain calm. Don't judge. Learn a lesson. Update your plan. Talk it over with someone, and get back up. Accountability - Open up to others.

Here is more from Weiss:

Do Sex Addicts Experience Withdrawal? It is common knowledge that alcoholics and drug addicts, when they suddenly go "cold turkey," often experience withdrawal, things like: delirium tremens (the DTs), chills, fevers, insomnia, night sweats, headaches, nausea, diarrhea, tachycardia (elevated heart rate), hypertension, depression, agitation, anxiety, hallucinations, irritability, and the like. Withdrawal from some substances is worse than withdrawal from others. Opiate addiction (including addiction to heroin) and alcoholism tend to produce the worst physical symptoms. Sometimes these symptoms can actually be life-threatening if not medically managed.<sup>1</sup> Typically, substance addicts dealing with severe physical withdrawal symptoms are "titrated" off their drug of choice, meaning they are given a medication that "manages" their withdrawal by temporarily replacing their addictive drug of choice, and then they are slowly but steadily weaned off of that medication. Usually this process takes anywhere from a few days to a few weeks. But what about sexual addiction.

Do sex addicts get the DTs and hallucinate the same as alcoholics and heroin addicts?

**Typically they do not.** This does not, however, mean that a sudden stoppage of addictive sexual fantasy and activity does not produce withdrawal. In fact, it nearly always does to some

degree. Most often withdrawal from sexual addiction manifests as one or more of the following:

? IRRITABILITY, ANXIETY, AGITATION, DEPRESSION, etc.: Most sex addicts experience extreme emotional discomfort in early sobriety. And why not? After all, addictive sexuality has been their primary way of coping with any and all discomfort—including feelings as seemingly benign as boredom—for years on end. When the addiction is taken away, they no longer have this easy means of numbing out and escaping. And without that, they must face their emotions head-on. For people who've been trying to “not feel” for years or even decades, this can be an incredibly uncomfortable experience both for them and those around them.

? A DESIRE TO EXPLORE OTHER POTENTIAL ADDICTIONS: Many sex addicts new to recovery find themselves replacing (or longing to replace) their sexual addiction with some other compulsive (and highly distracting) activity. Sometimes this manifests as a cross-addiction. For instance, a sex addict who suddenly stops acting out experiences a corresponding flood of uncomfortable emotions (as discussed above), and without compulsive sexuality to stem the tide, he or she may turn to drinking, drugging, smoking, eating, gambling, spending, or any other pleasurable substance or behavior. Knowing this, it is incredibly important that recovering sex addicts keep a watchful eye on other pleasure inducing behaviors, especially in the first few months of the recovery process.

? LONELINESS AND LONGING FOR CONNECTION: For most sex addicts, sexual acting out masks not only day-to-day stress and emotional discomfort, but underlying issues related to a longing for intimacy. Without the constant distraction of sexual fantasy and activity, this longer-term condition can rise to the surface and cause intense feelings of loneliness, fear, isolation, and unhappiness. These feelings are perfectly normal and to be expected. After all, sex addicts are grieving the loss of their primary long-term relationship (their addiction), and they naturally feel a need to replace it.

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Re: Withdrawal symptoms on 90 day challenge  
Posted by tzemach - 19 Jun 2019 22:21

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[eliezergrow wrote on 30 May 2019 04:26:](#)

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Here's some more info on sleeplessness from Wilson:

## INSOMNIA

It's important to stay well rested as fatigue can trigger porn use. However, many rebooters have relied on their porn ritual as a sleep-aid for years. Without it, sleep is elusive at first. (Insomnia is a standard addiction withdrawal symptom.) Find what works for you. [...]

Avoid replacing porn use with alcohol. Yes, it will help you fall asleep, but alcohol can wake you up too early, not fully rested. It's also not a good idea to replace an addiction with something else that is potentially addictive. Here are some suggestions that worked for others: The first week was pretty rough for me in terms of sleep quality. One thing I did to break out of it was not to use my laptop/read in bed. I set it up on the kitchen table and would only lie down in bed when I got tired. \* Definitely get a reading lamp. Something about having just that one light on in the room shining on your book will make you ve-he-heh-ry sleepy. \* I started running late at night. When I get back I take a shower and hit the sack. It puts me to sleep instantly. \* I turn on music I enjoy that my mind can focus on. Puts me to sleep almost every time. \* Reading works well for me if I can't sleep. It's a 'replacement behaviour' for masturbating to porn. I've also worked hard at telling myself that missing sleep for a night isn't the end of the world. That really helps. \* My approach was consistent exercise, as much sunlight as possible (natural melatonin), and abiding by the 'use your bed only for sleep and sex rule' – which for single me translated to 'use your bed only for sleep'. \* If restlessness gets super bad, I actually do Kegel exercises [pelvic-floor exercises], even in the middle of the night. They tend to ease the longing/withdrawal by redistributing the energy, or whatever. The muscles get a little attention for a while with the kegeling and tend to 'go back to sleep'. \* Get up earlier. It's also the best time to fit in a workout. You'll be tired by the time it is time to go to sleep in the evening. \* What works for me is to wake up and go to bed at regular times, and to avoid intense physical activity immediately before sleep. \* Lie on your back and list everything that you are grateful for. When I first started doing this, my gratitude list was long. Now, I barely get through being thankful for my friends and my dog and I'm dead asleep. Some guys have benefitted from supplements, herbal teas, such as camomile, and other home remedies.

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