

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 shivisi - 17 Jun 2014 12:27

Your post was so honest and beautiful and inspiring.

It is wonderful that you can be so beautifully honest with yourself.

I want to refer you to a post I wrote, but please don't take it as a disagreement to what you are saying but as an eye opening addition which I think will be encouraging to you.

See post HERE:

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/72604-Tatti-Tatti-please-just-for-today?limit=15&start=390#233542

Scroll down to my first post on that page.

It's a bit long but very fundamental and ends on an encouraging note.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 18 Jun 2014 00:29

I heard something gevaldig from Captain Steve today about being don lecaf zechus (regarding others favorably).

He said that it's easy for Hashem to be don lecaf zechus because He can see the future and He knows that this person will get better, he will have his tikkun. So a person who does something wrong is not a bad person, it's just that he's still on his path towards perfection, he hasn't reached it yet. It's not that he's a rosho, it's just that he hasn't become a tzaddik yet.

Once again patience is a virtue.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 18 Jun 2014 03:42

Just did my first step with my sponsor. Took about 2 hours. I'm really tired but relieved.

Woohoo!!!!

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Re: From a deep pit to a tall roof
Posted by Pidaini - 18 Jun 2014 10:48

WOOOOOOOHOOOOOOOOOOO!!!!!!!!!!!!

(for the song, thank you!!!!!!!!!!)

and for the last post

GEVALDIGGGGGGGGGGGGGGGGGGGGGGGGGGG!!!

One step at a time!!!

KUTGW!!!

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 22 Jun 2014 13:04

Every day is a day to work the program, but I think maybe some days are for progressing in it and some are just for laying low and maintaining what you've got. Some days negative sobriety is all you can do. First do no harm.

A few days ago I felt I was growing. I did my first step and had a few conversations about G-d.

But shabbos was hard. It was hot, there were girls everywhere and I felt very strong urges. For about 6 hours straight. I felt this big empty hole in me and I felt the need to fill it. The words of the White Book very rarely seem so true when I'm actually in it, but this time I could feel what was happening. Looking out the window hoping an attractive woman would walk past "please connect with me and make me whole! Oh, you don't want to give it to me? Then I'll take it from you in the most undetectable way possible, in my mind. We will share a moment that you will never even know about. But I'd know what we shared and that connection will fill the whole in the pit of my stomach."

But of course it doesn't. I need something more substantial to fill it. I've volunteered to do some service in the community, but they're still looking for something for me. I hope they get back to me soon. I need to feel useful. I need to feel like a real person.

In the meantime negative sobriety will have to do. Boruch Hashem for my filter. without it I'm sure I would not have fallen yet, but I would have fed the obsession so much that it would be a huge fight with the y"h for hours, maybe days, before his inevitable victory.

I wouldn't be here talking about a whole to fill, I'd be talking about my valiant heroic battle and how proud Hashem must be of me for fighting it, as if fighting it makes me a tzaddik.

I did that for a long time. Peeking just a bit here and there, waiting for the self-induced urges to come on so strong that I would have to fight like crazy, so I could feel like a big tzaddik and a martyr, and not even have to feel so bad when I lost and acted out. After all, who could manage such urges? No-one. That's exactly the point, so don't give them to yourself!

Someone was once in court for drink driving. He claimed he should not be culpable for it

because he was not in control of himself, I mean, he was drunk when he did it!! That's no excuse. If you think you might get in a car after you've gotten yourself good and drunk then you can't drink. By the time you're drunk and wondering if you can drive home it's too late.

Anyway, I think today might be a similar sort of day. I've just got to get on with my work and not fight. Recovery begins with one sober hour.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 22 Jun 2014 14:23

Just saw this:

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Re: From a deep pit to a tall roof
Posted by lavi - 22 Jun 2014 20:30

dear watson, i think that there is a lot to be learned from your post and your struggle. i think that you'll agree that the yetzer has a way of being VERY threatening and then goes away and repeats the cycle, difficult to get a grip on him. may i humbly suggest out of the blue a aid that some people find helpful? regular exercise.

your friend lavi.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 23 Jun 2014 02:37

Part of my step 2:

G-d is perfect. He never changes because He is perfect already. As such I cannot affect Him with my actions at all.

G-d is infinitely loving. He loves all His creations with a perfect love and wants the very best for them.

G-d is infinitely wise. He understands me better than I possibly could, He knows what my purpose is and He knows how to lead me in that direction.

G-d is infinitely patient. He teaches me and leads me at exactly the right pace for me. He forgives my mistakes while He waits for me to learn better.

G-d is infinitely tolerant. He tolerates my mistakes and shortcomings.

G-d is infinitely kind. He gives me everything I need to fulfil my purpose and be happy.

G-d has absolute power. Nothing can stop Him from doing what He wants, not even the person He is trying to help but is unaware of it.

G-d is infinitely forgiving. He sustains all life, even those that reject Him.

G-d is infinitely gracious. He wants us to become like Him, choosing good over evil.

G-d is infinitely generous. He listens to every prayer and gives each person what they need.

G-d is infinitely just. G-d is infinitely truthful.

G-d loves me like a father, teaches me like a mentor, rebukes me like a doctor, and wants me to succeed in the ultimate purpose of life which is to be close to Him by emulating Him.

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Re: From a deep pit to a tall roof

Posted by Dr.Watson - 13 Jul 2014 23:16

I have a question I would like to hear your responses to:

I know the program, all the ins and outs. I recognize the mechanisms at work when I act out and even well before I act out. I take the actions, reading, listening to talks, calling people, meetings, sponsor, working the steps. And yet I'm still at a complete loss as to what will work for me.

I know what works for others. I've seen people starting from worse places get better, I've seen people do much less work than me and get better, I've seen people who don't really get the program get better. What is different about me that I can't get out of this rut?

I can help others, I can offer some advice and I've been thanked a number of times by people who say that I helped them in some way. But I can't help myself. It's not even because I don't see what's going on with me. I see it clearly. I can feel how I used resentment last night as an excuse to 'get back at' the person and do what feels good in the moment. I know what was happening. I barely even enjoyed it. I knew what I needed to do to stop. But I didn't bother. Why? Why is this not working for me?

Please help.

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Re: From a deep pit to a tall roof
Posted by lavi - 14 Jul 2014 00:46

dear watson

my heart goes out to you. you are suffering immensely. i don't have the right words to say. i am davening to Hashem to give you the breakthrough that you need.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 14 Jul 2014 01:09

Good question!

Thanks Doc.

We have been together quite some time and we have both had our ups and downs.

The question bothers me as well, and I am unsure of the answer.

I am, however, sure of two things.

1. We/You have improved, and that is a grand thing!

2. We should be focusin' on the "now," and not on the question at hand. It will be what will be, but that won't change what we need to do now.

b'hatzlachah to us all.

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Re: From a deep pit to a tall roof

Posted by kilochalu - 14 Jul 2014 02:25

[Dr.Watson wrote:](#)

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maybe those who don't know so much have an easier time surrendering

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Re: From a deep pit to a tall roof
Posted by Pidaini - 14 Jul 2014 07:47

I opened [this thread](#) with you in mind!!

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 25 Jul 2014 01:08

B"H I was struck by a very moving 1st 2nd and 3rd step prayer earlier today. It goes a little like this:

Ki hiney kachomer beyad hayotzer

birtzoso marchiv uvirtzoso mekatzer,

kain anachnu beyodcho Chesed Notzer

Labris habeit v'al tefen layetzer.

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