

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 gibbor120 - 07 Jun 2013 20:17

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[Chachaman wrote:](#)

I do what I think is in my best interest...sometimes that is to fantasize and masturbate using her image; sometimes it is to be good and let my lust go

Is the former option really in your best interest? Or is that leBAD WORD REMOVEDascha before you started recovery (because deep down, no one would do it if they didn't think the momentary high was in their best interest)?

Whether we say it or not, our actions prove what we think is in our best interest. Our *actions* prove what we truly believe, *not* what we say.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 11 Jun 2013 02:54

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Day 1 as always

Still clean b"H. Sorry I haven't updated but I've been real busy. Yetzer horah strategy #7. B"H I made it through that OK.

Oy then I had a fight with my wife over shabbos. YH strategy # 12.

Been a rough day. My wife got some bad news today. She was understandably upset and I tried my best to comfort her and be supportive. But she crying off and (mostly) on for about 8 hours straight. I mean the news was certainly unpleasant but not so terrible. But that's just the way I look at it, and I tried hard to be understanding to the way she looks at it. Even so, after the first 4 hours I felt very drained. I had to leave the room but she kept coming in for more reassurance,

which I gave, but now I'm totally drained and I have nothing left to give right now.

Oh boy, an emotional wife, YH strategy #48, porn doesn't need my emotional support.

funny thing is, it never occurred to me to look at porn. Even now, I know in my head it's a possibility but it hasn't crossed my mind as an actual option of how to spend my chillout time. Ah yes, complacently thinking I'm already cured, YH strategy # 16

Truth is I do struggle when my wife gets like this. Emotional, short-tempered, too grumpy to cook dinner or clean up. This isn't how I saw things turning out when I asked her to marry me. It's hard to accept certain things the way they are.

But I guess every married man has the same experience. Let go and let G-d.

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Re: From a deep pit to a tall roof  
Posted by Dov - 11 Jun 2013 12:20

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Its best to be married to a real human being. Hatzlocha being her husband, not her savior nor her G-d. It's tough for all of us to be real human beings and keep ourselves right-sized, it seems.

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Re: From a deep pit to a tall roof  
Posted by Dr.Watson - 11 Jun 2013 12:27

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[Dov wrote:](#)

Hatzlocha being her husband, not her savior nor her G-d.

What do you mean by this?

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Re: From a deep pit to a tall roof  
Posted by some\_guy - 12 Jun 2013 23:19

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I think he means that even though you could not fix the problem or help her move, you still did great. Its Hashem's job to assist any Jew in need. Even if you can't, don't worry. Hashem will help her.

--some\_guy/Elias/Eliyahu

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Re: From a deep pit to a tall roof  
Posted by Dov - 13 Jun 2013 01:38

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I meant that it is natural to want to save - or rather be the savior of - the woman we love...or really of anybody we love. When a wife is needy, we give her support, patience, love. And it is very natural to insidiously slip into the role of fixer/savior. That puts too much responsibility on us, leads to us playing G-d in a funny sort of way, and gets us too emotionally involved with **their** problem to really be of any use to them. Ouch, that hurts. In other words, their pain affect us so deeply that the issue becomes about us, though it is not. It's their issue.

*Ishti k'gufi* means that this dynamic is even *more* likely. And a spouse needs a strong spouse, not a worn down one.

That can be tough, no? To pull back for the sake of keeping our own sanity so that we can remain truly available *for them*...tough to explain to them, sometimes. But in the long run, when we take care of *ourselves*, they learn by example and eventually help themselves (instead of mostly just vomit on us, etc).

My wife has told me that she picked up program things from watching me change over the past 15 years or so and has grown in herself though I stopped nagging her to change a long time before. I had no clue.

Does that mean anything useful?

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Re: From a deep pit to a tall roof

Posted by needtoquit - 13 Jun 2013 08:27

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[Dov wrote:](#)

Do what I do and use your real first name. If it is Chuna-Feitel then I understand your hesitation; if you have already given out personal identifying details (like your street address, mother's maiden name, what you do for a living exactly, or your photograph) I also understand it would be stupid to use your real first name here where just anyone can read it...

PS. Check out Captain Kirk post here on GYE, if u can find it.

Just thought I'd weight in. I read the [Captain Kirk post](#) and was really inspired. However I still have the some reluctance because as Dr. Watson pointed out:

[Dr.Watson wrote:](#)

Let me put it another way: currently there are 593 people on this forum. 20 members with user names and 573 guests who read but don't contribute. I make that 3.3% of users who have any kind of name.... Now, I'm not blaming those that don't want to sign up, I'm not judging and I fully understand their reservations. At the same time it makes it difficult for me for give a real name. I hope you understand.

And I was definitely once one of those people. However, that is part of my reluctance. The other part is that my first name although not being Chuna-Feitel is still unique enough that I show up on the first page of Google search. And I have no desire to add my GYE posts to that list of results.

However, recently I found a really nice feature in the formatting section of the posting page and thought I'd share it. It allows you to block certain content from guest users. This way only people who are serious enough to sign up, and are most likely fellow lust addicts, can see it and it shouldn't be indexed by search engines. Below is an example. I'm still not ready to use it but hopefully someone is closer to that stage will find it helpful.

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

Hatzlacha to us all!

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Re: From a deep pit to a tall roof  
Posted by Dov - 14 Jun 2013 02:03

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Good points! Thanks. And it's great that you see that it is a pity that GYE has these limitations.

How about this suggestion, just for the sake of getting those great goodies that realness brings me and other folks every single person I know who does it:

Find some people here on GYE or elsewhere whom you trust to guard your secrets, and open up to them completely without holding *anything* back for shame. And bring with you your real voice, persona, identity and your face, too. No paper bags with eyeholes. No fake names from a virtual website allowed. Maybe start on the phone, but eventually meet and talk over a cup of coffee now and then. There are many SA members who would be happy to meet with serious recovering guys who are interested in getting more help. I have arranged more than a few shidduchim of this type already and there have been some guys here who have testified what a change it has made in their lives.

I like to let people know that we frum, chronic porners and masturbaters are actually the **poorest** guardians of our own secrets....though we of course trust them to no one else! And when we open up to other sickos like us who are in recovery, we find they are far better 'guardians' of our secrets than we are! For we screw up and *get caught* sooner or later. Sheesh...

But they seem to keep *our* secret just fine! I guess it is because they have the same secrets themselves, and are not the ones acting out...we are.

And there's more. Most guys who open up to other safe, clean people who really know this craziness personally, find they have changed the playing field. No, they don't get suddenly 'cured', of course. But dropping that terrible, heavy burden of shame and secrecy gives them a new lease on life: a taste of sanity and honesty!

Sweeter than porn, actually.

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Re: From a deep pit to a tall roof  
Posted by inastruggle - 14 Jun 2013 03:24

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[needtoquit wrote:](#)

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

Hatzlacha to us all!

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

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Re: From a deep pit to a tall roof

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Posted by Dr.Watson - 14 Jun 2013 12:49

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Hi guys. It's been a while since I checked in properly, so here it is.

Day 1 as ever:

Actually I'm still clean and I'm really happy about it. I'm trying to focus on recovery, not just abstinence. I started attending one or two groups and I call into the GYE conferences regularly. I feel good, like I'm on the verge of real, long-lasting success in this area. B"H, yodu lashem chasdo...

At the same time I've been at this long enough to know that I'm not out of the woods yet. Massive urges are never too far away, and when the urges come, I tend to forget important things like how far I've come and how far I want to go.

So that's on my mind. I want to delay the battle as long as possible but I know that battles are coming and although they'll take me by surprise, I can try to prepare the right mindset for it.

Reminding myself of my taphsic (I keep forgetting about it because b"H I've only used it once): If I get an urge I must say tehillim 6 slowly and with kavonah. If I do and still fall, I get a knas of saying tehillim 1-4, if I don't say tehillim 6 and fall, I get a knas of saying all sefer tehillim.

Hidden text:

Something is hidden for guests. Please log in or register to see it.  
to hide part of a message from Guests

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Re: From a deep pit to a tall roof



Posted by Dov - 14 Jun 2013 14:16

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Thanks for sharing that, chaver. Good stuff.

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Re: From a deep pit to a tall roof

Posted by gibbor120 - 14 Jun 2013 21:56

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Great stuff Dr W!

Have a great Shabbos!

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Re: From a deep pit to a tall roof

Posted by inastruggle - 14 Jun 2013 22:54

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nnnnnnnnnnice.

git shabbos.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 20 Jun 2013 17:01

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Day 1

Well it's been 3 weeks since I last fell and I've experienced no urges during this time. B"H things are good at home, I'm learning, I'm well, everything's great.

And that's worrying me. If this a trick? am I being led along a path with no difficulties to give me a false sense of security, and then when I relax, bam! It will hit me from nowhere and I won't even see it coming. It will knock me right off my comfortable perch. And the longer this nice easy path goes on for, the more frustrated and disheartened I'll be if it happens.

Am I crazy to think like this?

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