

whats started to scare me - myself!  
Posted by watsitcalled - 02 Dec 2008 20:16

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i have a problem. after watching so much porn i seem to be imune to seeying such perverted pictures. its like im numb to what is there. not that i dont want to see it, obviously theres a reason i keep coming back to it, b/c im addicted to it. what is scary is that my mind cant be in normal mode if i can watch these things, and have i gone and ruined my - not yet - relationship with my - not yet - wife? has my mind become distorted forever?

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Re: whats started to scare me - myself!  
Posted by the.guard - 02 Dec 2008 20:39

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The sooner you stop, the cleaner your mind will be when you get married. And yes, this can cause problems in marriage. If your wife senses that your mind is on other women and other fantasies when you are with her, this can lead to resentment and a rift between you. It takes a while for the mind to be clean, so stop NOW. You can do it. If Jack can do it, you can too.

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Re: whats started to scare me - myself!  
Posted by jack - 02 Dec 2008 20:49

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all the advice will be the same - the sooner you stop, the better off you are.dont worry about the future.we have to do what's right - right now.it's hard, very hard, but we're here for you.it'll be hard, you tell us, we'll listen.stop as soon as you can. hit your bed with a tennis racket when the anxiety strikes.listen to the music on this site (even though i haven't heard any of it myself yet).close the doors and blast the music the loudest your computer goes. and let the anxiety out of your head.and then you'll feel better, 100 times better that you didn't give in.dont you want to feel better? more tomorrow jack

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Re: whats started to scare me - myself!  
Posted by BentleyJunkie - 03 Dec 2008 00:45

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I too felt immune to perversion...and as I went along, it became more and more perverse. But let

me tell you that this immunity does not last, as long as you stay away from the perverse images. Part of doing tshuva is completely seperating yourself from the sin. This step in the tshuva process will help break the immunity to perversion. What will emerge is a disgust of such filth.

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Re: whats started to scare me - myself!  
Posted by battleworn - 03 Dec 2008 11:39

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Dear whatsitcalled,

I also had that feeling and I can testify that the damage is not permanent. I was particularly disturbed by the forms of shmutz that I got used to - some of the lowest stuff possible. I **promise**, that you can turn it all around -zedoinos naasim zechuyos and you can become a bigger tzadik than anyone who hasn't fallen as low. There is no question at all about it.

People like us have a tendency to brake through normal barriers and this is an extremely powerful trait. When the brain doesn't control the heart, this trait is very dangerous. But when you do teshuva and get in control you have such a tremendous power, that others can't even fathom.

Im lo achshov aimusai!! Start the journey now before you miss the chance. But keep in mind, Hashem always expects us to do the best we can -no more and no less. The best we can, varies greatly -sometimes we can win 100%, sometimes x% and there are even times when we can't win at all. At those times all Hashem wants from us is to try our hardest. **And if we do we will succeed!!!**

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Re: whats started to scare me - myself!  
Posted by watsitcalled - 03 Dec 2008 19:08

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Thanks everyone, thats inspiring, dont stop writing. im going to try keep posting on here so i dont get lax. right now i have a very skimpy schedule, and im looking for something to do to keep me busy. only problem is boredom seems to feed boredom, till i dont feel like doing stuff that i actually need to do, and feel like going on the comp instead. does anyone get this?

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Re: whats started to scare me - myself!  
Posted by the.guard - 03 Dec 2008 20:24

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Tzadik, maybe our [Kosher Isle](#) can help

And [this section](#) in particular, if you want to stay away from the computer.

Also, do you have a good filter installed? That's a **must** if you want to succeed long term.

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Re: whats started to scare me - myself!  
Posted by Elya K - 03 Dec 2008 23:38

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I get it. I was just talking to my wife about the boredom and the computer last night. I say to myself, I only have a few minutes and I can't finish that big project so I'll just waste time on the computer. What I do is walk away, take a break.

but this is the power of the group. It makes sense to have people to call and tell them you're bored. That's why sponsors are so critically important to success.

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Re: whats started to scare me - myself!  
Posted by kookooreekoo - 04 Dec 2008 17:59

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watsitcalled,

I used to be like you and nothing helped, until I was told that I am an addict a "Sex-Addict" and

the my only option is to *work the 12 steps* nothing absalutly nothing in this world can keep me sober but Hashem working with me thru the power of the program.

Listen my friend, if you are a addict like myself then be aware that it only gets worse, this addiction realy kills. It kills us spiritualy, mentaly, and physicaly. Don't think that by just makeing phone calls, and/or posting on this forum you will be healed. It doesnt work this way.

Maybe you are not an addict but if you are, then the only option is to work the twelve steps of recovery.

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Re: whats started to scare me - myself!  
Posted by watsitcalled - 04 Dec 2008 19:54

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Ive read the twelve steps several times, its begining to seep in a little. when i first read it i first dismissed it as sphychobabble - which i avoid like the plague - but slowly i think i can start seeying wat its about. on this site only the first four are explained. why?

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Re: whats started to scare me - myself!  
Posted by the.guard - 04 Dec 2008 20:33

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I think the reason only the first 4 are explained is because this guy who sent me his notes and explanations, he was doing so well after just the first 4 steps that he didn't need to go on :-)

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Re: whats started to scare me - myself!  
Posted by Elya K - 05 Dec 2008 01:35

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It might help to work the 12 steps with a sponsor. I know for the first 5-6 years I just went to meetings and never worked the steps. but once I started working them by writing things down and exploring the resentments, anger and fear, after admitting I was powerless, then i began to

get better and heal.

For the other 8 steps and a beginners kit go

here:[www.slaafws.org/files/SLAA-.O.W.%20-%20Beginners%20Kit.pdf](http://www.slaafws.org/files/SLAA-.O.W.%20-%20Beginners%20Kit.pdf)

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Re: whats started to scare me - myself!

Posted by the.guard - 05 Dec 2008 08:41

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Elya and Kookoorekoo, I put your comments about the 12-Steps on our 12-Step Page [here](#).

Yasher Koach.

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Re: whats started to scare me - myself!

Posted by battleworn - 07 Dec 2008 11:52

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watsitcalled, psychobabble concentrates on the past, which is the key to failure (at least in my opinion). The 12 steps concentrate on the present (and future) which is the key to success!

CHAZAK VEEMATZ!!!

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Re: whats started to scare me - myself!

Posted by Mevakesh Hashem - 07 Dec 2008 15:49

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One thing I can promise you:

No matter how filthy and desensitized your mind has become, it CAN be purified!

I can't imagine anyone's mind was lower, more filthy, more decadent, more disgusting, more anti-Torah than mine was.

Yet, with a lot of hard work, and even more Siyata D'Shmaya, my mind is not a slave to immorality and decadence anymore, rather my mind is a servant of Hashem.

Not that I don't still get Nisyonos, tests and urges, of course they exist. But I am in control of them now! I closely guard what my eyes see and thus my mind is slowly but surely transforming into a place of Torah, Avodah, Chesed and thoughts of Hashem and these holy thoughts are pushing the other thoughts further and further away. So much so, that the things that I used to enjoy seeing and even craved, are now things that if I see, make me sick to my stomach.

" Ohavei Hashem Sin'u Ra"- The more one loves Hashem, the more he will detest bad, sinful and immoral things.

The first step to cleansing your mind is to replace it with pure, Torah thoughts. There is no room in one head for both! You must choose a path!

The more secular media, and immoral trash that fills your mind, the less room there will be for Torah content. And vice versa.

I know I have written this so many times before, but I believe that we must purge ourselves, our homes, our offices and our lives of ALL secular media! The more "innocent" it looks, the worse it is for our Neshamos!

It is a tool of the Yetzer Hara. If he sees us trying to rid ourselves of pornography, he "convinces" us that watching CNN or FOX, reading the New York Post or NY Times, and listening to the "news" on the radio is kosher.

NOTHING could be further from the truth! The anchorwomen on the cable news channels are ASUR to look at! The "news" content in the newspapers and on the radio is full of shmutz! And

the ads in the papers and on on the radio and TV are just as bad for your eyes, ears and mind as pornography!

DON'T FOOL YOURSELVES. IF YOU ARE HERE TO RID YOUR NESHAMA OF THE YETZER HARA, YOU NEED TO KNOW THAT PORNOGRAPHY HAS MANY FORMS, NOT JUST THE RAW UNFILTERED FORM WE ALL AGREE IS BAD, BUT ALSO THE "INNOCENT" CONTENT BEING THROWN AT US FROM EVERY BILLBOARD, NEWS OUTLET AND SECULAR FORUM!

Chazak V'Ematz!

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