

Think Good

Posted by think good - 08 Mar 2009 14:38

Hi Everyone,.

This is a little difficult taking the first step and making a post.

Let me start with a short introduction.

Firstly, this is my 10th clean day. Actually not a big deal for me, as I have reached 10 days literally hundreds of times. Going from 11-20 is much much harder. I know if I can do 10 why not more? but

I have "lived" with this problem for over forty years! Many years before anyone had heard of the internet. I even stayed clean for over 7 months, but that was a long time ago when I was learning full time in Yeshivah.

Internet porn is very rarely my problem, I took out the internet at home, and my only connection is at work. It is very difficult to view porn at work when my large screen can be seen by anyone, (BH). However, if I happen to be in the office very late at night (which is rare), by yatza hara may well gain control.

My main problem is an tremendous attraction to women. As the Germon says "even a women's little finger can arouse...". From married women, young girls with long hair etc etc almost

Amazingly, I never did anything with a women, just bad thoughts and zera vbatola.

Of course I have had many ups and downs there are times when I see women with no effect,

and at other times be so hot I am an embarrassment to the Torah.

OK, I think that's enough for an introduction.

I will try in future posts (bn) to go into more details of my very long fight. I have some interesting tips and advice which may help others..

I will leave with a small tip. My forum name "Think Good" is very fundamental in winning the war. The Germor is Soter says a women does not commit adultery until "a spirit or folly enters her". The same is true of most avaras. If one is able to fill ones mind with good thoughts and prevent the "folly" from entering, one will never sin.

Doing this in actuality is very hard.

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Re: Think Good

Posted by think good - 20 Nov 2012 08:39

) that a prime mandate of avodas is "Kadeish atzm'cha b'mutar lach". A certain chassidishe sexaholic was complaining to me that he finds no cheifetz in his avodah any more. He feels that this "sobriety uber aless" thing is not even coming close to real avodas Hashem. He felt pathetic and a bitter that his program people were telling him to "just make your first priority quitting your masturbation, your sex with hookers and your porn" (he was doing all those). He wanted to be a kadosh already! It was depressing! (He was also a big baby, but I didn't tell him that of course :-X - hey, I love the guy. He's an addict!)

Exactly, my own warped way of thinking. I should be doing "real" avodas Hashem instead quitting my bad habits.

Reb Dov thank you for your very speacial posts, each one helps me put myself into a better place.

by the way it's now 99 days clean !

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Re: Think Good

Posted by Dov - 20 Nov 2012 10:34

Dear nederman,

I'd like you to consider a few things:

1- I don't believe that any kind of addict's real problem is 'aveiros'. Yes, all types of addicts do aveiros as part of their addiction pattern (certainly us professional masturbaters!), but we see again and again that it's just a red herring.

So the *process* of recovery - even though it *leads* to far fewer aveiros and a renewal of deep avodas Hashem - is not the process we know as "Teshuvah". For its motivation is derech Eretz (sanity), not Kedusha. And that's probably why the steps say nothing about sobriety, only sanity. Cuz they are not religious. Especially for the addicts I personally know who gain a tremendously successful avodas Hashem, the addict comes to see that his addiction was and is not a religious problem, and has no religious solution. That's my opinion and I live, daven, and serve Hashem that way.

No mental illness or allergy is a religious problem, and addict discovers so well that he is ill...unless he hasn't enough humility. Then he needs to hurt more...if he really is an addict.

2- I believe that regarding sin and sinners, Chaza"l and the sforim mainly speak of religious problems and solutions, not of addiction and recovery (though there are exceptions, as Rav Itamar Schwartz in Bilvovi notes in his hakdomah to "Da Es Atm'cho". But such guidance is very personal and usually only suitable for mouth-to-ear, as much personal practical application of Torah is). Of course, on a site like this, there is liberal interpretation of Chaza"lim and sforim, often applying their ideas directly to addicts and addiction. Nu. None of the guys I have come to know have succeeded saving themselves and their marriages that way, but I live and let live - very rarely do I try to trash a post that equates Teshuvah with recovery, for I want to stay sober. Besides, I may be completely wrong anyway. So I do what I know works, and there are ample talmidei chachomim who are either sexaholics in recovery themselves, or who have come in

contact with them, who understand this.

3- I originally said this vort speaking face to face with a rather run-of-the-mill sex addict who sees his struggle as a religious one and does not stop. He has always seen it that way, and my experience tells me that this is exactly how he got so badly into the habit to begin with. He had been seeing hookers and would, of course, continue using them. I do better when shown my mistakes clearly - for in our sickness we usually focus on the *way* wrong things, which causes us to *have* to repeat the same cycle. (I assume your cognitive therapy thing sees the *process* a bit this way, too...maybe.)

So, I just wanted to show him that he can relax his death grip on his 'religious failure-hood'. I have learned that when people do that, they often become very ready to hold onto a solution that may actually work, rather than keep strangling themselves with their ego.

4- And most importantly: Hi! How are you?

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Re: Think Good

Posted by nederman - 20 Nov 2012 13:24

[dov wrote on 20 Nov 2012 10:34:](#)

Dear nederman,

I'd like you to consider a few things:

1- I don't believe that any kind of addict's real problem is 'aveiros'. So recovery - though it leads to less aveiros - is probably not what the Torah would call "Teshuvah". Though recovery leads the overwhelming majority of addicts I personally know to a tremendously successful avodas Hashem, they come to see that their addiction was and is not a religious problem, and has no religious solution. That's my opinion and I live, daven, and serve Hashem that way.

I disagree with this.

2- I believe that Chaza"l and the sforim mainly speak of religious problems and solutions, not of addiction and recovery (though there are exceptions, as Rav Itamar Schwartz in Bilvovi notes in his hakdomah to "Da Es Atm'cho" - and are personal and from mouth-to-ear, as much personal practical application of Torah is). Of course, on a site like this, there is liberal and broad interpretation of Chaza"ls and sforim as though they are referring specifically to addictions. Nu. I live and let live - very rarely do I try to trash a post that equates Teshuvah with recovery, for live and let live is a very good policy for staying sober, and I may be completely wrong, anyway!

I believe that there is no such thing as addiction, it's just the failure to face the problem because of low self esteem, which is gaavah.

3- I said this vort speaking face to face with a typical chusid sex addict who sees his struggle as a religious one and does not stop. He has always seen it that way, and my experience tells me that this is exactly how he got into the habit to begin with. He also had been seeing hookers and would, of course, continue using them. I have learned that I and others do better when shown that we are so mistaken about what's bothering us and what to see as failures/successes - for in our sickness we usually focus on the way wrong things, causing us to have to repeat the same cycle. (I assume your cognitive therapy thing sees the *process* a bit this way, too....maybe.)

He doesn't stop because it hurts him to face the facts.

So I just wanted to show him that he can relax his death grip on his failure-hood, and when people do that, they sometimes become ready to hold onto a solution that may work, rather than just strangle themselves with their ego.

4- And most importantly: Hi! How are you?

I loved this word, failurehood, thank you for coining it. I agree, but I carry this concept farther.

I am doing okay, B"H, I really like this new word :-)

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Re: Think Good

Posted by think good - 26 Nov 2012 09:55

one day at a time = 105 days clean

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Re: Think Good

Posted by Dov - 26 Nov 2012 17:39

(we gotta stop saying ad meyah v'esrim!) :-X

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Re: Think Good

Posted by think good - 03 Jan 2013 13:11

Yes I had a fall on Nittel Nacht being overwhelmed by a lust attack coming out of nowhere. As Rav Twersky quotes an AA meeting with one of the members says "The drunk that I was 25 years ago will still drink today" .

The Sex Addict I was 132 days ago will still lust today!

Surprisingly, this fall did not result in a depressive, I'm useless scenario.
Day 8!!!!

Yes, I slipped that's not the issue, more important did I change during those 132 days?

I have changed; the most significant area is controlling my thoughts, not allowing myself to have sexual fantasies or even thinking about my wife in any lustful way. Any stray thought wandering into my warped mind I ignore, and do not allow the thoughts to blossom. For the most part this has been very successful and the major contribution to staying clean.

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Re: Think Good

Posted by ZemirosShabbos - 04 Jan 2013 01:00

i really like your attitude

kol hakavod

keep on trucking!

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Re: Think Good

Posted by Dov - 04 Jan 2013 09:27

Sweet!

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Re: Think Good

Posted by think good - 06 Jan 2013 17:06

Day 0xB = 11 days still trucking

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Re: Think Good

Posted by think good - 14 Apr 2013 11:13

I'm back!!! Holding at 10 days.

There's no way I'm going to get back on track without GYE! I can do 10 days, but after it's a real fight on my own.

I making a very big effort in controlling my eyes - the source of all evil. Finally coming to the conclusion I need to join one of the groups. HaShem help me. I need to find time.

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Re: Think Good

Posted by Gevura Shebyesod - 14 Apr 2013 15:43

Hey welcome back!

Is that 10 in decimal, hex, or binary (ch"v)?

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Re: Think Good

Posted by Dov - 14 Apr 2013 22:28

Wow, so till 10 days u have it down....and this is day 10. You've come just in time, then!
Hmmm...I wonder what being here will do for you? Hatzlocha with using this site to the fullest.

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Re: Think Good

Posted by think good - 15 Apr 2013 11:42

11 days in decimal.

Hmmm

Dov what are thinking?

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Re: Think Good

Posted by Dov - 15 Apr 2013 20:57

I find that for me, the fight is in my heart, not in my eyes, at all. When I have the opportunity to see something that will make me miserable (by lusting, which always makes me [and probably you] miserable), I just close my eyes gently and move on.

But if the heart is wanting, needy, and greedy for sex and stimulation, then the eyes **will** find it, period. Running from that truth and trying to fight reality by proving to myself that I really am free of it by things like 'shmiras eynayim' will get me nowhere in the end, at all. That is the working rule for me and other addicts who I know. So in AA they say, "It's an inside job."

But on the other hand, the inside is only affected by the outside! Which means that taking sober action (not sober thinking) is the **only** thing that allows G-d to get me any better. So there are actions we take (opening up), and actions we do not take (like feeding our lust with porn and fantasy). So there definitely is a place for shmiras eynayim! The question is **what are we using it for?** Shmiras eynayim itself does not *make* one sober.

As I have posted before, Chuck C said wisely: "Sorry. We can't think ourselves into right living. We can only live ourselves into right thinking."

Love you green guy,

Dov

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