

Tryin'

Posted by cordnoy - 23 Jun 2013 09:41

Shalom

I am in my 40s married with children

Recently, I decided to get help on a serious level with my addiction .

My mind wanders and the tayva builds.

It would be easy to blame this on the lack of excitement in marriage intimacy, but I had done this at times before marriage, and at times, when marriage bedroom was good, I'd still fall. Perhaps it still is the reason, but marriage stuff is probably not gettin' better anytime soon.

I have more to write, but as this is my first post, id like to hear some suggestions first please.

Thank you so much

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Re: Tryin'

Posted by thanks613 - 17 May 2016 15:56

[cordnoy wrote on 17 May 2016 00:20:](#)

In short, Dov instructed as follows:

1. No sex for three or four months (preferably in writing).
2. No masturbation or looking at privates.
3. No fantasies. If yes, stop, surrender, pray for them, or call a friend and relate entire episode.
4. Do steps 4-7.

Is this correct?

Ever heard the phrase throwing the baby out with the bathwater? With Love,

Thanks6

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Re: Tryin'

Posted by Dov - 17 May 2016 16:30

First, I must say that I just read someone (not you, thanks613) say "Dov suggested that guys take a break from sex for 3-4 months, etc..."

That is not true. I never ever wrote that everyone or anyone should try this.

I wrote that I believe that **this guy** would benefit from doing that - and yes, it **is** throwing the baby out with the bathwater for him...but that is because his baby is probably just a doll. And it is only temporary. And there are reasons it is essential for some and yet poisonous to others.

Now, to **thanks613**, I would never suggest you such a thing unless you shared things w me that would imply to me that we share some experience and issues that would benefit from the same things that helped me. And even then, I'd **never** do any more than suggest you consider it and discuss it w me.

Doing the abstinence thing I referred to above **may be counterproductive for many people**. So I would NEVER suggest that *anyone* try it without knowing a lot more about them, first. And *even then*, I would only do as I did here: suggest that the fellow consider it. The discussion will then open up from there until a decision is reached.

This is one of the reasons why posting is so weak a method for sharing real recovery, besides

the fake names, and other factors that make it weaker as well.

Now, Maslow wisely wrote, "*To the man with only a hammer in his tool box, every problem looks like a nail.*"

Advice is certainly not a game. Guys need to **stop** generalizing and assuming that I - or that *anyone* sharing their experience - sees things as 'one size fits all'. Not to be too rude, but I'd like to say that just because **you** only have one tool in your tool box and operate that way, does not mean you should assume that I also do. B"H I have many tools in my tool box, and I try to apply them on an individual basis with G-d's help.

Does this help clarify anything? I wonder sometimes if anybody believes this thing I am saying is true at all. Sometimes it just seems that people with one tool who see things their way **just can't believe that anybody actually is different than they are...**

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Re: Tryin'
Posted by cordnoy - 17 May 2016 19:08

Cordnoy was just summarizing what you wrote to that fellow.

He was not saying that you said it's advice for all.

It is somewhat funny that you say you will only advise that to someone you really know, and in that same post, you were not sure if he's married or single.

It doesn't detract from what you said though. Perhaps.

B'hatzlachah to all.

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Re: Tryin'

Posted by Dov - 17 May 2016 20:35

[thanks613 wrote on 17 May 2016 15:56:](#)

[cordnoy wrote on 17 May 2016 00:20:](#)

In short, Dov instructed as follows:

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No. An 'oath of celibacy' would be what *you* are describing.

But what I am describing is **not** throwing the baby out with the bathwater, at all. For no one here is ever suggesting that anyone eliminate sex from their lives in any permanent way. This is an exercise. **Yiddishkeit** does many times, for example:

1- we have a concept of deliberate ta'aneism for personal development and an influence to do a better Teshuvah while we will later be eating again;

2- we have a concept of ta'anis dibbur for help in healing the tendency toward leitzanus and lashon hora, etc; and

3- we have **niddah** (ahem!).

Niddah is *exactly* Hashem's version of *periodic voluntary total sexual **abstinence***. The thing I referred to is only taking a vacation from it *for a little while...*and yes, 3-4 months is only a little while. And it obviously must include doing it during times when the wife is tehorah and sex is a possibility - otherwise it is just not really *fully* voluntary. Saying we could do without it and are free from it is a joke, when you can;t do it anyhow. Anyone can see that.

This is just temporary. A little game-changer to shake things up in a very real way. And it is often exactly what is needed, rather than running from sex with an 'oath of celibacy' as perhaps many catholics do who enter the priesthood and 'nun-hood'.

Funny how even a short *vacation* from sex seems like throwing the entire thing out the window, doesn't it?

Now, I know you might say: "*Well, Niddah is a far cry from voluntary...the threat of koreis is not exactly 'voluntary'!*"

Yet Hashem's perspective on our keeping hilchos Niddah (and the rest of the Torah) is indeed that it **is** voluntary.

Just ask any person involved in Kiruv - see them describe keeping kosher as 'a beautiful program of self-control', etc. Self control? U mean that obedience when G-d tells someone that his children will die if he eats this or that is self-control?? No, it is not.

That's why Hashem says *over and over* in the Torah, "**Choose** to do these commandments," and we talk of 'bechira' so much. Ultimately, it should be a personal choice. And if we choose to give our free-will up and be coerced by yir'as hashem - *then **that's*** a personal choice (if it is really the truth). The RMB"M writes clearly that "the reshus is given by Hashem to everyone to be good or bad". From His perspective, it is clearly voluntary for individual Jews to keep

individual mitzvos. Hence, there is actually discipline and personality **growth** through keeping mitzvos of the Torah. *Only because it is voluntary*, does a yid grow less dependent upon sex when he keeps niddah properly. But the problem is that most of us do not keep it voluntarily. We partially keep it because of

- 1- shame before our wives if we should touch them b'isur; we keep it because of
- 2- shame before everybody else seeing us being a rosho; we keep it
- 3- to avoid going to hell; we keep it
- 4- to retain the respect of other members of our frum society and family; and sometimes also
- 5- to get great reward in the afterlife.

None of them are truly *moral* motives, but rather self-centered ones. Not evil, just self-centered. And I am suggesting that there just cannot be very much emotional *growth* through that type of choice.

Just making an observation and trying to be totally honest, here.

That help anyone? Clear?

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Re: Tryin'

Posted by Dov - 17 May 2016 20:38

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It is somewhat funny that you say you will only advise that to someone you really know, and in that same post, you were not sure if he's married or single.

It doesn't detract from what you said though. Perhaps.

B'hatzlachah to all.

Now **that** was a very good point. But to be fair, I *did* say "If you are married, then...and if you are not married, then...."

But still a good point, thanks. It got me thinking for a change.

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Re: Tryin'
Posted by mirror - 24 May 2016 17:18

Is there a call today?

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Re: Tryin'
Posted by Aryeh821 - 24 May 2016 18:48

[mirror wrote:](#)

Is there a call today?

There was

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Re: Tryin'
Posted by cordnoy - 24 May 2016 23:27

[mirror wrote on 24 May 2016 17:18:](#)

Is there a call today?

Monday thru Thursday @1:20 est.

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Re: Tryin'
Posted by markz - 24 May 2016 23:39

I think he may have been on

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Re: Tryin'
Posted by mirror - 25 May 2016 00:25

[markz wrote on 24 May 2016 23:39:](#)

I think he may have been on

Why do you say that?

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Re: Tryin'
Posted by markz - 25 May 2016 00:36

Someone new spoke on the call
Warning: Spoiler!

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Re: Tryin'
Posted by Yesod - 25 May 2016 02:23

Twas someone else

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Re: Tryin'
Posted by OTR - 26 May 2016 00:23

Who twas it?

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Re: Tryin'
Posted by Yesod - 26 May 2016 00:55

A feller

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