

From a deep pit to a tall roof
Posted by qi - 05 May 2013 15:38

Hello all,

I'm in my late 20s and have been masturbating since I was 12. By the time I found out it was wrong I was so used to it I couldn't stop. I saw lots of pornographic pictures online but wasn't addicted until I discovered pornographic videos. I tried hundreds of times to stop but when the inevitable fall happened I despaired of ever fully recovering. That changed about a year ago when I started really trying to stop and when I fell I got right back up.

However, I'm far from recovered. The longest I've gone is 40 days with no P or M. I found GYE a few weeks ago and joined last week. I think it's fantastic that we have a frum site on this. And, it's much better organised than goyishe equivalents.

So here I am trying to kick the habit of a lifetime for a lifetime. I'm interested in the 12 steps although I don't fully understand how they work. But here goes:

Hi, my name's Qi and I'm a porn addict. Porn has damaged my life considerably. It affected my school work when I stayed up till 2 am looking at it. It affected my learning when I needed to leave mid seder to M. It affected my shidduchim in a profound way. It made me depressed when shidduchim were hard. It affected my shteiging because nothing else matters compared to this. It affected my moods. It affected my relationship with my family. It affected my relationship with HKBH.

When I first found out it was wrong I still didn't know how bad it was. I'm ashamed to admit this but I actually masturbated on Yom Kippur once. HKBH please have mercy on me and forgive me.

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Re: From a deep pit to a tall roof
Posted by Dov - 15 Jul 2013 02:11

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What's 'TV'?

Re: From a deep pit to a tall roof
Posted by cordnoy - 15 Jul 2013 03:22

Tohu Va'vohu

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Re: From a deep pit to a tall roof
Posted by inastruggle - 15 Jul 2013 09:01

oh.

I always thought it was torah v'yirah

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 23 Jul 2013 21:24

Hi guys, it's been a long time since I updated so I thought I would. I'm on day 10 right now and I feel great. I haven't peeked or cheated or fantasised or anything these last 10 days, nor did I have any urges to. I've been focussing more on doing one day at a time, and I think it's better than trying desperately to get to day x or y.

So thank You Hashem for getting me this far, please continue to give me what I need to get further.

Hidden text:
Something is hidden for guests. Please log in or register to see it.

to hide part of a message from Guests

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Re: From a deep pit to a tall roof
Posted by Pidaini - 23 Jul 2013 22:02

are we supposed to do the hiding thing too?

Just my two pence, (about 12 agurot, a little less since the pound is down)

I am actually having a hard time with that myself; My wife would like to go to the zoo here in Yerushalayim, it's bein hazmanim and it will be full of young yiddishe heimishe ehrliche vablach. I don't know what to do, I have been trying to avoid going out too much to places that i know will be overwhelming, I won't even go to the Kosel since I had such a hard time last time i went.

Just to make this clear beforehand, You are doing great no matter what anybody will tell you. Simple equation, before would you even have thought about whether or not what you did was ok? from what you wrote in other posts you probably would have gone straight to "why can't she be like that?", no? ??? ??? you're on the right track, that's a BIG way from where we were a few months ago!!

[DR.Watson wrote:](#)

Now I will fully admit that I was not walking around with the shmiras einayim of the Baba Sali, I could have done a lot more. At the same time I was not staring at any particular woman, nor was I aroused by any of them. She's right that some of them were very pretty and I did notice, but I wasn't looking lustfully.

I didn't respond because I'm not sure what's right here, so I want to ask here. Am I wrong to

even be looking around? Should I have done more, like looking more at the ground. Was I wrong for even going to an area where there were sunbathers in the first place?

I think you answered it yourself, you could've had more shemiras einayim, is it the end of the world? no. can't be worse than a fall, which we say fell schmell, saw hee haw!! just try making it better next time (and I think looking around is natural, even if there are no lust things around)

the ikkur is **KOT!!!! KOMT!!!!**

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Re: From a deep pit to a tall roof
Posted by gibbor120 - 23 Jul 2013 22:11

I'm glad to hear you are doing well.

It is a very difficult balance. I've had the same question many times. The family needs to go away, BUT there may be things that are triggering there.

So, I have to try my best to choose places and times that are more "kosher". Places that are relatively more tzniyus. It's not fair to my wife and kids to be a hermit, and I need to get out a bit too. maybe the pound will go up now!

I do have red lines though. I will not go to an amusement park even though I LOVE roller
. A hike, a park or the zoo is not as
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As far as the wife and her feelings. I have had the same conversation with my wife many times.

I try as much as possible to reassure her that "I" find her attractive. But yes, that is another reason to avoid those triggering places. Many women are very self-conscious about their looks as it is, and being married to an addict makes it even more difficult for them, especially when walking around and seeing other attractive women.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 23 Jul 2013 22:19

keep up the good work

if you suggested the place, youd be more at fault

if she did, you can mention that it might be an issue there

someone mentioned before about viewing porn with their wife

can she then say, "hey, they are prettier than me!"?

obviously, the torah wants all men, and especially us, to avoid such places, but if youre in such a situation, do your best.

main thing: hatzlachah with the wife and enjoy

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Re: From a deep pit to a tall roof
Posted by needtoquit - 24 Jul 2013 07:39

[Pidaini wrote:](#)

Simple equation, before would you even have thought about whether or not what you did was ok? from what you wrote in other posts you probably would have gone straight to "why can't she be like that?", no? ??? ??? you're on the right track, that's a BIG way from where we were a few months ago!!

I second that. The fact that you're thinking about means you are making progress.

[gibbor120 wrote:](#)

It is a very difficult balance. I've had the same question many times. The family needs to go away, BUT there may be things that are triggering there.

So, I have to try my best to choose places and times that are more "kosher". Places that are relatively more tzniyus. It's not fair to my wife and kids to be a hermit, and I need to get out a bit too.

I do have red lines though. I will not go to an amusement park even though I LOVE roller
. A hike, a park or the zoo is not as
).

While I'm not married so the question wasn't really directed at me, I wanted to share a recent experience. Recently, I went with my family to a park for the day. We did some walking along a stream in really warm weather.... B"H I managed to look down or away as we passed most of the people. However, eventually we arrived at a waterfall where there was large gathering with
The younger kids weren't up to walking much more so some of us were pushing to stop there for a dip and then head back. I said to myself, no way can I handle this. So I ran ahead and found that literally another minute down the trail is a nicer waterfall with almost no-one there. So we moved there and I breathed a sigh of relief.

So even a nice park can be dangerous. But yeah it's nothing like an amusement park. I don't understand how schools can send kids on graduations trips to amusement parks at this time of year.

even more people and even less cloths.

Hatlacha,

NeedToQuit

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Re: From a deep pit to a tall roof
Posted by Dov - 27 Jul 2013 02:00

Hey, Keep Up The Good Wok, Doc!

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 01 Aug 2013 21:52

Got bad news I'm afraid. I had a terrible day yesterday. I started cheating and before I knew where I was I had started masturbating. I didn't finish off so I wasn't going to count it as a breach of my taphsic neder even though some sh"z came out. However, I spent the rest of the day struggling with urges. It was a constant fight between feeling like just doing it and the desire deep down to stay clean. Well, cleanish. Eventually I gave in and had a fall, so I definitely need to say tehillim as per my neder. However, with your permission, I'm going to call it one (albeit extended) fall, so I will say tehillim only once for yesterday.

Today has been slightly better but I am being plagued with the urge to 'cheat' again. So far I have not masturbated but the urge is very strong. I did look at some more pictures today and it has to stop. I was considering using taphsic for this kind of 'cheating' but have been reluctant. But, for the rest of the day I commit to saying one perek of tehillim for every naked picture I see, which will hopefully be none.

I want to make this a bit positive, so here goes:

- 1) I fell after 17 days during which time I didn't even cheat. In fact I felt very good, very clean.
- 2) I fell to pictures only, I didn't watch any porn videos.
- 3) I fell after having struggled with the urge for many hours. I didn't just give in. In fact I stopped myself in the middle a few times, which is very difficult. My problem with this is that it means I started a few times in one day as well, so it's only half a positive.
- 4) I am determined not to fall today. If I can keep clean until after shabbos, I will have gone 3 clean days and then any fall after that I would consider a new fall, not an extended fall. This would be an improvement from when I used to fall and I would stay fallen for about a week before getting up.
- 5) I am going to try and draw the line closer to where Hashem wants. I used to be focused on not watching porn videos or masturbating, seeing pictures was to be avoided but was not a fall in my eyes. Well that's still true to an extent but I want to switch my focus to not even peeking at any such thing. Peeking is not OK.

Thanks guys for being in this struggle with me. It helps to know I'm not alone.

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Re: From a deep pit to a tall roof
Posted by tryingtoshteig - 01 Aug 2013 22:11

I admire your attitude. You just pick yourself up and KOMT!

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Re: From a deep pit to a tall roof
Posted by Pidaini - 01 Aug 2013 22:55

Yup, your attitude is greatly inspiring!! Fell Schmell, it's NOW, It's Today.

About an hour ago I was outside, and loked too much, and I stamoed my foot and screamed "DARN!!" (so now you know who I am if you were by Shefa Shuk at like 8:45). But I remembered what I had written about This moment and how this is where I was supposed to be. and I had this picture of Hashem literally putting the finishing touches on me, and placing me there, with a bunch of programming, "hmm, let's make this guy with a little more lust already in him, he could get over it". and I felt as if my "game" started then, just in middle of a level. (It helped take away the "well I slipped anyway, might as well slip some more")

Ehhh, what's up doc? [munch munch munch]

KOT KOMT

we're all with you

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Re: From a deep pit to a tall roof
Posted by cordnoy - 02 Aug 2013 00:11

welcome back Doc

I was actually thinkin of starting a Sherlock topic post with the first one sayin, "Has anyone heard from the Doc lately?"

We missed you.

Is there anything you can do when the urge comes upon you? Some make calls; some write a letter; some jog and some learn, etc.

Whatever, keep up the positive attitude, and may God be with you!

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Re: From a deep pit to a tall roof
Posted by cordnoy - 02 Aug 2013 00:30

and Doc, check out what Zemiros wrote b'sheim Gibbor here:
guardyoureyes.com/forum/20-Important-Threads/214619-Gibbors-Insights#214632

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