

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 ploni.almoni@gmx.com - 22 Oct 2013 12:10

I think Dov was just concerned about people using your post to think about sex. The mind is stronger than the body except when you are not using it, which is most of the time.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 22 Oct 2013 18:31

George,

Welcome.

I haven't read the forum rules, so I cannot say one way or the other.

You wanting to improve makes you welcome to me here. [I actually cannot state that unequivocally at the present moment. I assume I could say it (that I want to improve), but actually doing something about it is a different story.]

Regarding the explicitness of your post, it is not the wording or the description. It is the act itself. It is similar to when I mention clubs, and I think I was reprimanded for that once, and they may be correct. I know when I read your post (without knowing who you are or what youre about), I said to myself, "wow, he actually went to a place with and then....etc."

It probably is a trigger of sorts, similar to when I write about the places I visited in the past (and I daven that it should stay in the past).

For people who have never experienced it (and I daven that they shouldn't), that is a level that they might strive (in a perverted type of way) to reach.

I recently heard a line and Im not sure how it goes exactly, but something to the effect that it is preferable to stay in the fantasy, for reality stinks.

whatever it may be, keep on improving.

Hatzlachah to you and to all.

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Re: From a deep pit to a tall roof

Posted by Dov - 22 Oct 2013 20:36

Dear George,

I do appreciate your honesty and have shared worse, myself - but to real people, and not here on GYE where you do not know the state of the person reading it. This is about good sense. There are many, many good and committed Jews here who are *still* masturbating and using porn chronically. Most of them have already worn out advice like "Fight! You can do it!", and most of them have already been through the mill of 'pep talks'.

Hearing someone tell us to 'bash the yetzer hora in the face' is really not a help. Well-meaning, but of no use.

By invoking will-power and The Mind, are you saying that you can write us a virtual *porn novel* here - and make it all kosher at the end by explaining that "I do not want to do any of this and turn my back on it! So I am sure you will be ok, too, for *your mind and will are stronger than your bodies*"?

If your mind is indeed stronger than your body, then let's just wait a few months and see how you do with your commitment. I am serious and that is not a threat, nor is it a challenge. It is simply the only way to know if your path works. And if it works for you, it still does not mean that it is good for anybody else...unless you actually personally know many other people using the same path with equal success.

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Re: From a deep pit to a tall roof

Posted by ploni.almoni@gmx.com - 22 Oct 2013 20:48

I don't think George was promoting a recovery program. He was just feeling charged up and wanted to share the feeling with others.

George, how about using your mind to convince yourself to keep Shabbos?

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Re: From a deep pit to a tall roof
Posted by cordnoy - 22 Oct 2013 20:54

I am sorry Ploni, but while there are very few rules here, George, I think, did not come here to work on his shemiras Shabbos.

If you would like to propose that, send him a private message.

Perhaps I am wrong, but I think it's a bit out of place.

Sorry again and thanks

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Re: From a deep pit to a tall roof
Posted by gibbor120 - 22 Oct 2013 20:59

I think there are many posts on GYE which are triggering (to me at least, and I suspect that I am not alone). I think in this case in particular, the chances that it will hurt someone's sobriety are much greater than the chances it will help. Remember, we are a delicate bunch. We are triggered easily by things far less explicit than what you wrote.

I do commend you, George, on your willpower in that instance, but willpower for an addict is very unreliable as a tool. It is a tool of last resort.

Having said that, please continue to share your struggles with us (in a non-triggering way). We

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 22 Oct 2013 21:40

[cordnoy wrote:](#)

I am sorry Ploni, but while there are very few rules here, George, I think, did not come here to work on his shemiras Shabbos.

If you would like to propose that, send him a private message.

Perhaps I am wrong, but I think it's a bit out of place.

Sorry again and thanks

I agree with you that if a person chooses to believe that addiction is not a matter of yetzer ha-ra then my comment would be out of place.

Are you saying that is the case with George?

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 22 Oct 2013 21:46

Addiction is not just a matter of having a y"ch the only way over it being increased frumkeit. Lots of people in SA have recovered without increasing their frumkeit, most of them aren't even Jewish! So, yeah I think your comment is out of place on an addiction recovery forum (as well as being phrased in a less-than-helpful way).

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Re: From a deep pit to a tall roof
Posted by cordnoy - 22 Oct 2013 21:52

I don't think it makes a difference.

the yetzer hara he is talking about is for p and m.

let's stick to that.

thanks

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Re: From a deep pit to a tall roof
Posted by Dov - 22 Oct 2013 23:59

Hey, Cordnoy, do u know how to link over here that post u liked about addiction and sin?

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Re: From a deep pit to a tall roof
Posted by Dov - 23 Oct 2013 00:27

...should I just try shutting up?

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Re: From a deep pit to a tall roof
Posted by cordnoy - 23 Oct 2013 00:37

[Dov wrote:](#)

To my friends MT and TZ, I want to say that *of course* masturbating compulsively is a bris issue, too. But my point is that there are a huge number of guys for whom seeing their struggle as what it is not, is the *main* thing holding them in the problem. I meet guy after guy who keeps using porn and sex with himself and does not get clean because he *insists* on seeing the entire thing as about kedushas haBris.

There are many sweet chassidishe guys and yeshivishe guys I can connect you with on the phone who will tell you that the big change came for them when they finally realized that their religious problem was actually not mainly a religious one. In other words, that their issue was *not* really that they are resho'im. Now, they may have indeed been resho'im (and may still be, depending on your definition of that)! But they came to see that this was not the issue, as I will be"H explain.

Now, for many sweet, good yidden, it sounds crazy to say that "being a rosho is not your main problem". It sounds like one is saying goodness doesn't matter, c"v. Not true.

Yes! Their (our) behavior was bad. Very bad sin. But once they realized that *it was **also** crazy and stupid* from a totally Derech Eretz perspective, they were able to quit and get into recovery. And in recovery they are. And life is amazingly changed. And they are clean - or at least cleaner than ever.

Until that conclusion, they could not stop sinning, at all, and were mostly getting worse.

And telling them that their recovery 'is really just Teshuvah dressed up in plain clothes' is just as silly as thinking that an addict says he or she is an addict just to kill the guilt that depresses them and makes them sin again. It's missing the point entirely.

Finally, a moshol:

There are many things that are ossur and *also* dangerous and unhealthy. But when Chaza"l say ***chamira sakanta me'isura***, does that mean that there is no issur? No. There is surely still issur - but their point is that the sakonah is far more relevant than the issur, even though sakonah is a *secular* issue (and so it is distinct from 'issur').

Same thing here. There is vadai pure evil and hence issur itself in sex and lust addiction - unlike alcoholism. And for the normal Jew there is Teshuvah for the issur. But for the addict, there is no Teshuvah, for Teshuvah will not work. For the addict there is sakonah. He is sick and will not get well. The illness **overrides** the issur aspect completely. *Sakanta chamirah me'isura*.

You may think this a stretch, but I don't: The Ba'al Shem Tov used an emphasis on *simcha* and *kabolah* to raise the downtrodden masses of his time. What about telling them to learn a little more Torah? What about "*Hafoch boh v'hafoch boh dekula boh*"? What about "*ki heim chayeynu*"? No, that would spell churban. He dealt with the sakonah of the times in his way. And see the rebirth that came from it.

Many addicts in recovery discover that the sakonah must be the **only** focus - for the addict has crossed into sakonah from issur. His sanity and future are in the balance, unlike the sinner. That is his 1st step.

I think it is a tragedy that some people in recovery tell non-addicts that "you must come to believe you are powerless and addicted". They are not. There is issur and non-addicts need to fight and fight! But addicts are the ones for whom that does not work. Their own stories - not the pontification of others - must tell them this. They (we) are failures, and eventually see that. They alone, need to depend on G-d and cannot. And that is all the 12 steps are for. Letting go and getting a G-d.

The drinker and masturbator both play G-d in their addiction and lifestyle, no matter how religious they may be, though they do not see it.

But a normal person just sins.

This seems like a very fine hair to split, but it is the difference between recovery and more of the same garbage, for so many I meet. And I have been meeting at least one new guy a week now, on the phone - just on GYE. And nearly all tell the very same sad story. I am not making this up.

'Chizzuk' will kill them, their families, and their future - if they are addicts.

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Re: From a deep pit to a tall roof
Posted by ploni.almoni@gmx.com - 23 Oct 2013 01:44

I agree that this is what Dov holds, but that is not what I asked. I thought George said in his post that the problem is the y"h. If so, then my comment is relevant to him.

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Re: From a deep pit to a tall roof

Posted by pureddaniel - 23 Oct 2013 02:07

Ploni hi I am new here so don't take this personal but i don't think it is right to question why someone is not shomer shabbos. This forum is not for that purpose.

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