

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 dms1234 - 14 May 2014 22:43

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Good work!!!

**Dr.Watson**

Hopefully some good will come out of that, even if I fall tomorrow.

Who cares about tomorrow? Let's just keep concentrating on today. Keep it up!

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 14 May 2014 22:46

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[Machshovo Tova wrote:](#)

Er... Doc... excuse my ignorance, but I don't chapp. You have access to porn on your computer?? And you are serious about trying to recover? How's that?

?? ?? ??? ????? - ?? ???

oh and Smile!

I have a filter but there's one website I can't block. I should give TAG a call I guess. Thanks for pointing that out.

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Re: From a deep pit to a tall roof  
Posted by cordnoy - 14 May 2014 22:49

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your posts lately have been magnificent

good stuff

I believe you mentioned that your wife knows somewhat.

If that is the case, why don't you install a monitoring system from your computer to her?

This is a question that if you would have asked me while I was busy with all sorts of stuff, I would have given you many answers on why this is not a good thing.

b'hatzlachah

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 14 May 2014 23:02

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[cordnoy wrote:](#)

your posts lately have been magnificent

Thank you, but to be honest I really don't care how magnificent or otherwise my posts are, I care about my behavior IRL and how I feel. I certainly don't enjoy struggling just so I have some good things to write about.

I just called TAG and they said there is a way for me to block what I need to block, so I need to

get my dad to let me into the settings and change them.

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Re: From a deep pit to a tall roof

Posted by Machshovo Tova - 14 May 2014 23:11

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[Dr.Watson wrote:](#)

...I just called TAG and they said there is a way for me to block what I need to block, so I need to get my dad to let me into the settings and change them.

Wow, I'm impressed by how quick you took care of that. I guess you're quite serious in trying to recover. I'm confident that you'll follow thru with your dad. And as the sforim say, we see from Yosef Hatzadik that seeing (or picturing) dad's face (dyukno shel aviv) is a segula to stay clean.

Hatzlacha

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 15 May 2014 01:48

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Don't get me wrong R' Avrohom, I appreciate the chizzuk, I really do. Thank you. I'd just rather live magnificently than post magnificently.

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Re: From a deep pit to a tall roof

Posted by cordnoy - 15 May 2014 19:33

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I understand.

I will write here what I wrote on a different thread; perhaps it will help somewhat.

Perhaps don't have a specific agenda as to what YOU are lookin' for in sobriety. Maybe that is some of the issue.

B'derech efshar....you decided that the only way you will be satisfied is if this addiction to lust is completely "dibbuked-out" (exorcised) from your body and brain. I feel that this is what step 1 is teachin'....acceptin' this fact that this is who we are....this is our dna....will there come a time when with the assistance of God, our dna will change? Perhaps, but acceptance and surrender teaches us that that is none of our @#\$\$%in' business. That is the Ribbono shel Oilam's gesheft; not ours.

What is our job?

Simply one thing.

To remain sober for right now.

We shouldn't give a damn if we used any of the aforementioned options.

We should plan on workin' the steps, or usin' the chevra, or learnin' more mussar, or Tapshik, or whatever.

The goal remains the same.

If we keep this goal in mind, we are not even white-knucklin' like some might argue.

White-knucklin' is when we have a ten-hour period that we are desperately tryin' to get thru unscathed. That is a lot of superfluous pressure on us.

This way, our focus and mission is ONLY on this moment before us....not more, not less.

b'hatzlachah

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 26 May 2014 21:24

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I just saw a movie that almost certainly had no nudity in it so I rationalised I could watch some of it. Then I realised that I ave no interest in the movie, I was just kinda hoping there might be some triggering scenes and that it would trigger my allergy and I can go act out and it wouldn't be my fault. A 'kosher' movie made me relapse!

Then I remembered something Pure Daniel told me beshaeim Captain Steve:

**My addiction wants to kill me and make it look like an accident!**

So true! Movie closed unwatched. Back to work.

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Re: From a deep pit to a tall roof

Posted by gibbor120 - 28 May 2014 00:05

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Love the line! Thanks DOC!

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 03 Jun 2014 22:35

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Nothing much to report, but I just want to update.

B"H still sober, about 3 weeks now.

I had a tough time on Sunday, feeling very lustful. I didn't look at any of the girls on the street, so I had the usual frustration when I got home. Normally I would at that point look for some porn on my computer, but since the filter is now stronger than before that was not an option so I had no choice but to stay sober.

But today I noticed that I was looking around on the street and taking in what I saw. I didn't feel so lustful but it is an indication of where my head is.

One day at a time.

B"H I got a 24 hour coin and I find it a really useful physical reminder of what I need. I ordered an affirmation coin too, will probably come on Yom Tov.

Other than that not much to report.

Have a great Yom Tov my good friends.

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 05 Jun 2014 23:42

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[Dr. Watson wrote:](#)

But today I noticed that I was looking around on the street and taking in what I saw. I didn't feel so lustful but it is an indication of where my head is.

Funny how it works, I often have the same experience, when I really feel the urge I'm able to make a total lock-down, but when that intense feeling stops I think that I can ease off, but what ends up happening is that I make up for the lock-down period.

One day, one look, one thought at a time.....and I need a lot of acceptance to accept that that's all I can, need, and should do!!

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 10 Jun 2014 00:46

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Short version coming up:

B"H I was doing just fine. I had a daily routine that was keeping me sober for 25 days of good quality sobriety. But people kept telling me I need more meetings more meetings more meetings. So I thought maybe I should not do this program alone but listen to others, even if I don't think it's necessary.

So I went to the meeting early Sunday morning. Then fell.

What I think this teaches me is that just because I'm not always right, doesn't mean other people are either. Also if something isn't broken it doesn't need to be fixed.

I have become more aware of the fact that people are different and what works for one person might not work for another person. In fact it might harm them. Every person needs to know what they need to do to keep sober and then do it. It might need to be tweaked over time, but I don't think one can stay sober following someone else's program.

That's just my opinion today, not fact.

The last two relapses happened when I did not do my daily routine. Once through laziness, once through stupidity.

I'm really upset at having to start from day zero again.

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Re: From a deep pit to a tall roof  
Posted by kilochalu - 10 Jun 2014 03:38

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how did the meeting make you fall

or at least contribute to the falling

was it because of the anxiety buildup which is something most of us have to work on and meetings definitely can help us work on that

whatever it was there is probably more that you can learn from the fall (once you get over the initial disappointment) than not to listen to everyone

if you don't appreciate this please ignore it, i know how it feels starting again, been there many times (now i am b"h just over 100 days with the help of meetings)

Hashem should help you get back up and KOT

and keep on being mischazek and being mechazek all of us

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Re: From a deep pit to a tall roof  
Posted by Pidaini - 10 Jun 2014 10:33

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Thanks for the honesty Doc. coming right out and putting down what happened!!

I'm confused though, weren't you going to meetings anyway? or did you stop? do you still have a sponsor?

KIT!!! KOT!!!

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