

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 cordnoy - 10 Jun 2014 15:47

like we spoke, your routine to me seems to be fine....keep at it and keep the others at bay. you were doin' swell beforehand.

b'hatzlachah

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Re: From a deep pit to a tall roof
Posted by kilochalu - 11 Jun 2014 03:24

[Dr.Watson wrote:](#)

There comes a point at which I get sick of it. I shouldn't get to that point. I need a routine I'm comfortable doing every single day. At this point they'd probably say that I have a bad attitude and therefore I need even more meetings!

Sorry for the rant.

Thanks for clarifying.

Still think there is probably what to shteig from the whole experience of getting upset about this besides learning not to listen to people, but i definitely identify with the feeling of resenting being pushed into spending more time on this, (I am quite sick of going to 2 meetings a week but I would be sicker w/o them so b'h for that) although I am being pushed from a different direction (the oilam at the meeting in this country or maybe befrat at this meeting that I am zoche to be in aren't too pushy about anything and maybe that is not so good, from one side i think she pushes too much on the other i think they don't push enough, if only everyone else would do their jobs right then I would be fine)

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Re: From a deep pit to a tall roof

Posted by needtoquit - 11 Jun 2014 06:03

Dr. Watson,

I heartily agree with you. I have one friend who has been pushing me to go to in person meetings. Right now I don't think that is right for me. I can't say that I have as solid of a program as you seem to have but it is working for me at my speed. I feel that the program is really about living and spending too much time or emotional resources on it is possibly counter-productive. The harder he pushes the less I call him, which while it isn't his problem (this will always be my problem to work on) it does reduce his ability to help me which he clearly wants to do.

Hatzlacha in doing what works for you if you work it,

NeedToQuit

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 12 Jun 2014 00:09

I was listening to an SA speaker yesterday. He's a neurologist and was asked to talk about some of the science behind addiction. He said that when they scan brain activity in response to potential triggers, the activity in certain areas of an addicts brain is much more pronounced than in a non-addict's. The really interesting part was what came next. The same scans show that prayer has a positive effect on those same areas, essentially having a healing effect. In other words, connecting with Hashem can actually heal those parts of my brain that I have damaged. Amazing!

So I tried it. I decided to try and daven shacharis with more kavono and say atzer yotzar bekavono. I feel better already, it's amazing.

The only thing that bothers me is that it takes a neurologist to get me to daven.

But I do like the idea that I'm not just davening for my neshomo and only feel the effects after 120, but that it actually has a physical positive effect on me now. Eilu devorim shodom ochel peiroseihem bo'olom hazeh v'hakeren kayemes lo l'olom haboh....v'iyun tefilloh.

How I feel after a fall (if I'm honest enough to admit it):

How I would like to feel now (so why not):

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Re: From a deep pit to a tall roof
Posted by SIB101854 - 12 Jun 2014 00:25

You have to read movie reviews very carefully. Anything that is PG-13 or above can or should be viewed as a potential trigger because what the ratings board considers as "almost certainly no nudity" may not in any way correspond to an assurance to you that no such nudity or sexual content is in the film.

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Re: From a deep pit to a tall roof
Posted by lavi - 12 Jun 2014 01:48

I think that you have it much harder than others and therefore HKBH will have more mercy and patience for you, don't give up, you will get there and when you do, Hashem will be proud of you

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Re: From a deep pit to a tall roof
Posted by dms1234 - 12 Jun 2014 04:30

Honestly, I don't care who pushes me in recovery whether it's a neurologist, Christian, a Muslim, an agnostic, or whoever else under the sun as long as I recover. That's the important thing: Recovery!

So if this neurologist helped you daven, Baruch Hashem!!!! YOU DAVENED WELL!!!! That's what counts! Maybe a dentist will help you praise Hashem for your teeth or a therapist to love yourself.

As long as it helps us recover, we should welcome any help we can get, even if it comes from a goy

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Re: From a deep pit to a tall roof
Posted by Pidaini - 12 Jun 2014 17:55

Thanks Doc and Daniel!!

Whatever works!!

BTW, we have to realize and accept the fact that I've been saying the words of shemonah esrei three times a day for like 5 years before I really cared about what I was saying, and by then it was much of a habit. Changing that really isn't easy and there shouldn't be unrealistic expectations.

One thing that is helping me and was suggested by my rebbe is to talk to Hashem in our own words and my rebbe suggested doing so in *every* brachah of shemoneh esrei!! To say in my own words something relevant to that brachah!!

I'll tell you the truth, I haven't done it much, it feels very real takes a lot of effort and I'm not
and the same with just talking during the day.

But the more that I do it, the more I see that my "normal" davening has more meaning and I can focus more on what I'm saying.

(just btw, I have a hunch that the reason we have such a hard time with davening is because if we were to say the same things that we are saying, in our own words, it wouldn't look anything like what it says in the siddur. That automatically makes it a bit less personal for us, hence the lack of interest...just my opinion there is a practical idea for that, if anyone is interested)

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Re: From a deep pit to a tall roof
Posted by dms1234 - 12 Jun 2014 19:38

Yankel, why don't you (and all of us) start with one bracha and put it to our own words. I feel that saying 18 brachos in English and Hebrew is unrealistic for is right now. Let's start with one. I actually do it in Modim every morning (except I missed it this morning oddly enough) I thank Hashem for 3 things: it could be helping me get a good grade on a paper, the beautiful mountains, blue sky, my parents etc

But Thata just me. Maybe the bracha for refuah really resonates with someone or the shma koleynu.

Anyway, I think it's a brilliant idea. You have a smart rebbe!

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Re: From a deep pit to a tall roof
Posted by Joenoahi - 13 Jun 2014 09:20

This is a great quote. "There's absolutely no such thing in the world as giving up." This makes me feel hopeful. Unfortunately, buddies of mine that like metal music don't feel the same. It's funny but if they really believed this quote, I guess they could get out of their deep depression. (One cause of their depression could be chronic masturbation because they don't see any meaning in the world anyway.) It just bothers me that some people are so low and they hate the world so much. I feel very offended by metal listeners because they don't respect anyone at all. Anyway, I just felt like hating on them, but I still think I'm right. "The Zohar says that there can be no light

if it doesn't come first through the darkest darkness" This quote is all cute, but why do I feel like sometimes the world just doesn't have any hope. I don't mean to be pessimistic though, I'm sorry.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 15 Jun 2014 15:10

I have some thoughts about powerlessness and simcha but they're not forming coherently in my head so I'll just leave this instead (as always you might want to lower the volume):

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 15 Jun 2014 19:20

I think my attitude now is something like this:

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Re: From a deep pit to a tall roof
Posted by Pidaini - 15 Jun 2014 23:00

I like the second better.....first has too much going on.

and KOMT!!!

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 16 Jun 2014 23:16

I've had a shift in my mentality regarding surrender.

I used to think that I need to surrender lust because it's stronger than me and beats me all the time, making me miserable. I need to get rid of it. I don't want it in my life any more!

For me it feels a bit fake. I do want it in my life. If I could I would surround myself with pretty girls like a Roman emperor. That's not why I want to surrender it.

When I think about all the amazing things Hashem has given me my mind boggles. Bli ayin hora He's given me health and happiness and a home and food and clothes and opportunities. He's even given me a wife. But she has just one type of look and figure, and I'm just so self-obsessed that I want to be able to experience many different types of looks and figures. I'm like a stropky teenager who's not grateful at all. Hashem has given me so much and rather than being grateful I want even more. Like when you refuse to give something to a child and suddenly everything you've given them in the past is forgotten, you're just mean and horrible cos you won't give something he wants.

Imagine my parents gave me £10,000 just like that. I would be so grateful that I would want to give them something back. I couldn't give them £10,000 but at the very least I would buy a bottle of wine, some chocolates and a card. Just to say thanks.

They could easily have given £9,980 and bought themselves some wine and chocolates but that's not the point. The point is that they wanted to give a present and I would want to reciprocate by giving them a token of my gratitude.

Surrender is a gift to Hashem. I do want lust in my life, I would love to be able to sit and watch porn all day and night. But I want to give this to Hashem as a token of my appreciation for everything He's given me. So I'm giving Him all the girls with small x and big y as a present, as a thank you for everything you do.

I wish I could say this just once and that would be that, but I know that this has to be an ongoing thing. That's where the rest of the program comes in.

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