

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 dd - 26 Oct 2014 12:45

Mr (Dr) Watson I can fully relate to that post of yours.

But I think Cordnoy and Skep really shed some light on the topic. Remember its not all about falling or not falling its about staying in the game and trying over and over if we need to.

So KOP big time and KOMT!!!

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Re: From a deep pit to a tall roof
Posted by skeptical - 26 Oct 2014 18:48

How are you doing, doc? (You'll always be Doctor Watson to me.)

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Re: From a deep pit to a tall roof
Posted by unanumun - 28 Oct 2014 22:08

eh eh watsup doc?

I just noticed the last few posts. been away a bit.

I just want to tell you that if you never fell you would be less useful here than if you fall. The oilam always writes that the only way to help others is by sharing your experience. the more you succeed in getting back up the more you can keep helping others.

In fact sometimes I wonder the exact opposite. How can I really give anybody advice if I am not suffering as much as they are.

And as far as the gayva issue, I once tayned that in a sense we are being metaken the kilkul of not being mashpia and being a taker, so by helping others we are using lust to mashpia which is a tikun for lusting. Therefore, it is okay to want to know and enjoy being mashpia on others.

So I am sure the oilam would agree to me in my appeal to change your name back to doc. (If you want you cna keep the john there - Dr. John Watson as a zecher to the hard times)

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Re: From a deep pit to a tall roof
Posted by ineedchizuk - 29 Oct 2014 04:27

Ditto on the appeal. Please, doc, pleeeeeease? (Although your post had real depth; the feeling of letting others down is understandable.)

I will only share from personal experience reading through hundreds of threads.

Two things that I've read over the past six months have had a profound influence on me.

One was going through Skeps' original thread from which Skeps' Tips, which I've read before, was compiled. Now reading his original thread, I notice that right in the middle of the tips is a post where he shares that he fell. After reading that, the tips took on so much more meaning to me! First, admitting the fall, and then....to keep on posting advice!!! Wow!! So real!!

Here's the next one: Your spreadsheet, doc. Deep inside me, it's so humiliating to admit the fall, that I feel like I should never look back. Start a clean slate, never look at your past. Too shameful (which of course, puts so much more pressure on me, which is a trigger for me to fall again). So seeing you post the days clean, and the days not clean, apparently taking pleasure in looking back at the clean days even when followed by a fall, has been a real inspiration, forced me to see things differently. (So is that why you removed the spreadsheet lately, because of it being a Google 'doc'? :-))

I guess essentially I'm expressing similar sentiments to the others above. That BECAUSE we feel your chizuk and advice is genuine, when then making yourself vulnerable by sharing your struggles too, it makes us appreciate the realness your posts even more.

So thanks, Skep!

Thanks, Doc!!

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Re: From a deep pit to a tall roof
Posted by Dov - 19 Nov 2014 10:04

Agreed, man!

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Re: From a deep pit to a tall roof
Posted by Dov - 19 Nov 2014 10:50

[John Watson wrote:](#)

So here's the thing.

I just relapsed. It's been months since I've seen any form of pornography and I was desperate. It's been a couple of days and tonight I gave in. Not right away of course, first my addiction convinced me I should just browse a bit, after all I have a strong filter. In the end I found a clip that could barely even be called porn and relapsed.

A lot of thoughts went through my mind right after but I think that in truth I don't mind the falling so much. It's about progress not perfection and b"H I'm making progress. So I'm not there yet, nu nu.

No, what bothers me is that I know the 12 step program works. I've seen it in others and I've experienced it work a little in me too. I simply cannot compare the periods of abstinence I had before to the periods of sobriety I've had since.

I want to be able to help others experience the same sobriety and much much more and to do

that I need to be able to convince people that it's good. But how can I do that when I've never even got to 90 days?

That's what bothers me when I fall.

It's not how I feel about the fall itself but my pride. Who's gonna listen to me now I've relapsed yet again?! I wouldn't.

I think this attitude has been affecting me more and more recently. It happens at meetings and you can see it in my posts. Gone is the honesty, the vulnerability, replaced by a self-styled 'teacher' to the confused. Well it's really me who's confused.

And I think that pride is getting in my way. Heck, maybe it's the only thing that's getting in my way.

When someone messages me about what they get from this thread my head swells up. See John, there's someone who I can help. Even if I never make it myself maybe I can 'succeed' through him.

And when I post, why do I then check to see how many people liked it? If I write a post to one person all I should care about is whether it helps that one person, who cares how many other people liked it. And I'm powerless cos I'm gonna check this post too, I know I will.

I don't know what I'm going to do next but I'm not sure I'm capable of using this forum in the good spirit in which it was intended. If it's become a vehicle for my pride then I think I need to surrender it entirely, or maybe just my profile.

That post was like a month ago, chaver. It was a great post, thank you.

Some points I liked and related to were:

1- Teaching can ruin me by waking up my ego. It seems that's why the step describing passing the message is at the end of the steps, not near their beginning. Sure we can bring people to the *message* before we finish the steps...but bringing the message to the people is a danger or us till a certain amt of stability is had. I didn't sponsor anyone till i was sober about two years...I also did not carry change in my pocket or walk into libraries or bookstores till about 2.5 years sober. For when I act out I use phone sex and peruse dirty books a lot.

People may not realize it here, but I avoid giving advice or inspiration here as much as possible, and opt for sharing direct experience and impressions. I never wrote that 12 steps are the way anyone must recover and never tell anyone they are an addict. Playing G-d is just too dangerous for my sobriety...otherwise for sure I'd do it. It's just the truth so it's ok to say.

When Guard told me he wanted to put my posts in the chizzuk emails as "Daily Doses" and asked me to help him do that, I declined. If I started to choose what i thought The Oilem 'needed to hear', I knew it would ruin me pretty quick. So I have never gotten or seen the Chizzuk emails except when people send him complaints about them (and sometimes compliments or questions) and Guard forks them over to me for a response. Thank-G-d I let that one go early on, or I'd have quickly been trashed by my own ego. So I know what you mean.

A guy I know asked me if he should moderate a yiddish call for GYE a few years ago and I told him it could destroy his recovery if he let it go to his head. Less than a year later he was in tzoress...and I love that guy, so it hurt a lot.

It's usually the newer guy with less than 30 days sober who give free advice in an SA meeting. The old-timers seem to share and get current rather than give pep-talks, quote the book looking
We have probably
all been there, and sometimes we all revert to it when we are needy. Nu...that's what sponsors and friends are for: holding up a mirror to us. Best kind of love there is, sometimes.

So we end with the Vision for You" thing where they tell us "obviously we cannot pass on what we have not *got*" or something like that, and it asks us to just take it easy and be patient with ourselves. Boy, that's tough. Especially when guy is bucking for a promotion to the 90-day club, the old-timers club, being liked by 'the meeting', etc. I remember how I felt for the first five years o so that my shares in the meeting sounded stupid - and i often still do! It's my ego, childish,

Thanks for the PM, too.
silly. I'm just another decent guy on this bus, and that's fine....most days.

Seeya doc!

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Re: From a deep pit to a tall roof
Posted by Dov - 19 Nov 2014 10:52

Hahah!!

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But can't recall the "2-"!!

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Re: From a deep pit to a tall roof
Posted by Watson - 24 Nov 2014 03:44

Thank you all for your comments. Truth is, staying away from the forum hasn't helped me either, in some ways things got worse, so I might as well update.

I started going to a lot more meetings but found myself relapsing hard. I called an experienced member and he said something like "yeah, it will keep getting worse until you fully surrender. What you've been doing is using meetings as another way of keeping yourself sober, and you can't keep yourself sober, only G-d can."

So I'm trying to accept that really He is in charge of whether or not I act out because I cannot control my addiction. Even with meetings, filters, calling people, reading the book etc etc I cannot keep myself sober. So if it's all up to Him anyway I may as well relax a little.

I feel like Hashem communicates His will for me through my addiction. If I do something wrong, (or should I say if He thinks I could be doing something better,) He'll call me on it and show that my way of living isn't working out so well.

After one recent relapse I felt that I needed to get rid of videos so I did. It was hard but I've felt a lot better since.

I have a tablet that I use for games, news, emails and skype for SA calls and phone meetings. It has a filter so strong that it basically disabled my browser entirely, meaning that I could not access torahanytime which was one of things I most wanted from my tablet. But what can you do.

Yesterday I realised that I could access SA materials through an app. Then I realised that I could access torahanytime the same way. I tried it and it worked. Hurray! I found a shiur and went to bed. This morning I woke up and realised "heeeeeey, I could probably access porn the same way...." Long story short, this afternoon I acted out.

OK so if it's up to Hashem whether or not I act out and if Hashem communicates to me through my addiction, what is it that I need to do? At first I rejected the obvious, I need to get rid of the tablet.

Slowly I realised that if I can get round the filter then I have no filter and there's no question about it, the tablet has to go, along with the games I was wasting so much time on.

Wow, now I'm videosless and gameless. What do I do with myself?

I feel like Hashem is trying to fashion a normal human being out of me one thing at a time. Hey Watson, you could even pick up a sefer every once in a while. Listen to music, read a book, just stop constantly pressing that screen like a rat in a lab experiment!

I wonder what Hashem has in store for me next. In the meantime I'm still waiting and davening for long-term sobriety.

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Re: From a deep pit to a tall roof
Posted by dms1234 - 24 Nov 2014 05:32

What's next? You are going to act after walk downing the street and seeing a pretty girl and then you are going to hibernate like the bears do?

Come on Doc! The Doctor's gotta have a better prescription!

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Re: From a deep pit to a tall roof
Posted by Watson - 24 Nov 2014 12:59

Yeah, but see, I don't.

In any case if you can stay sober with an unfiltered tablet I take my hat off to you. I can't do that.

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Re: From a deep pit to a tall roof
Posted by dms1234 - 24 Nov 2014 22:45

Doc, you know that's not my point. Of course, i strongly suggest having a filter but we cant JUST rely on the filter to keep us clean! We need MORE than that or rather something DEEPER than that.

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Re: From a deep pit to a tall roof
Posted by shomer bro - 24 Nov 2014 23:34

A filter is only a geder. If one really wants to find porn, he'll be able to. But it's critical to the cause to set up these gedarim.

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Re: From a deep pit to a tall roof
Posted by Watson - 24 Nov 2014 23:46

A famous (can't remember his name though) sculptor once said "you see a block of marble and wonder how I make it into a lion. I see a lion trapped in a block of marble, all I need to do is chip away anything that's not lion."

Similarly I think Hashem can see a tzaddik in a block of earth, blood and sinews. All He needs to do is remove anything that's not tzaddik.

Moshcheini acharecho norutzo.

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Re: From a deep pit to a tall roof

Posted by cordnoy - 25 Nov 2014 02:17

Doc,

if it's any consolation to you....whenever I feel like connectin' again, or other stuff, I repeat to myself the words of my Doctor

Warning: Spoiler!

, when he told me and reminded me that there is only one rule to be a member of SA, and that is simply, that we have a desire to stop lustin'. In all our deep discussions, it boiled down to this at the end: do you wanna' or don't you wanna? I am not gonna turn the tables and ask you; I will just say that you have helped me immensely, and I am "forever grateful," and that is much more preferable than bein' "gratefully dead."

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