

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 - 23 Oct 2013 05:59

On the contrary, we need more dissension not less.

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Re: From a deep pit to a tall roof

Posted by cordnoy - 23 Oct 2013 07:52

George, please stay

you are not offending anyone

you fit right in and there is nothing wrong with your language

some had issues with the context of one post, and like I wrote, they had issues with mine as well; we move on

give it a second stab

thanks

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Re: From a deep pit to a tall roof

Posted by Dov - 23 Oct 2013 08:35

Yes George, no one implied you should not *post* here, certainly not I. I just expressed my reactions to two things you wrote and explained why I felt they could be expressed with a little more discretion. How about discussing the issue? Or not, if you prefer...

But why *leave* over it?

If you just split when a post of yours is criticized, another forum won't likely make much difference, I figure. Heaven knows I've tasted criticism, some of it biting...but sticking around helps people and ourselves, it the end. People have different experience and different opinions

and are free to express themselves. Again, I apologize for confronting you on the .

As far as what you wrote about trying a less religious-specific forum, it's ironic. For I am one of the *least* religion-specific guys here! Secular is where the simple truth of most people's motivations are, as far as I can tell, and many of my close recovery friends are gentiles, too. I see my own disease and recovery as is - an illness, not a 'sin' or 'evil' issue. Yet you are the one who was writing of 'beating the yetzer hora'. Isn't that a religious-based approach?

You and I probably have more alike than we are different. And there are certainly many here who like your style and agree with the way you write it. So I should just butt out, I guess.

So relax, post, and make friends here, man. This is probably a *good* place for you, too, George.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 23 Oct 2013 14:19

I'd hate to see you go George. Please stay, we can all learn a lot from each other.

I've recently learnt that most acting out is really a symptom of a deeper resentment or dissatisfaction in life. Your posts do strike me that you are dissatisfied with some things. If there are things that you could remedy by being proactive that's great. What those things are is totally up to you and what you feel would make a difference to your life.

For everything else, throw yourself into Hashem hands and let Him carry you. In every sefer on trust in Hashem that I've read, they say that trust is the one middah that even the biggest rosho can attain. Even a burglar turns to Hashem that he should be successful in his robbery. So you, dear George, who is a tzaddik and sincerely tries his best at all times, how much more so can you turn to Hashem, rely on Him, trust in Him and if you do so He will deliver. Trust Him!

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Re: From a deep pit to a tall roof

Posted by Pidaini - 25 Oct 2013 15:10

And back to the great Quoting Scheme

Doc sent me a three (that i'll quote) texts yesterday

1) sur meirah va'asei tov

2) b'tach BaHashem va'asei tov

3) b'tach baHashem = sur meirah

OMG!!! That's AWESOME!!! If we would really trust Hashem that He is giving us all that we need at this moment, then we wouldn't go and try something else!!!

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 30 Oct 2013 20:37

I feel like what started as a simple question sent privately has spiralled into a very involved discussion and it's taken me away from focussing on my own recovery, which when all is said and done is the most important thing for me.

B"H things are going well. I took a cue from Pidaini last week. He posted that he told OINK he was opening up to people, and Duvid chaim said 'only people?' So it got me thinking that I wasn't opening up to Hashem much, so I did. Every morning since I have asked Him for a sober day and every day since He has given me one. I think if you ask nicely, you're more likely to get. Thanks for teaching me Mum!

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 31 Oct 2013 02:50

Also listened to R' Duvid Chaim for the first time this week. The last two days when I called in no-
in a strange country I guess...(Don't tell Moish I said that). . That's part of living

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Re: From a deep pit to a tall roof
Posted by Pidaini - 31 Oct 2013 02:54

one was there which was strange. Forgot we changed the clock on sunday
KUTGW (not the changing the clock, that was annoying enough once)

How was the call? what did you learn?

P.S. I'm usually called dad, but that's ok.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 31 Oct 2013 03:03

well dad, we were talking about getting outside of yourself and being helpful to others, which
can help the person themself stay sober.

Shouldn't it be Tatte?

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Re: From a deep pit to a tall roof
Posted by Pidaini - 31 Oct 2013 03:10

that sounds swell, lovely, smart (all in english accent)

Tatte, Abba, Dad, Pops, whatever, I'm an easy going guy, you know that.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 31 Oct 2013 03:46

ok padre

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Re: From a deep pit to a tall roof

Posted by tehylimzugger - 31 Oct 2013 03:54

[Pidaini wrote:](#)

that sounds swell, lovely, smart (all in english accent)

Tatte, Abba, Dad, Pops, whatever, I'm an easy going guy, you know that.

Did I hear

Warning: Spoiler!

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Re: From a deep pit to a tall roof
Posted by skeptical - 31 Oct 2013 03:55

Hi TZ!

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Re: From a deep pit to a tall roof
Posted by tehylimzugger - 31 Oct 2013 03:56

Hi!

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