

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 Pidaini - 29 Sep 2013 17:11

Hey Doc, been thinking about you!!

Hang in there, get into real life, something, anything.

KOT!!!

=====
=====

Re: From a deep pit to a tall roof
Posted by chesky - 29 Sep 2013 17:13

Are you prepared to admit defeat? That on your own you have NO CHANCE of staying clean?

=====
=====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 29 Sep 2013 18:26

[chesky wrote:](#)

Are you prepared to admit defeat? That on your own you have NO CHANCE of staying clean?

OK, yes.

Now what? I don't understand.

=====
=====

Re: From a deep pit to a tall roof
Posted by chesky - 29 Sep 2013 18:40

Do you believe that if you do not act-out, that HaShem can give you whatever you are looking for in lust? whether physical or emotional. Even if you are as desperate as someone who has just been told that he is going to die of cancer, or as desperate as someone who has enormous financial difficulties that he cannot possibly overcome on his own.

=====
=====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 29 Sep 2013 18:42

I believe that He can give me everything I need

=====
=====

Re: From a deep pit to a tall roof
Posted by chesky - 29 Sep 2013 18:51

Then talk to Him. Tell Him what you are going through.

He loves you unconditionally.

It does not make one once of difference to Him what you did. Everything is for our sake, but He loves you no matter what. So you can talk to Him.

And remember, we do not expect anything from HaShem. But just for today, we turn our lives and will over to His CARE (Yes, he cares even about that feeling between our legs).

May He grant us a day of sobriety and sanity.

=====
=====

====

Re: From a deep pit to a tall roof
Posted by cordnoy - 29 Sep 2013 18:55

Hang in there

one moment at a time

don't look at the long haul

im goin thru similar

=====
=====

Re: From a deep pit to a tall roof
Posted by chesky - 29 Sep 2013 21:45

just imagine yourself as a helpless little boy on a dark night lost in a forest. You are terrified. But with you is your father who says "don't worry my son, it will be ok."

Even if you know that he really does not have any idea how to get out, it is still comforting just to know that he is with you, cares for you and is doing his best to protect you.

Our Infinite Abba CAN do anything for us. We just have to ask him to be with us, and then we don't have to worry. We may not have the answers, or he may not do things our way, but we can be sure that He is there with us and cares and loves us.

=====
=====

Re: From a deep pit to a tall roof
Posted by dms1234 - 29 Sep 2013 22:14

Hey Doc, keep in there. try to internalize that God is here that he is helping us. For us he is out

there. We intellectually know there is a good but in our hearts we really dont

=====
=====

Re: From a deep pit to a tall roof
Posted by moish u.k. - 30 Sep 2013 16:50

I can certainly identify with yom tov being a challenging time. The late nights, the sholom bayis, the pressure just builds and builds throughout yom tov...

I am grateful that this yom tov i was able to meet up with fellow strugglers every day of yom tov.

Hang in there buddy.

I find talking to other strugglers an extremely important part of my recovery.

If you want to talk to me i'll give you my number

=====
=====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 06 Oct 2013 16:13

Tough start to last week, I had difficult urges but b"H I got through it. I did speak with Hashem and told Him exactly what I felt and why I think I felt it, I didn't hold anything back. I figured if I can't even say the word penis to Hashem out of embarrassment then what does it say about my hashkofoh that I'm not embarrassed to show Him my penis while doing an aveiroh.

Anyway, I got through the day, then another and another and the urges subsided and I felt that I'd got through a barrier that I've only ever got through once before. Normally I can only go so far before those urges are too strong and I fall, only to repeat the process again and again and again.

So now I've got onto the first page on the 90 day chart for the first time ever and I'm really happy about it. It's just about the only reason I didn't fall this morning. I don't want to mess it all up now. If I fall now I'll only have to face that barrier again in about 3 weeks or so, and if I can't then my life of 3 week clean then a fall, 3 weeks clean then a fall will continue indefinitely.

I got urges again yesterday and today. Different type of urge. The 3 week urge is felt very strongly in my body. This is felt in my mind. I can't really explain it, it's just something in my brain telling me that I need to act out. Why? Cos I said so that's why!

I think I took my eye off the ball and allowed thoughts to fester and grow. I became complacent but I've got ample proof that I'm far from over this problem, I probably never will be.

OK, I just need to get through the afternoon. If I can get to mincha unscathed, I can probably get through the day. I'd like to be productive today too though.

=====
=====

Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 06 Oct 2013 17:27

Hi, I like your avatar.

What causes the urges? Anything in particular?

Would you choose to stay clean if you didn't have to deal with the constant urges, the fear of falling, and feel like you are pushing a boulder up a mountain all your life, so to speak? If you had a medicine that makes the desire go away, would you take it?

=====
=====

Re: From a deep pit to a tall roof
Posted by some_guy - 07 Oct 2013 01:36

Hi Dr. Watson,

I also talk to Hashem. I try to do so every night after I say the Shema. I don't just talk about lust. I tell him about what happened that day and how I am doing. Even though the first few weeks of doing this make me feel awkward, now (I think) I can feel a connection with Hashem. It is special. You may want to try it.

Also, I read (I am not sure where) that people only sin when a "spirit of folly" overpowers them. You felt shame when talking to Hashem because you were in your right mind. However, when you sin you felt no shame because the "spirit" was controlling you. So don't worry about your hashkofoh.

--some_guy/Elias/Eliyahu

=====
=====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 09 Oct 2013 21:06

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

=====
=====