

why be afraid of saying "Pornography", "Maturbation"?

Posted by kidushashem - 29 Aug 2011 13:11

---

Why is (almost) everyone scared of writing the full word "masturbation", "pornography"?

It always says "m\*\*\*\*\*, P\*\*\*\*\*" or something like that.

The point is, when you are scared of writing it, it seems to me like there's a form of denial going on. Like, subconsciously, you're not willing to admit that you're really involved with this stuff.

I feel very strongly that you should not be scared of saying it, straight out.

Can you imagine a psychologist saying "well, have you ever, well you know, done, um, P&M, YEAH, THAT'S IT! have you ever done P&M?"

If we were clean it would be one thing; I can hear that some people are so distant from it and it's like "He Who Must Not Be Named", for all you harry potter fans FEEL that it's so dirty that it's like saying "CHAZIR" instead of "DAVAR ACHER".

But for us? Are we coming from a holy place when we don't write the full word, or are coming from denial?

I'd love to hear other perspectives...

=====

Re: why be afraid of saying

Posted by Watson - 20 Nov 2016 19:47

---

[Markz wrote on 31 Jul 2016 12:20:](#)

[Por\\*\\*\\* and Mast\\*\\*\\*](#) - **Calling a spade a spade**

[Dov wrote on 21 Jun 2013 03:47:](#)

[Chachaman wrote:](#)

Dov--do u mind being a little less explicit? I know part of recovery is about not sugar coating what we did, but still.

No, I cannot, chaver. I think that helping people perhaps get sober is **far** more important than whatever reason you may have for me being less explicit. And I respect you as a friend (at least !). I also believe that sugar-coating is **exactly** what we all do in order to maintain just enough self-respect so that we can continue the same lifestyle of meshigineh 'struggling' and losing.

So why would I want to be part of the *problem*?

I respect you and what you do here, a lot, Chachaman. And much of what I wrote may not apply to you. I recognize that not all guys here are as bad as some others here. So let's make a deal. The last time I checked, the average porn-using frum guy here was not just looking at girl-scout cookie ads. When most of us here look at our porn or use fantasy in our heads, it's about terrible, embarrassing stuff: naked people having sex, plain and poshut - and worse. We are looking at the most explicit stuff there is. So I need to be explicit about recovery, too.

a virtual one

As soon as you can show me that 'impropriety' is not occurring over and over at the hands of us frummies here *while we are at our computers going from image to image of schmutz, or while we are desperately masturbating ourselves to explicit fantasy*, I will gladly tone down my descriptions of what our lusting is really all about. And I mean that seriously, respectfully, and as a real friend.

Sincerely,

Dov

**P.S.** So many guys say they 'opened up' to their Rabbi or a friend about this issue, or that they

"pray to Hashem for help" for it, etc. Yet *many* are not telling the truth - for they are not explicit about it enough to give forth an honest picture of what's *really* going on with them!

For example, they say, "I was nichshol, rebbi, in shmiras eynayim and come lidei zera levatola, often b'ratzon....I am so ashamed." Or they say such things in sh'moneh esrei at Sh'ma koleinu or S'lach lonu...as if Hashem has time for such meaningless talk.

Here we were last night, sitting and chatting with some strange girl and using explicit and vulgar language - because it's *expressing* ourselves and our real desires (at the time)...but when it comes to talking with Yedid nafsheinu the Ribono shel Olam, we are *indirect*? All of a sudden makpid on nivul peh?! And no, I am *not* talking about using the F-word in davening at all! *That's* just cursing, and totally different than what I am referring to. No, I am *not* saying 'two wrongs make a right' - and I am *not* advocating the describing of sexual fantasies to Hashem or others in lurid detail. But there is a big difference between frivolous detail that is meant to excite - and between blunt, painful honesty that I can cry about. It's just the truth. It hurts to expose the truth - so it helps. Cuz it is the **change** that it hurting so much, *not* the shame!

So I use the phrase 'sex with my wife' in sh'moneh esrei when I am talking to Him about concerns I have with sex with my wife. I use the word 'masturbation' when I am talking to Him about masturbation, and if I was struggling with the desire to look at a certain woman's chest, I  
! I see no  
reason to pretend I am really about bechinos of klipos, or something. He may see it that way, but it's none of my business. He wants my heart - Rachmonoh liba bo'ei. Your heart si your **real** heart...not what your heart '*should*' be.

Isn't Emess the *only* avodah sh'bleiv there really is?

So I believe that anyone who says considerations of 'lashon nekiyah' gets in the way of being factual and honest, has a very different experience and understanding of tefiloh than I do. And such tefiloh would be useless to me now, just as it was all those years that I was busy masturbating myself in yeshivah and davening with 'propriety'.

But if it is working for you, that's great. And I mean it.

)

(Boy, another megillah!

=====

Re: why be afraid of saying

Posted by serenity - 21 Nov 2016 02:12

---

Trigger shvigger. What's with this trigger thing? What am I a gun? When you pull a trigger a bullet comes out? I'm sorry if I'm in a grouchy carb deprived mood, but I can never understand what trigger is supposed to mean. I picture a gun and a trigger or maybe a bomb with a sensitive trigger switch. Someone comes a long and pulls the trigger or hits the switch and the bomb goes off. It's like a hair pin trigger or something. I'm supposed to somehow relate that back to my recovery. So someone writes something and that triggers me to act out? And I have no choice like the hair pin trigger on some bomb. So I wake up in the morning and walk around all day looking at women, lusting, fantasizing, gazing on the subway, even looking at porn etc and and at some point I see or read something on a recovery blog that triggers this uncontrollable reaction. What a bunch of garbage in my mind. If I thought that way I'd never get any recovery. If you are anything like me and you think your problem is some outside cause that is triggering an involuntary action on your part then you are just lying to yourself. I'm not a gun, I'm a human being. I have to be concerned with how I conduct my life and my affairs. What I choose to expose myself to for self gratification and how I choose to react when I see something beyond my control. Do choose to humanize or objectify, to empathize or to judge, to take responsibility for my actions or to blame others, etc. If I don't agree with this and think I'm just a gun waiting to be triggered, then I have to ask who is holding the gun and what are they doing with it.

Hatzlacha, chevra.

=====

Re: why be afraid of saying

Posted by Shlomo24 - 21 Nov 2016 13:12

---

---

I don't believe that triggers CAUSE me to act out. It's just that my diseased brain tells me I need to lust when I'm feeling triggered. Which can be anything from being hungry and tired or from having euphoric recall about porn/acting out. In all honesty, Serenity, I highly doubt that you don't know what being triggered is. If you don't know, then go to a strip club and call me. You'll find out what it means to be triggered.

From a biological perspective, an addict has certain neuronal pathways that have been created from acting out and reinforced through repetition of acting out. It's so strong that it will never go away. "Once an addict always an addict" is not a mere saying, it's the truth. So if I see a beautiful man, those neuronal pathways can get lit up, which is the definition of being triggered. Once those pathways are excited, only a true act of God can keep me sober, because I'm biologically determined to act on those impulses. It's no longer in my control. Which is why avoiding triggers is instrumental for recovery.

Based on this, I hear why someone might want to avoid certain words which can be a trigger for them. At the same time, I know from personal experience that what Dov says is true. Under the guise of being "triggered" I wouldn't say porn and masturbation and sex. It really just was a lack of acceptance of my disease and I was ashamed to admit my problem. Which is why I say at every meeting that "my current MO is anonymous acting out with other men, almost always accompanied by porn and masturbation." I need to be up front with the nature of my disease. I need to bring it out to light every day, because God knows I can forget at the drop of a hat.

=====

=====

Re: why be afraid of saying

Posted by YidFromMonsey - 21 Nov 2016 14:12

---

Shlomo24, thanks for that beautiful explanation.

=====

=====

Re: why be afraid of saying

Posted by cordnoy - 21 Nov 2016 14:43

---

Going to a strip club is not a comparison to the trigger concept being bantered about here on the forum.

the discussion here is about a trigger that will cause one to enter a strip club.

=====

Re: why be afraid of saying

Posted by Shlomo24 - 21 Nov 2016 15:33

---

I hear.

=====

Re: why be afraid of saying

Posted by Workingguy - 21 Nov 2016 15:36

---

Shlomo,

You explain yourself very well, but you explain it in absolute 12 step disease model ways of understanding things. You make it that you are your biology and if you reach out to your higher power then he can save you, and you state is fact.

I'm not here to argue about your experience, but in my personal experience I did much WORSE subscribing to that and much better subscribing to the idea that it's my responsibility. I was in twelve steps with two different sponsors, everyone told me I was an addict (and I may have been and still have some of the stuff that you describe) but I'd just wonder if you might leave room for the possibility- both for those reading you and maybe even for yourself- that maybe with work it CAN go away.

One of the biggest deterrents for me right now not to act out is.....because I don't want to. I may still at some point, and it's not like I never struggle, but right now I wouldn't want to hurt my insides because when I act out it makes me so anxious and I like serenity, I don't want to hurt my wife which didn't used to stop me but we have a better relationship so I actually care more now, and so I've seen in MY experience that I play a huge role.

Of course old habits still die hard and there are some challenges that I'm not getting past, but overall things are headed in a good direction. You're more than the sum of your biology, and I think people also need to be told the possibility that you might be triggered if you're in that space, and no one should do it on purpose, but it could be it's up to them.

=====  
=====

Re: why be afraid of saying

Posted by Shlomo24 - 21 Nov 2016 15:52

---

I hear you. Everyone had their own path in life; I respect yours. What I said is proven in science, I even learnt about it in school myself. I personally know someone who was sober for 16 years and he acted out. But that's ok to have different opinions. I'm sure that they have truth and can be valid. It's just not my path. AA never claimed it was the only way to overcome addiction, but as a whole it has been found that it "works if you work it."

For me, I want to live my life this way. I view addiction as a privilege. Now before all of you write me off as a crazy person, if you haven't already, let me explain. See, as a grateful member of 12 step I have family all across the globe. I'm on a whatsapp chat that has people from Iran, Russia, Israel, South Africa etc. Just the other day I spoke with a guy from Norway. I went vacationing a couple months ago, I was in Southern California, Midwest US, and Florida. I went to AA meetings in all locations. And you know what? I had great experiences in all places. I got invited out to eat with someone I met at a meeting. I got driven to where I was staying from the speaker of a meeting. I had conversations with many members. And it wasn't awkward! I was able to connect to others even though we have different addictions. I could go on and on about the amazing life that I've been handed to me from God, this is just one area.

In short, I'm so happy that my mindset is I'll always be an addict. It's one of the greatest blessings that God has given me.

=====  
=====

Re: why be afraid of saying

Posted by YidFromMonsey - 21 Nov 2016 17:37

---

[Workingguy wrote on 21 Nov 2016 15:36:](#)

Shlomo,

You explain yourself very well, but you explain it in absolute 12 step disease model ways of understanding things. You make it that you are your biology and if you reach out to your higher power then he can save you, and you state is fact.

I'm not here to argue about your experience, but in my personal experience I did much WORSE subscribing to that and much better subscribing to the idea that it's my responsibility. I was in twelve steps with two different sponsors, everyone told me I was an addict (and I may have been and still have some of the stuff that you describe) but I'd just wonder if you might leave room for the possibility- both for those reading you and maybe even for yourself- that maybe with work it CAN go away.

One of the biggest deterrents for me right now not to act out is.....because I don't want to. I may still at some point, and it's not like I never struggle, but right now I wouldn't want to hurt my insides because when I act out it makes me so anxious and I like serenity, I don't want to hurt my wife which didn't used to stop me but we have a better relationship so I actually care more now, and so I've seen in MY experience that I play a huge role.

Of course old habits still die hard and there are some challenges that I'm not getting past, but overall things are headed in a good direction. You're more than the sum of your biology, and I think people also need to be told the possibility that you might be triggered if you're in that space, and no one should do it on purpose, but it could be it's up to them.

You sound exactly the way I used to, our stories are only vise versa, I at the end of the day came to realize that I am in fact an addict and you went the other way around.

What I learned is that an addict lives in a total different reality than normal people, normal people can take a few shots of vodka over kiddush, get a little high, and move on with the rest of the day, an addict on the other hand, once he takes that first shot he's done, he cannot stop, I'll repeat, HE CANNOT STOP, no matter how much he understands the harm and how much he wants to, he just can't.

?My point is that you not being an addict B"H cannot understand this concept, so while to you it's a bad habit and you CAN control the situation, addicts don't know what the word control means once we take that first shot, and very often that first shot - a TRIGGER as we call it - is something we didn't choose, but it's still a first shot nevertheless.

=====

Re: why be afraid of saying

Posted by Shlomo24 - 21 Nov 2016 17:44

---

=====

Re: why be afraid of saying

Posted by YidFromMonsey - 21 Nov 2016 17:47

---

[Shlomo24 wrote on 21 Nov 2016 17:44:](#)

YFM: What are the boxing gloves for? I put mine down a while ago

Was actually thinking about that yesterday. Harvey said "as long as you're struggling you're not surrendering".

=====

Re: why be afraid of saying

Posted by cordnoy - 21 Nov 2016 17:52

---

[YidFromMonsey wrote on 21 Nov 2016 17:37:](#)

[Workingguy wrote on 21 Nov 2016 15:36:](#)

Shlomo,

You explain yourself very well, but you explain it in absolute 12 step disease model ways of understanding things. You make it that you are your biology and if you reach out to your higher power then he can save you, and you state is fact.

I'm not here to argue about your experience, but in my personal experience I did much WORSE subscribing to that and much better subscribing to the idea that it's my responsibility. I was in twelve steps with two different sponsors, everyone told me I was an addict (and I may have been and still have some of the stuff that you describe) but I'd just wonder if you might leave room for the possibility- both for those reading you and maybe even for yourself- that maybe with work it CAN go away.

One of the biggest deterrents for me right now not to act out is.....because I don't want to. I may still at some point, and it's not like I never struggle, but right now I wouldn't want to hurt my insides because when I act out it makes me so anxious and I like serenity, I don't want to hurt my wife which didn't used to stop me but we have a better relationship so I actually care more now, and so I've seen in MY experience that I play a huge role.

Of course old habits still die hard and there are some challenges that I'm not getting past, but overall things are headed in a good direction. You're more than the sum of your biology, and I think people also need to be told the possibility that you might be triggered if you're in that space, and no one should do it on purpose, but it could be it's up to them.

You sound exactly the way I used to, our stories are only vise versa, I at the end of the day came to realize that I am in fact an addict and you went the other way around.

What I learned is that an addict lives in a total different reality than normal people, normal people can take a few shots of vodka over kiddush, get a little high, and move on with the rest of the day, an addict on the other hand, once he takes that first shot he's done, he cannot stop, I'll repeat, HE CANNOT STOP, no matter how much he understands the harm and how much he wants to, he just can't.

?My point is that you not being an addict B"H cannot understand this concept, so while to you it's a bad habit and you CAN control the situation, addicts don't know what the word control means once we take that first shot, and very often that first shot - a TRIGGER as we call it - is something we didn't choose, but it's still a first shot nevertheless.

I don't recall WG sayin' that he's not an addict.

As a matter of fact, I think he has said the opposite several times.

And furthermore, **I am an addict**, and I think similar to WG; yes, three years ago or at other times, I could not take one drink without fallin' to the end, but you know what? Now, I can. Doesn't mean I will or want to, but the possibility exists.

=====

Re: why be afraid of saying  
Posted by YidFromMonsey - 21 Nov 2016 18:22

---

[cordnoy wrote on 21 Nov 2016 17:52:](#)

[YidFromMonsey wrote on 21 Nov 2016 17:37:](#)

[Workingguy wrote on 21 Nov 2016 15:36:](#)

Shlomo,

You explain yourself very well, but you explain it in absolute 12 step disease model ways of understanding things. You make it that you are your biology and if you reach out to your higher power then he can save you, and you state is fact.

I'm not here to argue about your experience, but in my personal experience I did much WORSE subscribing to that and much better subscribing to the idea that it's my responsibility. I was in twelve steps with two different sponsors, everyone told me I was an addict (and I may have been and still have some of the stuff that you describe) but I'd just wonder if you might leave room for the possibility- both for those reading you and maybe even for yourself- that maybe with work it CAN go away.

One of the biggest deterrents for me right now not to act out is.....because I don't want to. I may still at some point, and it's not like I never struggle, but right now I wouldn't want to hurt my insides because when I act out it makes me so anxious and I like serenity, I don't want to hurt my wife which didn't used to stop me but we have a better relationship so I actually care more now, and so I've seen in MY experience that I play a huge role.

Of course old habits still die hard and there are some challenges that I'm not getting past, but overall things are headed in a good direction. You're more than the sum of your biology, and I think people also need to be told the possibility that you might be triggered if you're in that space, and no one should do it on purpose, but it could be it's up to them.

You sound exactly the way I used to, our stories are only vise versa, I at the end of the day came to realize that I am in fact an addict and you went the other way around.

What I learned is that an addict lives in a total different reality than normal people, normal people can take a few shots of vodka over kiddush, get a little high, and move on with the rest of the day, an addict on the other hand, once he takes that first shot he's done, he cannot stop, I'll repeat, HE CANNOT STOP, no matter how much he understands the harm and how much

he wants to, he just can't.

?My point is that you not being an addict B"H cannot understand this concept, so while to you it's a bad habit and you CAN control the situation, addicts don't know what the word control means once we take that first shot, and very often that first shot - a TRIGGER as we call it - is something we didn't choose, but it's still a first shot nevertheless.

I don't recall WG sayin' that he's not an addict.

As a matter of fact, I think he has said the opposite several times.

And furthermore, **I am an addict**, and I think similar to WG; yes, three years ago or at other times, I could not take one drink without fallin' to the end, but you know what? Now, I can. Doesn't mean I will or want to, but the possibility exists.

Interesting, live and learn...

=====

Re: why be afraid of saying

Posted by Gevura Shebyesod - 21 Nov 2016 18:31

---

[Shlomo24 wrote on 21 Nov 2016 17:44:](#)

It's hard to tell from the picture if his hands are still in them, maybe he already put them down.

=====

=====