

BackToBasics - My battle begins

Posted by yesodos12 - 12 Jul 2009 14:25

Hi everyone,

I have just joined the group. Writing this brings tears to my eyes because I have never been able to ask for help in this area before. This is the start of breaking an 11 year habit, something that makes me both proud and humble, as well as very, very ashamed. I've always been too embarrassed of my addiction to ever get any help face-to-face, and deep down I've lost the belief that I can make a lasting change in this area.

I saw the website for the first time on shiva asar betammuz, and I was amazed that there was so much help available to me, to get out of my crushing addiction, as well as kindhearted people who are building this site and building the participants along with it. It has kindled the hope inside me that I can face down this challenge, overcome it, and eventually destroy it.

I guess, if I'm honest, my main motivation to break the habit is the fear of somebody finding out about it, especially my wife. I'm scared that it will cause me to lose my job, reputation, marriage and children. I'm even scared that she is somehow going to read this post, find out that it's me writing, and get the shock of her life that she is married to a porn addict. The fact that I would consider losing everything I hold dear for the sake of some stupid, cheap thrill, amazes me. I am amazed at my own stupidity. I guess this proves that I'm an addict - I never thought of myself that way until now, I've just been in denial.

I'm four days clean now. It's been easy so far, but I know what happens. I get overconfident, I get uninspired, I forget everything I've fought for, and

BANG, I'm back in my stupid self imposed prison. How do you instill belief in change after so so many times of falling?? This is especially problematic for me, as I generally don't spend hours on end looking at porn. I just do a 30 minute escape from reality, and then resurface as if nothing ever happened, and get on with my life. I have no problem being a tzaddik for 95% of the time, but it's the 5% of misbehaviour that makes me an addict and a fool.

Every single Rosh Hashana and Yom Kippur has been filled with regret for my addiction, and yet still nothing has changed yet. I've improved in many different areas, but I actually feel that in this area I've sunk in recent years. I would love this year to be different - perhaps you guys can help me ensure that it will be?

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Re: BackToBasics - My battle begins

Posted by kutan - 20 Jul 2009 13:52

I WAS JUST A LITTLE "SHVACH" WHEN IT CAME TO THIS LITTLE THINGAMAJIG CALLED
UHH UHH YEAH INTERNET

WRONG WRONG WRONG DEAD WRONG

I WAS ADDICTED LIKE CRAZY

bardichev, you could not have put it down better.

That is what we ALL do.

It is unbelievable what we can rationalize!!!!

hoping, please keep us posted. We are all with you in spirit and are drawing inspiration from you
for ourselves...

kutan.

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Re: BackToBasics - My battle begins

Posted by Noorah BAmram - 20 Jul 2009 16:52

Ish es reihu yazoiru eeluchiv yoimar CHAZAK!!!!

Holy Yesodos U R mechazek us all!!

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CHAZAK CHAZAK V'NISCHAZIEK

Re: BackToBasics - My battle begins

Posted by yesodos12 - 20 Jul 2009 18:10

Shkoyach everyone.

Also, thanks R Guard for putting me in the chizuk email!

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Re: BackToBasics - My battle begins

Posted by Dov - 20 Jul 2009 21:58

Dear Yesodos12 -

It is very nice to read your posts and the rest of this thread you started, thank-you. You may find a focus here on discovering and doing the right actions, rather than on attaining a deeper understanding in our problem. This, in my experience, would be a very good thing. As I have heard (and enjoy remembering!): We can't think ourselves into right living. We can only *live*, (meaning: behave/taking action) ourselves into right thinking.

BTW, re shalom bayis, as I have posted previously somewhere, due to my addiction, early recovery was accompanied by a very rocky homelife. Not that things were that great before, mind you... But after about a year and a half of sobriety and my working the steps (very imperfectly), the relationship my wife and I had began to noticeably improve. Of course, it was steadily improving all that time, we just failed to notice till about then. The degree of sholom bayis we have now after a few more years of the same is better than I would have ever imagined. During the years I was acting out I went to shrinks and rovs (and got seforim and books to improve my marriage. My wife and I had many long talks about improving sholom bayis, and the like in those years. Generally useless... Strangely (w/my sobriety) *w/o any*

conscious, direct work on that topic, our lives improved *tremendously* and are improving further - really - year by year. Sholom bayis means so much to me and I know how why Hashem wants us to have it, and I am no smarter than *anyone* - including myself twenty years ago in gehinom (w/my poor wife!)! B"H I do not *think* very much about what is *wrong* any more and no longer *focus* on how bad my (and her!) deficits/defects are. I just recognize them and move on appropriately, using the steps with Hashem's help.

If there is any group of people who need to be mekayem the mishna that states: Kol shema'asov *merubin* maychochmoso, chochmoso miskayemes, etc., **it is addicts!** Hatzlocha heilige yid!

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 22 Jul 2009 18:11

Today was a hard day, but thank god I got through it by distracting myself, and then reading through the attitude handbook until the urge subsided.

A close call, but 2 weeks completed successfully!

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 22 Jul 2009 19:04

Still a tough day. I want everyone to know that I'm fighting here, and I couldn't do it without you all. Its a funny sort of fight now, because whilst I'm posting I feel myself slowly reentering reality and the fantasy world of the menuvel slowly melts away. This is a very encouraging development. I also know that after counting day after day, it would be devastating to be back on zero and break my clean streak.

I wish it was 90 days already!! (In a good way!)

I love the handbooks. I realise now that I am not running away from the yetzer, but am running towards the loving embrace of my father in heaven, who is looking on with pride as He removes

the hold of the yetzer from upon me.

I wonder whether part of the idea behind 'I'm poga bcho menuvel ze mochheihu lebais hamidrash' is not just that LEARNING is the key to overpowering the yetzer, but perhaps the idea of dragging the yetzer into the PUBLIC FORUM of a torahdik atmosphere is what does the trick. I'm sure this observation has occurred to everyone else already, but I guess I'm new here so please excuse me!

In which case, I have just successfully dragged the yetzer into the bais medrash, and chazal's words have been proven true once again, and he loses another day!

I LOVE GUE!!!!

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Re: BackToBasics - My battle begins
Posted by battleworn - 22 Jul 2009 19:12

I love the handbooks. I realise now that I am not running away from the yetzer, but am running towards the loving embrace of my father in heaven, who is looking on with pride as He removes the hold of the yetzer from upon me.

OHHH is that beautiful!!!! Rabeinu Guard, tell me if you could imagine greater nachas then this!!!

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I love your pshat!

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Re: BackToBasics - My battle begins

Posted by Dov - 22 Jul 2009 19:18

[yesodos12 wrote on 22 Jul 2009 19:04:](#)

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Fantastic angle on that, Yesodos! No, never heard it before! Thanks.

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Re: BackToBasics - My battle begins

Posted by mggsbms - 22 Jul 2009 20:01

What a great pshat "geonos", please please keep on fighting, when i read your post from the beginning tears came to my eyes what a holy neshama just craving to be a good yid. I could tell you what helped for me a lot i started waking up early and learning a good hour before davening the whole day starts with kedusha and everything is different, besides the point going to sleep early is a very important geder as a lot of the this crazyiness starts at night when you have extra time.

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Re: BackToBasics - My battle begins
Posted by the.guard - 22 Jul 2009 22:26

Yesodos, you have a way of giving over the "yesodos" of this struggle very well!! What a holy Jew. Hashem is having tremendous Nachas from you...

BTW. When you write you brought him to the Beis Medrash, did you mean a real Beis Medrash, or this forum?? Someone sent me the following today and I want to share it in your honor (and in mgsbms's honor):

Returning to Torah

At first it will seem next to impossible. You will feel antsy and be unable to focus. You will barely be able to stifle your yawns. You won't be able to wrap your mind around a simple piece of shaklah vetaryah. But rejoice. That is the perfect raw material to work with. The tumah toxins inside you are screaming against the powerful chemo treatment of the samah de'chaya, the elixir of life. Focus, focus, focus. Drag yourself through the Gemmara, then Rashi, then Tosefos, then Maharsha. One hour. Two hours. Be brutal with yourself. No quick fixes of "acharonishe torahs." Memorize the shakla vetaryah. Think through it backwards, then forwards. Try to find flaws in the breathtakingly beautiful logic.

Do not learn the way you learnt way back when, in yeshiva or kollel, lackadaisically looking for the quick chidush fix. Learn with total and absolute focus, as if you are trying to decode the secret key to a million dollars. Let the sweat gather under your armpits and let a tingling feeling run down your spine, as you slowly, ponderously, with great effort, unlock the strands of Divine DNA within you and within the Gemmara. Do this night after night and early morning after early morning. Write down you kushyos. Take them to your local Rosh Yeshiva.

Consider the "drip-drip" of this daily regimen to be a vital part of your treatment. Know that it is building up your antibodies in small but steady increments and restoring your health. After a while compare before and after photos of yourself. Before: dead eyes, forced smile, deep sadness. After: twinkling eyes, warmth, attractiveness. Rejoice.

Your yetzer horah will still attack you, and is guaranteed to continue to do so till your very last breath, but almost immediately you will begin to notice the following:

1. Extremes that at one time glittered, now seem repulsive. They no longer interest you. You cannot imagine how you once embraced certain sewage up to your eyeballs.
2. The frequency that you fall will diminish. You will finally get a life outside your two-dimensional self-made gehinnom. You will feel and exhibit genuine warmth for your family and community.

Hashem has sent us an extraordinary blessing, the mp3 player. Switch off, for good, that radio in your car and your home. Wash your ears and starving mind with the beautiful sound of shiurim, downloaded to your mp3 player. Many times, especially when you are driving, you will not be able to focus on a shiur, but background noise is also fine because you will still be living in the Beis Hamedrash. You will be steadily rising, not sinking. Find a maggid shiur who speaks to your heart, who resonates emotionally, whose neshama resides in a holy place. Mix upbeat and non-threatening halacha shiurium with uplifting hashkafa and mussar. And here is a very important tip: Say your yetzer horah gets the better of you; you fall and go somewhere you shouldn't. There is no reason to sin on the way there and back. What a bitul zman! Listen to a Torah tape. Farkert! Show the yetzer horah that bit by bit you are taking over. You are on your way to winning, and winning big.

Chazak VeYe'ematz!

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 23 Jul 2009 04:42

Thanks for that R Guard. I meant the gue forum, not the actual beis hamidrash.

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Re: BackToBasics - My battle begins

Posted by Dov - 24 Jul 2009 00:51

Ditto on what Yesodos just said, thanks, R' Guard. And a super Shabbos to all!

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Re: BackToBasics - My battle begins

Posted by think good - 26 Jul 2009 11:51

Very nice Guard.

Yesodos12 I love the bit about the Beis Hamedrash that's really what GUE is all about.

The idea of being in a Beis Hamedrash is clever. In such an atmosphere one must choose to behave properly. Which is one of the reasons the "GUE Beis Hamedrash" has such a good effect.

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Re: BackToBasics - My battle begins

Posted by Noorah BAMram - 26 Jul 2009 13:04

Yesodos U R from front line warriors in the "Guardani brigade" the toughest fighting force ever

Of course our motto is "Hashem yilacheim lochem....." G-d will fight for us!!

Remember to say out loud every morning (and any other time the YH bites) the following words,

its a segula gedolah from the gemorrah:

"Rachmana nigaar bei b'soton" "May the Merciful One do battle with the Soton"

This segula is beduka umnusa/tried and tested and comes from the mouth of theYH
see kidushin 81b

With the utmost love and respect

Noorah

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