

## GYE - Guard Your Eyes

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From a deep pit to a tall roof

Posted by qi - 05 May 2013 15:38

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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 Dr.Watson - 04 Nov 2013 19:29

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I'm tired, bored, anxious and alone with a computer. Not a good combination. I've got so much work to do, I'm just too tired to do it right now.

Ok it's now 2:30, I will get a coffee and listen to torahanytime.com and start my work by 3:15.

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Re: From a deep pit to a tall roof  
Posted by cordnoy - 04 Nov 2013 19:40

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you know my number chap

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 04 Nov 2013 20:44

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and mine too!!!

and I heard that Hashem has a toll free line

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Re: From a deep pit to a tall roof  
Posted by Dov - 04 Nov 2013 22:46

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He does, but the line is only open to honesty, not kedusha, not good intentions...just honesty.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 04 Nov 2013 22:52

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If I had kedusha I wouldn't need to speak to Hashem at all.

As Duvid Chaim said: "Why am I in control of every aspect of my life apart from this one are that I need to turn to G-d? Cos If I didn't need to rely on G-d for this, I would think I was G-d"

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Re: From a deep pit to a tall roof  
Posted by Pure Daniel - 05 Nov 2013 03:03

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hmm have to disagree here. Just because we have Kedusha doesn't mean we would not need to speak to G-D!

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Re: From a deep pit to a tall roof  
Posted by Dov - 05 Nov 2013 22:25

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'Pure Daniel', all Doc/DC meant was that if we porn/masturbaters had all the kedusha we wanted without having to really depend on G-d for staying clean, then we would not feel that we *needed* to have a relationship with Him, at all.

What did you mean, chaver?

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Re: From a deep pit to a tall roof  
Posted by Dov - 05 Nov 2013 23:28

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Doc, do you understand what I meant in the line being opened by honesty rather than holiness?

I am referring to the pasuk "Karov hashem lchol kor'ov - *l'chol asher yikra'uhu b'emess*" The concept here is that we never, ever need to 'merit' opening up a relationship with Hashem. Kedusha does not get the door open.

Honesty does.

I was not saying that there is no place or value to kedusha in our relationship with Hashem. It's just not the key that *opens* the door.

His 'seal' is emess. Like a family seal or signet ring, or coat of arms. It is the password into His company. And I'd suggest that the reason that sha'arei ona'ah (or sha'arei d'ma'os - same things per Rash"i) are never closed/locked is really because a person in true pain is more likely to be really honest.

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Re: From a deep pit to a tall roof  
Posted by Pure Daniel - 07 Nov 2013 05:01

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In that case we all have a very precious gift! Our addiction 'forces' us to have a closer

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Re: From a deep pit to a tall roof  
Posted by Dov - 08 Nov 2013 07:47

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It does? Why'd you put 'forces' in apostrophes?

I know what you probably *mean*, though. Still, I'd like to ask.

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Re: From a deep pit to a tall roof  
Posted by Pure Daniel - 15 Nov 2013 00:31

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Re: From a deep pit to a tall roof  
Posted by ZemirosShabbos - 15 Nov 2013 00:35

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Same reason why you put 'forces' in apostrophes  
may the force be with you

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 18 Nov 2013 19:27

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I understand that honesty with Hashem is crucial. Thinking about it though, doesn't that sound like the nuclear reset button? I mean i feel very open and honest with Hashem just after a fall but that doesn't make it good, so in some ways kedushah is what Hashem wants more than honesty. I suppose the ideal is to be honest with and about kedushah.

B"H I'm doing OKish. I've fallen 3 times since y"k. I still don't know how to get over the hump. Yesterday I felt myself falling and I knew that it was inevitable, so I spoke to Hashem about it. I said "by myself this fall is inevitable, I can't stop it. I can delay it for a few hours, maybe a few days but I can't stop it. Only You can stop it because nothing is inevitable by You, so I'm asking, please keep me sober."

So far Hahsem has answered me and kept me sober. So I think there is a big connection between being honest with Hahsem and kedushah.

I've been really busy recently and I'm under a lot of pressure. I'm also really tired today after going to bed at 3am so i'm really at risk today. Nothing I can do about that except being vigilant

and davening.

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Re: From a deep pit to a tall roof  
Posted by chesky - 19 Nov 2013 02:29

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I learnt from Dov, that HaShem does not keep us sober. we do.

HaShem restores our sanity!

For me that was a major difference; life changing.

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