

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 - 31 Jul 2014 00:30

A friend of mine called me yesterday and asked why torah tavlin doesn't work with this issue. I said torah tavlin works for fights with the yetzer hora, this is an illness, a very different thing.

I said to him that maybe this is what us frum addicts have such problems with. An alcoholic or gambler can more easily see that the problem with his behaviour is that he's ill, not evil. It's easier to make the distinction between a clear aveiroh, and doing something self-destructive that's not explicitly forbidden.

Today I opened my tehillim and saw the following words:

Hasoleiach lechol avonoychi,

Horofei lechol tachluoychi,

Hagoel mishachas chayoychi.

(Who forgives all your sins, Who heals all your illnesses, Who redeems from the pit of your life.)

What I understand from that is that there's no need to make a distinction between the aveiroh and the illness, because the solution is one and the same. By turning our lives over to Hashem, He will first forgive the aveiroh, then heal us, then redeem us. And davka in that order.

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Re: From a deep pit to a tall roof
Posted by cordnoy - 31 Jul 2014 02:05

Doc,

Nice words...but how do we/you/us/they turn our lives over to Hashem? Is there a switch? Should we daven better? Perhaps, by modeh ani say with full commitment that we will do everything what God wants us to do today? Someone here said that he runs his day, or he wants to run his day at least, by a simple resolution: he is ready to do whatever the Eibishter

wants from him at every moment of his life.

So what does "turnin' your life to hashem" mean to you?

b'hatzlachah

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Re: From a deep pit to a tall roof

Posted by Gevura Shebyesod - 31 Jul 2014 03:02

"Modeh Ani", besides for the usual translation of "I thank", can also be translated as "I admit". So we say "I admit that the only reason i am alive right now is because in Your kindness You returned my soul to me for another day. Therefore I am obligated to live this day according to Your will."

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Re: From a deep pit to a tall roof

Posted by Pidaini - 31 Jul 2014 07:27

And that is the answer to your friends question.....are we learning Hashem's Torah, in other words "Hashem's guide to life" (literal translation of Torah) and seeing how we can run our lives accordingly? or are we learning a geshmakeh chochma for one of many different personal benifits (including trying to distract ourselves)?

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Re: From a deep pit to a tall roof

Posted by shivisi - 31 Jul 2014 11:00

[Gevura Shebyesod wrote:](#)

"mMdeh Ani", besides for the usual translation of "I thank", can also be translated as "I admit".

So we say "I admit that the only reason i am alive right now is because in Your kindness You returned my soul to me for another day. Therefore I am obligated to live this day according to Your will."

And if we take that a little further, we can extend the word **????**, to include **????**. [The Gr"a teaches that in Lashon Hakodesh any two words which sound alike, are connected].

???? means aware, conscious of, alert to, so this would say that a prerequisite to every day's life, first thing in the morning, I must be, and remain, aware and conscious, and constantly alert, to this fact, that "that the only reason i am alive right now is because in Your kindness You returned my soul to me for another day. Therefore I am obligated to live this day according to Your will".

The base root of the word **????** is **?????**, which translates to **?????**, as in **???? ?? ? ????,** We must be constantly attached to this concept.

Yet even before the concept of **?????? ?? ????? ?????,** we say **??? - ?? ?????.**

We must always acknowledge that Hashem is: A- MELECH, and B- "Chai V'kayom", Always the inseparable, and ever-continuously real living **???** of every area in our lives.

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Re: From a deep pit to a tall roof
Posted by chesky - 31 Jul 2014 15:02

From the Big Book:

At the hospital I was separated from alcohol for the last time. Treatment seemed wise, for I showed signs of delirium tremens.

There I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my newfound Friend

take them away, root and branch. I have not had a drink since.

My school mate visited me, and I fully acquainted him with my problems and deficiencies. We made a list of people I had hurt or toward whom I felt resentment. I expressed my entire willingness to approach these individuals, admitting my wrong. Never was I to be critical of them. I was to right all such matters to the utmost of my ability.

I was to test my thinking by the new God-consciousness within. Common sense would thus become uncommon sense. I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 25 Aug 2014 20:14

I feel lustful today. I feel like acting out. I feel the lust creeping in and I don't know if I can stay sober with this feeling.

I called someone. He said something along the lines of "who cares how you feel, just don't act out."

I'm cutting out a lot of what he said, but he's certainly right that I can't expect to feel good all the time. I can't say "well, I'll work the program only when I feel good."

If I can stay sober today then I've had a good day, even if it hurts right now.

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 25 Aug 2014 20:36

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Re: From a deep pit to a tall roof
Posted by cordnoy - 25 Aug 2014 21:02

[Dr.Watson wrote:](#)

Meh
He said something along the lines of "who cares how you feel, just don't act out."

Great post there and even better attitude.

Once and if you are havin' a chance to think, then say, "Who cares how you feel? you can actually even feel better for the moment by focusin' on the correct thing for this moment."

That really feels good!

b'hatzlachah

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Re: From a deep pit to a tall roof

Posted by Pidaini - 26 Aug 2014 00:43

Something I can always use another reminder of!!

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Re: From a deep pit to a tall roof

Posted by cordnoy - 26 Aug 2014 01:05

Not sure if the 'pest' line was to you, doc, or to me?

Thanks for sharing (and for being a pest today!!

I'm assumin' it was you, for I was a pest yesterday, not today.

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Re: From a deep pit to a tall roof

Posted by Pidaini - 26 Aug 2014 10:16

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Re: From a deep pit to a tall roof

Posted by TehillimZugger - 27 Aug 2014 22:58

doctor! I love you and ybc. But I love you more! Keep on sharing feelings and music and never stop pestering Yankel.

I hope you feel. Better

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Re: From a deep pit to a tall roof
Posted by Dr.Watson - 31 Aug 2014 20:07

I've left lust creeping in for the last few days. I've had a few resentments, memories from my past and some plain old urges. It reached a very high level today and I had some crazy thoughts.

The main thing that stopped me today was the thought that if I relapse today, I'll just have to get to this point at a later time and the situation will be exactly the same, it won't be any easier.

At one point I was sat at my desk and my mind went off down a side road and I got up to go to the bathroom and masturbate. That literally was the reason I got up. B"H I had my phone in my pocket and I made a call, spelling out exactly what my thoughts were and it helped for a while.

A few hours later the feeling was back and I made another call to let it out. This time I felt much better and can feel the lust slipping away for now. B"H.

A few hours ago I was annoyed at myself and ashamed for the slipping that I'd done, but in truth, right now I am overwhelmed with simcha that I'm still sober. It is a miracle. / could not have stayed sober through this.

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