

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.

=====

Re: From a deep pit to a tall roof

Posted by SIB101854 - 29 Dec 2013 06:12

Dov wrote in part of a superb post:

"With mitzvos, we frummies consider whether to accept His will, meaning whether to keep it - to do it - or not to do it. But at it's core, the 3rd step is not about that! Its is about accepting His Will for us. Not doing it, but just accepting that His Will is at work through the day throughout our lives, on all those myriad factors that make up our real lives: How we look, what happens to us, what we've got, have't got, etc...

The Chazon Ish in Emunah UBitachon explains the above concept beautifully based on a Gemara in Yuma 38a.

=====

Re: From a deep pit to a tall roof
Posted by skeptical - 29 Dec 2013 06:16

Hi SIB!

A lot of us here on GYE are not as learned as you are. Can you please share full ideas instead of pointing in the right direction?

Thanks!

=====

Re: From a deep pit to a tall roof
Posted by SIB101854 - 29 Dec 2013 06:59

The Chazon Ish pointed out that the Talmud points out in Yuma 38s each of us have a distinctive personality that was decreed by HaShem, that requires the maximum effort from us in a healthy positive way, as opposed to the Baalei Musar who emphaize Bitachon, and minimize the Midah of Hisgtadlus

=====

====

Re: From a deep pit to a tall roof
Posted by Dov - 31 Dec 2013 09:29

With all due respect to Chesky, I would like to say here that it seems to me that many of the ideas that Doc has posted about are based on his experience in trying them out.

=====

====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 31 Dec 2013 15:32

Thank you Dov for your post about accepting Hashem's will. I'm trying to figure out what I should do in practice. All I have right now is to try and be conscious of it and learn seforim about bitochon.

I'm not sure what I should do right now. There are a lot of things happening to me in my life that are not pleasant and I can't control. There is nothing I can do about it. and I can feel myself being pushed towards porn for comfort.

I know that it's happening and I'm struggling to control myself but I don't know what I can do about it. For the first time in over a year I fell yesterday and didn't even feel guilty afterwards. I just feel like I can't deal with everything at the same time.

so everything I've learnt went out the window yesterday because in spite of it all I just wanted to do it. I didn't want to fight it. But I don't want to not want to fight it.

I think that in this situation the only thing that I can do is work on bitochon and accepting Hashem's will. I really don't feel great about the situation I'm in.

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

=====

====

Re: From a deep pit to a tall roof
Posted by Pidaini - 31 Dec 2013 18:42

I just heard B'shem R' Rephael Schorr that every Mmidah we can work on and reach a certain level of that midah, but Emunah needs to be constantly worked, for we are human and in a gashmiyus world. Gashmiyus by definition seems to contradict the fact that Hashem is everything.

From my experience, I cannot turn my thinking around by myself. My thinking is way too biased to let me give myself up to Hashem's control. I, BH, have friends whom I talk to regularly. I can tell them that I want to be in control, that I feel like I *should* be in control. After verbalizing that, having validated my body's feelings, I can then go on to surrender my life to Hashem, and to let go of my "right" to be in control.

I have tried it without friends, I have tried it with only friends, neither have worked. It is a combination of friends and Hashem, or Hashem and friends, that has been the successful recipe.

So from experience, all I can say is....Get out of your own head, of trying to do it in isolation!!!
Get in touch with others, be honest with them and yourself!!

You're worth it!!!!

=====

====

Re: From a deep pit to a tall roof
Posted by Dov - 31 Dec 2013 22:51

Hey Doc - I suggest far better than reading sforim on bitachon, that you read through Alcoholics Anonymous chapter 5 "How It Works", where Bill wrote about step 3, accepting G-d's Will and

care in our lives (about the third page of it, b'erech). Also try chapter 3 in the AA book, "Twelve Steps and Twelve Traditions", chapter 3 (which is on Step 3). A lot of practical, simple stuff there.

If you have a problem reading a thing written 'to goyim by goyim', let me know and we can talk or post over the issue which is a significant one for many folks. It's OK.

But if you *are* OK accepting the honest sharing of other addicts instead of just reading great people *tell* you '**how you should be**'...then you may indeed benefit a lot more from the AA stuff, as many here and elsewhere do, be"H.

=====

Re: From a deep pit to a tall roof
Posted by skeptical - 31 Dec 2013 23:41

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

=====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 01 Jan 2014 22:16

I printed chapter 5 and skimmed it, I will read it more carefully tonight. Probably a few times as it looks very helpful.

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

=====

Re: From a deep pit to a tall roof

Posted by gibbor120 - 02 Jan 2014 00:49

Have one or both of you considered therapy? I can't remember if you ever posted about it.

=====

=====

Re: From a deep pit to a tall roof

Posted by Dov - 02 Jan 2014 02:04

[Dr. Watson wrote:](#)

I printed chapter 5 and skimmed it, I will read it more carefully tonight. Probably a few times as it looks very helpful.

It would be far more helpful for you to go to the AA central office in your city (look it up, its in any phone book or (c"v) on line), drive there, and walk in. Ask the lady behind the counter where the Bog Books are, wish her a Happy Kwanzaa, and buy a copy for 5-10 bucks.

Read the same pages then, and I know they will do you far more good than just downloading them.

I am dead serious. Please believe me. It is worth the trip. This stuff is far more real than this high-tech generation is making it...too easy to download, copy, whatever.

And while I am at it, I will pass along that your written step-work will benefit you 100% more if it is written in your own hand rather than typed. Same thing.

Trust me and try it, or don't. I don't mind. But it's true.

Don't tell anyone, keep it our little secret, ok?

=====

Re: From a deep pit to a tall roof

Posted by Dr.Watson - 07 Jan 2014 20:20

"More than most people, the alcoholic leads a double life. He is very much the actor.He trembles to think someone might have observed him."

I was thinking about the double life and pretending to be respectable and I think I have the problem even worse than that. I am so scared of what people will think of me that I don't open up at all. I'm not talking about pretending to be perfect, I mean I can barely talk to people I don't know cos I'm so scared of making a mistake.

They talk about the cycle of acting out, being scared they were seen, which leads to acting out. For me, it's even worse. I'm so scared of even being normal in social settings that there's no way for me to feel comfortable outside my own house, away from my computer and all the girls. So of course I seek out the company of those girls I can enjoy but not need to feel uncomfortable with. How else can I have any social interaction that I enjoy?

Does social anxiety cause porn addiction, or the other way round, or do they both grow from the same root?

Will recovery from addiction help with social anxiety, or does social anxiety need to be worked out before I can recover from addiction?

Or maybe I'm just naturally shy. Yeah, and maybe I'm just naturally a porn addict too.

=====

Re: From a deep pit to a tall roof
Posted by Dr.Watson - 07 Jan 2014 22:50

In the last two weeks things have gone from not-too-bad to terrible. I suppose that means that I wasn't really getting better but my progress was superficial. Even so, I feel the need to do something.

Here is a link to a spreadsheet of how often I fall-fell. I'm not certain this is a good idea, but I feel like the accountability will help somewhat. Please don't judge me on the number of fall this last week.

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

=====

Re: From a deep pit to a tall roof
Posted by Pidaini - 08 Jan 2014 00:11

[Dr.Watson wrote:](#)

"More than most people, the alcoholic leads a double life. He is very much the actor.He trembles to think someone might have observed him."

I was thinking about the double life and pretending to be respectable and I think I have the problem even worse than that. I am so scared of what people will think of me that I don't open up at all. I'm not talking about pretending to be perfect, I mean I can barely talk to people I don't know cos I'm so scared of making a mistake.

They talk about the cycle of acting out, being scared they were seen, which leads to acting out. For me, it's even worse. I'm so scared of even being normal in social settings that there's no way for me to feel comfortable outside my own house, away from my computer and all the girls.

So of course I seek out the company of those girls I can enjoy but not need to feel uncomfortable with. How else can I have any social interaction that I enjoy?

Does social anxiety cause porn addiction, or the other way round, or do they both grow from the same root?

Will recovery from addiction help with social anxiety, or does social anxiety need to be worked out before I can recover from addiction?

Or maybe I'm just naturally shy. Yeah, and maybe I'm just naturally a porn addict too.

I don't know about you, all I can say is that I personally was a social mess before dealing with this. Part of my family business is talking with people, with new people, so I couldn't always get out of it. But when I didn't need to I would run away from new people as fast as my mind could carry me!!

I've met another few of us who are the same way. I am scared of rejection, I need other peoples approval and I'm scared that if i don't get it, I will be nothing!! That stemmed from the fact that I was incapable of controlling myself, and couldn't really be happy with myself, so all I was left with was to look for approval from others.

When I didn't get that approval, or I would shy away from calling a company that billed me wrongly, because i was afraid of that rejection, I felt doubly bad about myself, which caused me to turn to porn.....etc. So by me it may have started with the porn, but by now the main feeding of the porn is the other issues, not the porn itself.

When I came here, and started accepting myself, so much of the above has changed. I can shmooze normally without sweating profusely. I can take care of bills, I can face other people. I don't need them as much anymore.

So get up, take a good look at yourself, and start from there!! You deserve it, you deserve to

appreciate yourself!! You CAN appreciate yourself exactly the way you are, the same way
Hashem appreciates you exactly the way you are!!

=====

=====