

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 chesky - 10 Oct 2013 01:06

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

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Re: From a deep pit to a tall roof

Posted by dms1234 - 10 Oct 2013 04:06

whats up doc?

First of all you have to get that safety mode enabled by someone else. That is the first thing you should be working on because whenever the yetzer hits us the computer is the first thing we go to and if we can have it blocked up that is success!

It seems like you are fighting the yetzer which from experience, we all know doesn't work. We are definitely weaker and he will win. Try not to fight. Try to relax and give it over to Hashem. Giving it over to Hashem is extremely hard so for now try to take a couple deep breaths and go for a walk. Or even better try calling or messaging a fellow GYE member. This relieves me very much.

Anyways, it seems like your doing great! Be happy, life is wonderful, every day is a brand new day, keep moving forward!!

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Re: From a deep pit to a tall roof

Posted by Dov - 10 Oct 2013 06:00

Hey Doc, thanks for sharing all that here. I relate so much, know the pain.

So thanks for sharing it here - it is an old 'friend'. Like describing an old, tattered and moldy-smelling blanket. Yeah, the smell is unmistakable. An old, bad memory - but a memory. It's mine. It's ours.

No speeches or advice necessary. None of that is relevant, I think. You know it all. I just understand, and please keep being open and real abt where your sick head goes. To me, sharing that understanding is precious, without need for speeches. And it helps more than any Torah, yiddishkeit, speeches or whatever.

You are not the only pervert here. I am one, too. And b"H I am sober and recovering this very precious day. Thanks for writing the truth. Please keep doing just that.

Lots of love,

Dov

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Re: From a deep pit to a tall roof

Posted by cordnoy - 10 Oct 2013 07:54

Doc, I just don't know.

If your/mine wife would be a model, would it really be any better?

Once that bedroom door is closed, does it really make that much of a difference?

And yes, I do understand that there are extremes, but if she fits into the average, what would be different if she was transposed into (fill in your own fantasy)?

The bottom line is...for whatever reason, and like MBJ, MendelZ, Steve, Pidaini and others have been saying, the wives libido is destined from God. She was given to you and that is your lot. Can there be hishtadlus in some vein? Yes. But like it has been said here countless of times, using lust - even a little bit - with our wives, for us addicts (or whatever the heck we are), is dangerous.

We look at the shapely legs, the high heels, the other features that are around us, and if the genie would magically transpose our wives into those other women, would we stop looking?

Doc, I don't think the answer to that is Yes.

We still would look.

And to add, you didn't start out with this issue...the wife...at least you didn't say so...I don't think. There were others (myself included) who spend way too much time on the lack of intimacy with our wives. But whatever the case, let us not blame our shortcomings on our wives' looks, features, habits and hormones.

It is difficult for me to write this when I know by me and by others that the bedroom upstairs (or wherever it is) is the key trigger to our lustful thoughts. If I would have the strength and the courage I would tell you some of my thinking during these ten days; some of the ultimatums perhaps that I issued to myself...if this and this wouldn't happen, whatever. I gotta get over it! I have been steeped in this behavior for way too long.

You were just married. Give your wife a chance. Work on your side. Give her space. Many here have seen success. Read chulent's posts. Some still have it rough.

I am beginning to ramble, and perhaps the entire post of mine was one big ramble.

It should be b'hatzlachah.

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Re: From a deep pit to a tall roof

Posted by ploni.almoni@gmx.com - 10 Oct 2013 15:42

If that were the case I think I should accept it for what it is and deal with it. I don't think that's it though. I think Hashem gave me exactly what I need in a wife. So why do I wish she had bigger x and smaller y then?

I am guessing it's because you don't appreciate a lot of other things in your life, you spend your life being a good boy, doing your "duty", and you think that your "duty" is not the best for you. You think that the reward for the mitzvos is *only* in olam ha-ba. Actually it's in olam ha-ze too, and it sounds like you are not getting any.

Because I compare her to the women I lust after. And why do I lust after them? Because I'm dissatisfied with her looks. And why am I dissatisfied with her looks? Because I'm comparing her to the women I lust after.

You hit the nail on the head. Even if you could have sex with all the women on the street, you would still find more beautiful women somewhere else. You feel the way you think. You have to stop thinking about the other women. And how do you *stop* thinking about them? Remind yourself that you have a choice to do something else, and then *do that*. Something that you enjoy. If you don't have much of a choice, ask yourself how you could modify what you do so you enjoy it more. What can you change?

And none of this is her fault. I feel bad for her that she has a husband who thinks these things. She hasn't read this but I feel bad as if writing this hurts her. Mrs. Watson, I'm sorry. I'm sorry

for being such a pervert.

Since you judge yourself so negatively it must mean that deep down you really are a tzadik, right?

And who am I that I think Hashem owes me the best looking girl in town? Who do I think I am? What have I done to deserve it? Plus I'm not the best looking guy either. So why can't I let it go? Why am I so egotistical? Why can't I accept that Hashem has given me exactly what I deserve and I should be happy for it, not always wanting more more more. Me me me. I I I.

"I" is right. Hashem wants you to run to the Torah because you think it's great, not because you have to do it with a gun (the guilt) pointed at your head. Hashem wants you to have a strong "I" and to do your own best interest, and He wants to see that you think your best interest is the Torah. If you don't care about yourself you cannot flatter Him by choosing the Torah.

If you want to destroy your "I" that's okay. That's the slave approach. That's okay, but slaves are not perfect, they slip. It depends critically on never being triggered. Fences have to go up.

And yet it's so easy to type and so hard to change.

Maybe try davening to Hashem to give you the zechus to see that Torah and mitzvos are good for you. When people see the value they turn on a dime.

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Re: From a deep pit to a tall roof
Posted by tehillimzugger - 10 Oct 2013 20:50

Something is bothering me at the back of my head, I'm not quite sure, something like the buzzing of a bee... B... B...

OH YES! the BB forum, now what was that for again?

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Re: From a deep pit to a tall roof
Posted by Dov - 10 Oct 2013 21:37

I don't get why ppl are bothering to give speeches and trying to explain this away. But I love you all and let live alone. So, have a nice day!

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Re: From a deep pit to a tall roof
Posted by MendelZ - 10 Oct 2013 23:20

Howdy Doc! Don't think we've ever really met. Just wanted to "ditto" what Dov said before. I appreciate your long, descriptive, honest post. Saw a lot of myself in there. Thank you and wishing you the clarity of mind to take to heart everything that you know to be true.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 11 Oct 2013 01:45

Thank you all for your comments. It really means a lot to me to get your constructive feedback.

I just need to get something off my chest regarding what Chesky wrote. I'd rather be Watson than Holmes any day. Watson is kind and humble and subjugates himself to someone greater. Holmes can be a bit arrogant sometimes. There, I said it!

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 11 Oct 2013 02:03

Nice. He's like Rav Chanina ben Dosa who was like the servant of the king and comes in whenever he wants to pick up the trash.

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Re: From a deep pit to a tall roof
Posted by tehillimzugger - 11 Oct 2013 04:19

[Dov wrote:](#)

TZ, try shampoo.

Dove?

Warning: Spoiler!

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Re: From a deep pit to a tall roof

Posted by George999 - 11 Oct 2013 06:59

I find that avoiding looking at women walking down the street is good for me.

If I look, it promotes lust.

Easier said than done, but it can become a habit to look away after the initial glimpse (which cannot really be helped, I mean, one has to see other people to some extent to avoid bumping into them!).

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