

My crazy story

Posted by chaim2000 - 25 Jun 2010 14:01

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When I was ten years old a someone shared a penthouse magazine with some of us. I still remember the pictures and phrases and have on occasion searched for them.

The next stage was discovering masturbation . I even tried to teach it to my friends.

On one lag boemer trip we came across a couple making out. I don't know exactly what I saw. After this I began to lie in the park with my pants down masturbating and imagining that scene.

At some point I discovered recorded phone sex. I can still recall standing at the payphone in the hall of yeshiva and orgasming. I was still too young for ejaculation.

The next few years I don't remember anything significant . One day in yeshiva they caught some guys with porn. This idea was a tremendous trigger for me. After this I flipped out. I remember fantasizing a whole day how I could get one of those magazines. I would go to the local store and drool over the covers of the porn magazines.

I then discovered women's fashion magazines . I used to go to the public library and go through all the pictures. I used to rip out the pictures as I went along and stuff it in my pocket. By the time I left I had already ejaculated so I had no use for the pictures I had collected so I would throw them in the sewer on the way home. This became a regular weekly activity.

When I would go home I would use all the sears and spiegals catalogs. The Ann landers column was also a great turn on.

I remember one time I came home for the summer and in the nine days being covered in semen from repeated masturbation and unable to wash.

Later on I bought a radio and tape combo and I began a collection of songs of women singing

very sexually explicitly. I would buy a women's fashion magazine and I would lock myself in a room and be in paradise for an hour or so.

After awhile I got a hold of myself and had a few basically sober years.

After marriage I was very disappointed and two months after marriage I bought my first real porn

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Re: My crazy story

Posted by Dov - 26 Jul 2010 03:39

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[aaron4 wrote on 12 Jul 2010 13:08:](#)

I just read your thread and was reminded of some of my activities that I did not include in my story because they weren't milestones...just common occurrence. Buying... ***Will the day come when I can react properly? With disgust and loathing?*** ... I have yet to establish an alternate, positive mind set. I know that Hashem is here with me and the more I feel that, the closer I come to the proper perspective. He will help me....

This was beautiful, and I've not much to add, but: Yes, it *is* in our work of the steps - not in the steps themselves - really nothing is in the steps - anything of value is in ***our working*** of the steps.

Though in my own case, I'd go easy on the demand for 'disgust and loathing'. That approach sounds so emotionally charged that such feelings would just focus me on lust even *more*! Instead, halevai I just calmly walk by it saying to myself 'you've no business getting involved with that at all, Dov, and you know it. Now what was it that I was doing here?...' and get busy with real life. That works for me right along, though making a call and praying for help is often indispensable in that approach. So far, so good. Keep up the great work. Really.

- Dov

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Re: My crazy story

Posted by chaim2000 - 26 Jul 2010 15:48

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I cannot yet relate to my needs as being aspects of a higher power as those words still grate on my ears. I don't know if it is something correct or not so for now I will leave the issue. Dov basically said what I am going to write but I think working the steps needs me to fully write it out.

I need the security of knowing something will always be there uncomplicated reliable as in the common expression a dumb blond. She doesn't know anything but her husband and she is always waiting for him.

In the case of porn I do not assign any intelligence to the porn .On the contrary if I would need to bypass any type of intelligence I wouldn't be interested. I am interested in going into a trance not doing or knowing anything and still getting my fix. That is the second point no effort and I have it. I respect things achieved through effort but still there is nothing like pleasure with no strings attached.

The basic point is the security in porn ,there is no effort involved and no matter what I have it. It isn't dependent on other people, and it is always available. I don't think there is anything else in the world like it.

Because of the instant availability is a real friend and will never rebel. Anything else I consider to be external and not me since they are dependent on external factors. The only thing that is really me is the porn since it is so close to me.

At the same time that I love the limitless potential of the porn it can get boring. I think that the secretiveness lends it its flavor and makes me feel that I actually earned my right to the porn through the huge efforts to hide it.

Through the secretiveness we become great friends that can relate to each other as having done everything for each other. No one in the world can come between us as we are special secret friends. If I were to be found out I feel I would have to fight for my friend for he is one of the most misunderstood people in the world. If I had a way I would explain to the world this special relationship.

To sum it up when I am with porn I feel like I have come home. Everything else is foreign and strange compared with the familiar feelings the porn gives.

How all this relates to a higher power I am not sure. I do understand that this isn't a philosophy exercise so theoretically I just have to define what I need.

I think that people really bog me down. I hate the endless navigation of peoples feelings and needs. I am ultra sensitive to hurting peoples feelings. I am therefore always under pressure. I could never take what I need from my wife because I may hurt her. So again porn is so much easier uncomplicated.

I also feel not well understood by people so again the porn avoids the issue.

I do not have a conscious relationship with porn it is just there for me. I therefore am having some difficulty translating this to a higher power where it is a conscious relationship.

I do understand that a higher power being there for me would help.

There is another facet of internet porn that there is constant action. I don't even have to finish one clip and there is another. If I spent my whole life I couldn't finish all the pictures. On the street there is always something new and exciting. The internet porn satisfies and feeds my restlessness. I am like a kid in a candy store that can take one of every candy and still not finish all the candy. In real life you have to finish. In real life you don't have such an abundance. One magazine won't do anything I have to buy three. I have to go to five strip bars. This is the endless opportunity of pleasure. It is so heady and full of restlessness.

I don't know how this translates into a higher power.

I am not clear are we looking for a higher power to satisfy these needs or to remove them?

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Re: My crazy story

Posted by chaim2000 - 26 Jul 2010 15:50

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Re: My crazy story

Posted by ur-a-jew - 26 Jul 2010 17:02

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"I am not clear are we looking for a higher power to satisfy these needs or to remove them"

Since he is a Higher Power we know he can take care of the problem (in His infinite wisdom he gave it to us in the first place) I think the point is to recognize just that and let Him decide how to solve it, rather than us turning to porn to solve the problem. And the reason why were doing it that way is quite simple because we've done the first step and we know if we look to porn to solve it, it will make our lives unmanageable (and therefore its no real solution at all).

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Re: My crazy story

Posted by chaim2000 - 18 Aug 2010 14:20

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I have just started to work on the fourth step. I already have realized that i bear resentment towards practicly eveyone that i have contactt with. Through reading about the fourth step i have come to realize something else. The white book explains how our addiction feeds of of resentment. I have started to see that in my life. I somtimes say to myself that i dont care if i get caught because then i will sit in front of the computer for ever. I had always thought i was just expressing how addicted i was that i am willing to lose everything to be able to watch porn. I now realize that i am expressing somthing much deeper. I am saying that the resentment I would feel over losing everything would be enough to fuel my addiction for ever

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Re: My crazy story

Posted by chaim2000 - 18 Aug 2010 14:24

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Re: My crazy story

Posted by Ineedhelp!! - 18 Aug 2010 14:25

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Wow thats really deep. Great assesment of the situation. It not only incorporates the 4th step but it sounds alot like the 1st step also. With these resentments your life will *conitinue* to become unmanageable.

Thanks Chaim.

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Re: My crazy story

Posted by Dov - 24 Aug 2010 12:33

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Sorry, Chaim, but your openness and honesty has inspired me to share the following, though this isn't the place:

We are on vacation now for a few days iy""H. We were less than a second away from a *major* accident just as we were about 2 minutes from the motel after driving for about 3 hours. It was so close that my wife was shaking for about 15 minutes after, and she's usually quite cool.

For some strange reason, I was not shaking at all. Nu.

On the way here we realized that we forgot the camera, always a very important item, especially for my wife. We will try to have the charger overnighed by a neighbor to this motel today so that we can use my daughter's camera. She remembered hers but w/o a charger. It's lighter and easier to send than a camera...the wife isn't too happy about the 'glitch', though. I am grateful to discover that I am really *set* on doing my part to keep positive about whatever happens and that Hashem has given me the power to see the bright side of our little tiny corner of reality, so far.

Then we get to the motel after only *one* brief family argument in the car, settle in for three days together iy"H, and my wife discovers that we are *ossur*. She is about a week early. We are very close and having a lot of nachas just from being near eachother lately, and that's great. But the disappointment that we would not be able to include the physical part of the intimacy into the experience here was pretty hard to take. She was more sad about it than I was, though. For I knew that I cannot afford to wallow in the sadness that was natural for me, and kept thinking, "thank G-d we will not have to contend with the complexity that sex ads to life during *this* vacation." It was a nechoma for both of us, especially after I told her not to sweat it (she was really upset, almost *guilty*...that never made sense to me...I guess it's a girl thing). I reminded her of the complications that physical stuff ads to things during a vacation...she agreed. Heaven knows we have both suffered a ton over *that* distraction. The pain is terrible: giving, taking, feeling taken advantage of, demanding, expectations, trying to please or be satisfied but sometimes not quite succeeding...disappointment and disillusionment all around...Enough!!

Well, frankly, I'd keep on trying - no, we'd **both** just keep on trying given the chance...as we have for years, but one of the 'nice' things about niddah is that it is final. It allows room for a gift of clarity in the times when there is confusion and doubt. A relief. Strange.

Now we both feel better and are calm again. Is that a miracle, or *what*? Just a few years ago, I was going on vacation hopelessly holding onto the expectation that we'd finally have a private room and the kids would leave us alone enough for my lusts to be fulfilled!

Now, that attitude is so easy for a 'holy roller' to criticize, but is there **really** anything evil about that? I think not. Certainly based on where I was *coming from*...it's a lot better than the poison of masturbating to fantasy, having relations with my wife while imagining she is someone *else*, going to nudie bars and acting out, etc. Of course, the expectation will always ruin everything (and they did), but don't tell me it is evil.

And no, I wasn't outwardly demanding - only inwardly. No one would have been able to see it,



but it declared itself when things did not go my way. Boy, did it! Eventually, like a time bomb, it guaranteed that the kids would become a big pain in the butt for me. Eventually, they'd get in the way, *I* be seething - *all the while seeing myself as a **tzaddik** for not blowing up at them* (really!!), and it ruined stuff.

Were we going on vacation *for* sex? No, I'd have told you even then - and we weren't....but I was holding onto it tight! By my nature, I tend to hold onto it - and onto many things - too tightly. That is what the 4th-7th step process is for, b"H.

Now, I can usually hold onto it and other things **loosely**. It's much, much better this way for everyone. And it makes it easier to live this day soberly, which is better for everyone, too.

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Re: My crazy story

Posted by ur-a-jew - 24 Aug 2010 20:28

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[dov wrote on 24 Aug 2010 12:33:](#)

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Now, I can usually hold onto it and other things **loosely**. It's much, much better this way for everyone. And it makes it easier to live this day soberly, which is better for everyone, too.

I can really relate to all of this. When I go on vacation it is too much about the sex. This morning I took it a step further. My wife and I have been discussing the whole summer about her coming to the city during the day so that we can meet. I was thinking this morning to myself "what's the point she's ossur now anyway. Why waste the trip. It's not like we are going to have sex tonight." I knew the thought was wrong. But then I read you're post and told myself. Yes, make the date now. No you won't be able to have sex. But without that distraction maybe you'll actually connect.

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Re: My crazy story

Posted by The Never Believer - 25 Aug 2010 15:13

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I too get very irritated and restless when the promise of sex or particular sex acts do not come to fruition. I know this is really unhealthy but its hard for me not to feel that way. i mean, i cant, like dov says, say "baruch hashem i wont have to deal with all the complexity of sex"...sex isnt complicated for me (i guess cuz im still in addict mode - i really dont have a firm grasp over what sex is supposed to be)...i like to connect to my wife too but when there already is a promise of sex or a sex act (like my wife would say hey tonight im gonna give you xy&z and then without explanation just never delivers) then i get really excited about that and when it doesnt come i cant help but feel disappointed. like if there was no promise of it in the first place i would be fine "connecting" to my wife in other ways but if there is a promise of steak its hard to settle for waffles not that i have anything against waffles. i love waffles.

so then i try to handle it myself, pun sorta intended.

so in recovery i try not to get overly excited about the prospects of sex in the first place. like if i am given reason to believe its coming i would tell myself that it really is not going to happen. "dont get excited this often ends very differently" i tell myself. but i dont know if thats healthy. im always telling myself that everyones fooling me and i shouldnt trust anyone.

i dont know, i guess what im saying is that the stuff dov and urajew say about making real connections and not having "complicated" situations and accepting your fate and dealing with life on lifes terms are all nice things that look good on paper but when you get frustrated your demons look so much more attractive. real life situations are much harder.

"Now I know, I should say no, but

It's kind of hard when she's ready to go

I may be dumb, but I'm not a dweeb

I'm just a sucker with no self esteem."

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Re: My crazy story

Posted by Dov - 25 Aug 2010 20:10

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Now, now. You are starting to sound like the guys who are struggling with the basic act of admitting the details of their addiction to another person, yet go out of their way to get embroiled in making amends/connecting better with Their G-d, or whatever.

Putting the cart before the horse? (hope that wasn't trigerring to anyone)

Shalom Bayis (and [much] better sex) as a result of my sobriety and recovery was something I was *platzing* for (meaning: *expecting*) from the very first moment I admitted my garbage to my wife...instead, she hit me back so hard I was in shock, really...I was giving up so much by getting really, really honest - and **she** tells me she thinks we are getting **divorced**! I could have actually been angry had I not been implicated somewhat...! Hah...what a pity.

I guess there is just a price that has to get paid eventually, and a painful cleaning process we all (and all our relationships) need to go through in order to come out the other side to something nice and *safe*, for a change. It stinks for a while, but is well worth the slog. Things get safe and strong, and what we had before becomes revealed as pathetic 'settling' for a weak and mushy love. We do not have to hide behind our sex, each for our own insecurities. That's powerful. Ouch.

So sex may be crappy for a few months, a year, maybe more...but we all have sex problems, and our old manipulations will never really help us get the better life we all find in recovery.

So I am suggesting to coast on the sex and shalom bayis, mainly focusing on relaxing and

making the best of a weak situation. Put your heart and time into being decent to her, and working your fashtunkeneh steps.

'Sahrite?

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