

GYE - Guard Your Eyes

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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 cordnoy - 15 Oct 2013 23:39

Wondering why one would be 'driven' to act out their lust, if they are not in pain after all.
[quote="Doy" post=221208]It seems to me that Doc and you hit the nail on the head...sort of.
Interesting point! But for me the answer is this:[quote]

You asked a question. What is your answer please? One paragraph please.

Thank you so much

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 16 Oct 2013 00:48

I think I get it. I gave a long list of what I think I need in order to be satisfied. Why? Why do I need all of those things? Why not just be happy with who I am, why the need to be someone else? And what I mentioned is just as much fantasy as porn is. So am I fantasising about being this amazing millionaire talmid chochom as an escape from the reality that I'm neither a millionaire or a talmid chochom. So maybe Hashem doesn't need me to be that. Maybe He just needs me to be me.

I don't know all of shas, but today I learnt one daf that I'd never seen before, so today I did what I needed to do. I'm not a millionaire, but I just finished a nice supper, so today I have what I need. Why create ludicrous expectations of what life should be like and then spend my time fantasising about the unattainable? It's the escape from reality that I get from it, the same escape as porn provides.

Think about it, I see a good-looking girl on my computer screen and I imagine it would feel good to have sex with her. But I can't. She's not here, I don't know her. So I masturbate. But I know that it's not the same as sex, so why keep doing it? Because I can use my mind to pretend I'm having sex with her, that my wife looked like that. Just like I can use my mind to pretend I'm this amazing rich talmid chochom, if only for a while. I'm like a child pretending to be a bus driver. It's cute when you're a child, pathetic when you're an adult.

So I should accept that I'm not rich, I'm not a talmid chochom, I can't support mosdos by myself, I'm not known in the community as a great man. I am how Hashem made me. There's nothing wrong with being a regular guy, having a regular job, having a regular wife, trying to learn a bit, daven a bit, do my best in life, knowing that I can never be perfect but I can be a good regular guy like Hashem wants.

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 16 Oct 2013 01:55

But the concept of the support group is about love. Since they don't throw you out it means it's okay to desire evil. And when you help others you love yourself because you see evidence that despite desiring evil you produce good things.

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 16 Oct 2013 01:59

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Re: From a deep pit to a tall roof
Posted by Pidaini - 16 Oct 2013 02:22

I find that the help I get out of this support group is that it allows me to accept myself, not because they don't throw me out, but because they are going through the same exact thing.

Before coming here I was the only one in the world with these issues, that's very hard to accept. When I see others accepting themselves, being happy with their lives with this in it as well, it allowed me to look at myself truthfully and it didn't hurt as much as it would have had I had to do it all alone.

Accepting myself *with the evil desiers* not despite them, would have been close to impossible without this group showing that that is possible.

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 16 Oct 2013 04:00

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 16 Oct 2013 04:10

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Re: From a deep pit to a tall roof
Posted by Dov - 17 Oct 2013 06:38

Just because this post is so precious and real, I wanted to re-post it for Doc Watson. It's like having a candle for each child on Shabbos - the kid knows the world has a little more light because he was born. Thanks, Doc!

[Dr. Watson wrote:](#)

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guy like Hashem wants.

Wow. A simple, and resounding, 'wow', for the simple truth.

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 17 Oct 2013 13:08

I think the love and acceptance go together. If I accept myself as I am I am willing to do something for myself, like curl up with a book and make myself a cup of tea, which can be seen as love, like when I make dinner for my wife. Whereas if I don't accept myself I will refuse to do such things for myself.

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