

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 Dr.Watson - 17 Feb 2014 23:55

btw Dov, I still have problems with the logic of your post last week, but it's really become a moot point. I went to my first SA meeting last week. No, nothing happened. I wasn't caught, I haven't hit rock bottom as such. I'm just fed up. It's been 2 years and I don't have enough to show for that to just sit back and continue in the same way.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 18 Feb 2014 02:32

Wow!

Great news!

How was it?

I wasn't able to go to my regular one today; first time I missed.

b'hatzlachah

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Re: From a deep pit to a tall roof
Posted by Dov - 18 Feb 2014 05:00

[Dr. Watson wrote:](#)

I still have problems with the logic of your post last week, but it's really become a moot point.

So...you joined the Moot? (LOTR fans - especially of the books - will understand)

And BTW, I think being fed up is a *excellent* reason to move on, and always have.

Hatzlocha, Doc.

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Re: From a deep pit to a tall roof
Posted by Pidaini - 18 Feb 2014 07:55

Glad to hear about the progress, Doc.

If I may, I'm going to say that being fed up = rock bottom while still on top.

I never hit anywhere near rock bottom, except for being fed up, and I was really fed up, done, tired of getting back up and falling a short while later without a fight. I had had it.

BH, that got me to good places, and my life has been different since.

Welcome!!

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 18 Feb 2014 15:00

I saw this video today and I thought it was great:

youtube.com/watch?feature=player_embedded&v=ypRRzz7tf9Q

The bit that stuck with me was "If you don't make a change things will stay the same. Then you'll know exactly how the next 5 years will pan out. It will be pretty much the same as the last 5

years"

R' Wallerstein said a while ago, the greatest trick of the yetzer hora can be summed up with one word: **different**. Somehow we can be so easily tricked into thinking that no matter what has happened in the past, next time will be different. No matter what happened to someone else, I'm different. She's different. My wife's different. It's different.

You know what, I'm not different. My addiction's not different, my preference of porn isn't different, the way I masturbate isn't different. And if I don't do something different, my future won't be different from my past either.

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Re: From a deep pit to a tall roof
Posted by moish u.k. - 18 Feb 2014 15:56

So at the SA meetings i'll look out for for the gentleman with long sideburns and thick bushy

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Re: From a deep pit to a tall roof
Posted by Dov - 18 Feb 2014 18:17

To quote the frum wife of a (now sober) yeshivah sexaholic I heard speaking at a frum recovery weekend:

"If nothing changes, then nothing changes."

In other words, if we keep living basically the same way, with similar expectations, similar motives, and using similar tools to get there...then we will remain in the same trouble. Throwing MORE motivation at the same methods, MORE effort for the same goals, or MORE whatever...is just a cheap way to keep holding onto the same thing. For it does not work! So I am really BS-ing myself. Just look at all the alcoholics who swore off tearfully to their wives and

themselves and their G-d - and then continued to live a life in chains, drunk. For me, TaPhsic, shvuos, and big plans - would all just be ways to assuage my pain by telling myself I am doing something about it!" - but none of those are actions of recovery. They are just ways to maintain my self-respect and 'beat this thing' without getting on my knees and admitting I have lost.

I need to face the fact that in addiction, no matter *what* lip-service I pay to Torah and no matter how many sincere tears I shed for Teshuvah, there is an ugly reality that trumps it all:

My porn, the chase for it, my orgasms, sexual power, and fantasies ***are deeply precious to me***. Until I took *real* action to learn how to live without them, I got nowhere. Perhaps this is the same story of the typical frum addict here who keeps 'falling' year after year. (See "The Nuclear Reset Button".)

Recovery is very simple, and very different. If it's not different, then it's probably not recovery, at all.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 18 Feb 2014 20:05

[Dr. Watson wrote:](#)

You know what, I'm not different. My addiction's not different, my preference of porn isn't different, the way I masturbate isn't different. And if I don't do something different, my future won't be different from my past either.

This all might be true and probably is....perhaps I can say the same regarding myself as well (although when I do think of the future now, it is somewhat more promising)....the difference Doc is how we view the present. Don't look at the past and don't consider the future. Think of the moment. It is not only an expression; it is a way of life. Think of the moment at hand. That is the

difference between now and the past.

b'hatzlachah

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Re: From a deep pit to a tall roof
Posted by Dov - 18 Feb 2014 23:32

...I thought what he wrote was awesome, honest, and straightforward, myself...

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Re: From a deep pit to a tall roof
Posted by cordnoy - 19 Feb 2014 04:21

it definitely was honest and straightforward

I was commenting on that which he wrote that he doesn't see any difference shaping up between his past and his future...everything will be the same.

on that I wrote that he shouldn't focus on the future (or the past).

thanks

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Re: From a deep pit to a tall roof
Posted by skeptical - 19 Feb 2014 04:28

He wrote that if he doesn't **do something different** then his future won't be different.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 19 Feb 2014 04:35

Doc wrote: You know what, I'm not different. My addiction's not different, my preference of porn isn't different, the way I masturbate isn't different. And if I don't do something different, my future won't be different from my past either.

We will leave it to Doc to explain.

Either way, it should be b'hatzlachah to all.

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Re: From a deep pit to a tall roof
Posted by Dov - 19 Feb 2014 04:43

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 19 Feb 2014 14:08

Two things:

1) I like to think that I'm different somehow. My addiction's not so bad, I have clearer red lines than others, My type of porn isn't so serious, I can stop on my own. Certain takonos and halocho's are for people with a problem not for me....

2) OK so I've been falling a lot recently, but that's only because I've got this stress and that annoyance etc. Soon everything will be different, when x happens it will be easier, when y happens it will be easier, z is a complete game-changer. So I don't need to do anything different, circumstances will change and it will get easier all by itself....

I can't delude myself into thinking that my situation is different from other people's so I don't need as much work. It's no different, I need just as much work.

And if I don't do that work now nothing will change. Tomorrow won't be any easier than today.

Number 2 is the big one for me. Yes being tired makes it harder to stay clean, but I've been tired for 10 years now, I'll probably always be tired. Yes, lack of learning and davening makes it harder, but I've been struggling with that for 2 years so it's likely that I'll never learn as much as I feel I should. Yes, being angry, resentful and stressed makes it harder, but those things aren't going to magically fly away from me. Yes, my wife can irritate me or stress me out and that makes it harder, but that's not likely to change either.

Of course, I can try to work on other aspects of myself, and even try to change my circumstances a little, but the truth is that things are unlikely to change much. And even if they do change, that doesn't help me today. Nor is it certain that it will makes things easier. And I might find new things to stress over.

So it is what it is, and I've got to deal with what the situation is right now. Otherwise, the next 5 years of this addiction will basically be a repeat of the last 5 years. There's no point being delusional about it, I know exactly what will happen, it's already happened and it will happen again. Unless I do something different.

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