

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.

=====

Re: From a deep pit to a tall roof

Posted by chesky - 29 Aug 2013 18:07

---

Step by step.

Here are the first two:

1. We admitted that we were powerless over lust-that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.

Three tools are critical: honesty, willingness and openness. (As Dov would say; no hiding behind user-names and sitting face to face with other addicts).

Before i came to SA i thought that the 12 steps was some sort of DIY kit "how to stop lusting". I was disappointed. And it took a long time and as much work as I was willing to put into it to start a life-changing process.

That is what has worked for me one day at a time.

=====  
=====

Re: From a deep pit to a tall roof  
Posted by gibbor120 - 29 Aug 2013 20:09

---

[chesky wrote:](#)

Before i came to SA i thought that the 12 steps was some sort of DIY kit "how to stop lusting". I was disappointed. And it took a long time and as much work as I was willing to put into it to start a life-changing process.

That is what has worked for me one day at a time.

The DIY method always appealed to me. I love **self**-help books. I never like to rely on anyone else. I like to do everything *myself* I had to need to learn to let go of the need to control everything. To let others help me. To realize that I don't do anything myself. I am totally and utterly dependant... which happens to be the message of Rosh Hashanah.

=====

Re: From a deep pit to a tall roof  
Posted by Dov - 29 Aug 2013 21:55

---

Dear Atzmosyosef,

Whoa, Chesky....who says this guy atzmos yosef is an addict at all? Maybe he just has a yetzer hora like a normal person and is not truly sick in the head as you and I are? Maybe he first needs to open up to a safe abd understanding person like a rebbi, parent, or shrink about his problem. Has he ever done that?

Maybe he has!

But if he has not, maybe he will be OK opening up here on GYE about the exact details of his problem? That will help him get more comfy with opening up to a real person...cuz we are not really real. We are just virtual people. Once he does that, he will be on the road to actually starting to use the tools you are giving him (if he needs them at all).

Pretend the follwing is to you, chaver:  
Before opening up, using these precious tools in the privacy of our own tortured minds has really bad odds.

=====

Re: From a deep pit to a tall roof  
Posted by cordnoy - 30 Aug 2013 18:52

---

Doc, one thing and one only.

Don't look at that first pic on the comp.

[I know that some will say the street is even more important, but from what we have heard from you, and again, it's only mho, so you don't have to listen at all, focus on that comp; not one pic.]

You wont get to pic 4 and 6, if you never saw the first.

b'hatzlachah.

=====

Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 30 Aug 2013 19:25

---

I agree with you Cordnoy, I have to be careful not to look at the first picture because looking at one will make it much harder not to look at a second etc. Feeding my lust only makes it worse.

Two positives I can bring:

1) I went back to the site I fell on, (not for anything dodgy, it's a useful and generally ok site, I misused it by connecting through it to other sites) to see why my filter didn't work and I realised

that the safe setting for that site was not turned on. I'm not sure why that was but I changed the settings so it's much harder to get any pictures on it. (No, I don't have my filter's password, my filter is still in place this is a way round the filter that needs an extra level of protection).

2) I fell on Wednesday but haven't fallen since. I think this is the first time I've ever got back up less than a day after a fall.

have a good shabbos chevra.

=====

Re: From a deep pit to a tall roof  
Posted by Dov - 01 Sep 2013 10:18

---

I have told many guys and heard from many guys:

If you test your filter, you do not have a filter any more.

or,

Filters are not there to be tested.

or,

If your dog does not come to you when called, you do not really have a dog.

Once we *test* the filter, we will eventually circumvent it, period. I honestly believe that and have not tested my filters (and actually do not even know if my laptop has a working one on it at all, anymore) for over ten years.

=====

=====

Re: From a deep pit to a tall roof  
Posted by tehillimzugger - 01 Sep 2013 17:10

---

[Dov wrote:](#)

I have not tested my filters (and actually do not even know if my laptop has a working one on it at all, anymore) for over ten years.

Maskim.

=====

Re: From a deep pit to a tall roof  
Posted by cordnoy - 01 Sep 2013 18:25

---

hey Doc, how was Shabbos?

what worked?

what didn't?

still on a first pic hiatus?

b'hatzlachah

=====

Re: From a deep pit to a tall roof  
Posted by israel613120 - 02 Sep 2013 02:29

---

[Dov wrote:](#)

I have told many guys and heard from many guys:

If you test your filter, you do not have a filter any more.

Once we *test* the filter, we will eventually circumvent it, period. I honestly believe that and have not tested my filters (and actually do not even know if my laptop has a working one on it at all, anymore) for over ten years.

When I first got my filter, I tested it, found I could get into a triggering site, and asked the nice people who do my filter to take that off too.

So I feel testing it was a good thing.

Eventually of course the idea is not to need it, but that could be a long way off for some of us!!!

=====  
=====

Re: From a deep pit to a tall roof  
Posted by inastruggle - 02 Sep 2013 05:30

---

Of course while testing it you could have fallen. The way to test k9 is to type in gambling.com, that kind of test might be good to make sure the filter is armed for unintentional sites, but testing it for its strength is not the smartest idea.

=====  
=====

Re: From a deep pit to a tall roof  
Posted by Dov - 02 Sep 2013 06:26

---

[israel613120 wrote:](#)

[Dov wrote:](#)

I have told many guys and heard from many guys:

If you test your filter, you do not have a filter any more.

Once we *test* the filter, we will eventually circumvent it, period. I honestly believe that and have not tested my filters (and actually do not even know if my laptop has a working one on it at all, anymore) for over ten years.

When I first got my filter, I tested it, found I could get into a triggering site, and asked the nice people who do my filter to take that off too.

So I feel testing it was a good thing.

Eventually of course the idea is not to need it, but that could be a long way off for some of us!!!

Dear chaver,

Appreciated that! But my default button is speaking for the addicts among us, not just porn users or masturbaters. Everyone has a yetzer hora - addicts go far beyond the YH and compulse and obsess about it for years, getting worse, not better.

So I'd ask you if you later fell with that computer/filter you were referring to - or if the intervention you mentioned actually lasted over the long term.

That's important. Sure there are short term benefits to nearly everything (see the "Nuclear Reset Button" for a great short term effect our masturbation has on avodas Hashem). But was your long term better?

If it was, then ***that's great***...but I'd be inclined to suggest that you are not in the same boat as



myself and the rest of the addicts I know. Perhaps not a sick man, at all, b"H.

=====  
=====

Re: From a deep pit to a tall roof  
Posted by cordnoy - 03 Sep 2013 07:47

---

Dr. John Watson: People don't have archememies.

Sherlock Holmes: What?

Dr. John Watson: In real life. People don't have archenemies.

Sherlock Holmes: That sounds a bit dull. So what do people have in their REAL lives?

Dr. John Watson: Friends, people they like, people they don't like, boyfriends, buddies, drinking partners...

Sherlock Holmes: Like I said, dull.

Hey Doc, we are your friends....clue us in; thanks.

b'hatzlachah

=====  
=====

Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 03 Sep 2013 16:20

---

At the risk of having Dov tell me I'm being melodramatic, I'll say where I'm at.

The only area of avodas Hashem I've been working on this past year is porn and masturbation. I know how bad this aveiroh is and I felt like nothing else mattered for much if I'm still masturbating. B"H I've had some success and I've improved in this area, but I'm still nowhere near where I want to be. That's OK because b"H I'm still improving and iy"H one rosh hashonah I'll realise that I haven't masturbated at all since before the last rosh hashonah. Ay what a

geshmak feeling that will be iy"H.

In the meanwhile every other area of my avodas Hashem has gone down since last year. I've got used to davening at home, which means 10 minutes in the morning and more often than not forgetting to daven mincha and maariv entirely. My learning has gone way down. If not for my chavrusah I'd barely learn at all. On the days when we're not learning that's what happens. I haven't improved or learnt anything new, in fact I'm forgetting more and more of what I learnt in yeshivah. I haven't finished anything. I haven't opened a mussar sefer since last year. I've been to exactly 1 shiur in the last year. I get so tied up with work that I don't control my relaxation time properly. Often it goes on till long after I should be in bed, causing a vicious cycle of tiredness and sleeping in, often I end up watching stupid videos that not only waste my time but become less enjoyable the more I watch them. My shmiras einayim is worse than it was a year ago. I haven't made time for my friends or my family. I forget to say brocha acharona when I eat, even if I washed. I haven't worked on my middos at all. In short, I feel disconnected from Hashem and from yiddishkeit and I don't recognise myself anymore.

And now we're coming to rosh hashona and I'm scared of what Hashem will think of me. I promised things last year and not only did I not keep to them but I've lost a lot of what I had. And I feel powerless to fight it. There's too much going on and each bit is so hard to work on that I almost feel like I can't do much about it.

I want to though. I feel like the battle-lines of avodas Hashem have moved inwards and surround me very closely, almost trapping me. I want to fight back. I'm at the point of feeling like I might as well fight cos I have nothing to lose. But I know it would take extraordinary effort to fight back at some of these lines. I want to roll up my sleeves and get to work but I don't know where to start to really make a difference.

=====

Re: From a deep pit to a tall roof  
Posted by cordnoy - 03 Sep 2013 17:50

---

I will let the people who know how to fight respond to where your battle lines should be drawn; however, I will say this: you wrote: I'm at the point of feeling like I might as well fight cos I have nothing to lose. That is, I believe, almost Step 1. We are powerless...those who are addicted are at the bottom, with nowhere to turn...except to Avinu Shebeshamayim. This is precisely the moment in which He wants to hear from us. He loves us at all times! Tell Him this R"H that you feel like you're at the end of the line, and that is why you are crying this year. It is different than previous years, for although you were crying before, you were asking for help; now, you are

asking Him to take over. Don't worry how. That is His job! You do yours. Say, "God, this life I am leading is sick and unmanageable; You are the One that can get me out of it."

He will respond with the mehalech.

b'hatzlachah

=====

=====