

need guidance

Posted by returning to Hashem - 18 Sep 2013 05:28

New to this site. Not sure where to start. I mast... during different periods. Sometimes I can go for two weeks without mast.. Or looking at por... Other times I do it two three yes a night. Is that addicted it just bad habit? Either way where to from here?

=====

Re: need guidance

Posted by inastruggle - 24 Sep 2013 09:24

[Fortunate Man wrote:](#)

I think it is a mistake to see our shared problem in the same light. Though we might have the same struggle against histaklus asuros, we each have a different nisayon.

Fortunate man, I don't think anyone means to take away your nisayon or disagree with daas torah ch"v. What they are saying is exactly what you are, that your problem seems to be different than theirs, therefore what your rov is advising you might not be the right thing for them and would probably make their problem way worse, even though for you it is the solution.

What they have is a problem that isn't really sexual in nature to begin with. It's that they use lust as one would use a drug, basically to avoid living life.

Being that this is the case, channeling their feelings isn't going to help anything since the behavior is an unhealthy behavior to begin with. It would just make it worse since they're still using the drug, lust, to keep the problem going.

If your problem is a heightened sex drive due to your childhood then I suppose it is the right

thing to channel it into your wife, especially since your rov told you that's the proper course of action.

For an addiction (or unhealthy behavior if you don't want to consider it an addiction), being that it isn't a natural drive, the only way to really deal with it is to stop.

Another thing, for an addict it seems that torah doesn't help. I think that this can be attested to by the fact that many of the members here are choshuveh bnei torah who learn all the time but still have this problem.

If this is working for you then its probably the right thing for you. If it isn't (I don't remember if you have a problem or not), then maybe this isn't the right course of action. Not because daas torah is wrong, but because the rov didn't have the facts of the case necessary to make an informed decision.

Hatzlacha!

=====
=====

Re: need guidance

Posted by inastruggle - 24 Sep 2013 09:48

I think that what people are disagreeing with you on is that you're clumping together everyone with a problem of lust together. Yeah, for a normal guy with a normal sex drive, maybe all you need is an intimate relationship with your wife. But for a guy who uses lust as a drug (whether or not it's an addiction) then obviously feeding his lust by using his wife is counterproductive and unhealthy. In that case his connection with his wife isn't the answer and neither is his learning. It's the first few options you wrote.

He needs to go to therapy or work on what's causing the issue. And since what's causing the issue is **not** his sex drive then working on it with his wife is not going to help.

I don't think there's actually an argument going on here, it's that what you're rov told you to do is not going to help these guys.

To go a bit off topic, there is obviously something else to be done to work on a regular tayvah as well. When a boy hits puberty and the urges start, he's way before marriage and definitely before finishing Torah b'eyun, Torah b'k'ius, Tanach with meforshim, Mussar, and all the chalakim of).

Also the answer after marriage can't only a connection with a wife. I don't know about marriage but I'm assuming a good connection isn't going to help when the urge hits and your wife is a niddah or away. So what it seems to me is that the tools that one can use as a bachur, can and sometimes need, to be used after marriage as well. Shulchan Aruch (even I wasn't there yet

Whether or not I'm right I want to thank you for caring enough to try to help.

=====

=====

Re: need guidance

Posted by smiley1900 - 24 Sep 2013 10:04

Thank you Fortunate Man for your response.

I don't really understand how the points I made were addressed, but, no matter. The main thing is that the idea of "Torah Tavlin" while a very true and absolutely daas Torah concept is rarely useful for those on this forum, and of course this is not the Torah's fault, as you so correctly point out that we just don't know how to use it (try selling the "master the five chalokim of Torah" or "learn kol hatorah kulo" methods to the people here who are suffering deep yisurei nefesh on a daily basis). I understand the maamar chazal "zocho naaseh lo sam hachayim, lo zocho naase lo sam hamoves" to closer resemble how the concept of "Torah Tavlin" works in the area of addiction.

Regarding the thoughts you shared:

1) Indeed nothing said here is intended in any way to be hurtful or resentful (at least I speak for myself), it is only to share ideas, raise awareness and promote sensitivity, anything appearing to be "prickly" is like the posuk says "tochachas megula ahava mesuteres", and I wish you much hatzlocho in your personal journey as well as your professional life.

2) The term "daas torah" and quotes from gedolim are often either not applicable, misunderstood by others, or not useful (or worse), or all of the above. For this reason I believe

we have to be very careful when making statements about "daas Torah" and how they are to be applied in ones personal struggles, arguing the merits of the daas Torah or of the godol in who's name it is quoted is imho not really useful in any way. This is mostly semantics though, Torah ideas are the cornerstone of our work here and are most definitely welcome and encouraged.

3) Trying to fit the tens of tools, ideas, methodologies and resources from all across this website into one six step paragraph is probably a bit too condensed for most people. Take a look around, I am confident that, like I have, you will learn many new ideas and perspectives on these and other life issues, "mikol melamdai hiskalti".

I want to conclude by saying that your story is both heartbreaking and inspiring at the same time, I wish you much hatzlocho in your unique struggle and don't be ashamed to reach out for support, as struggling human beings we can all use some chizuk every once in a while no matter who and what we think of ourselves.

=====

Re: need guidance

Posted by Dr.Watson - 24 Sep 2013 13:40

FortunateMan, I don't understand your response to me. You wrote a long post about how important it is to channel our libidos through our wives. This was in response to a person who's wife is not allowing him that outlet. You then say "it is a highly individualized matter, and each couple will need to be counseled differently." But that was only after you said "that marriage is ostensibly over", and yet you seem to be arguing with me strongly when I suggest that that "is too rash at best."

On the side point, I have experienced many times people quoting things b'sheim an odom godol and if it is questioned they hide behind that line and say I'm not a ben torah for not agreeing with them. I don't think these labels serve any useful purpose. Then later I was able to ask the odom godol himself who said he never said that or his words were taken out of context. So now I only take my da'as torah from an odom godol when I heard it directly or read it in his sefer, not when it's given over by someone I don't know. It could be that you repeated all this word for word. Could be, I just don't know do I, so how can I trust it? B"H R'Duvid Chaim is able to get da'as torah to speak on the conference calls every now and then.

The rest of this post was deleted when I re-read it.

=====

Re: need guidance

Posted by ploni.almoni@gmx.com - 24 Sep 2013 14:35

[Fortunate Man wrote:](#)

The question is: why am I learning, but still stumbling in this sin?

That's a fair question. And of course we could say it in the context of anything. We all learn, and we all stumble in one area or another -- lashon hara, gezel, profanity, anger, and in our case, znus.

I was sharing your post with a frum psychologist in shul tonight, and he pointed out to me that Rav Wolbe says: When does Torah become an effective tavlin against the yetzere hara? When one is holding by mastery over 5 chalakim: Torah b'eyun, Torah b'kuis, Tanach with meforshim, Mussar, and all the chalakim of Shulchan Aruch.

Some people stop doing porn and masturbation without all those things you listed. You might argue with a Rabbi, but you can't argue with reality.

You, and others, have argued that we've tried learning, and it just does not work for us. And hearing mussar about how we need more just gets us even more depressed.

Look, brothers, I'm not an adam gadol yet. B'ezras HaShem one day I will be. So I'm not trying to come across as some ba'al mussar. But I can say, and I will say, that we can't give in to that yetzer hara. Whatever we've learned, it's not enough. If we truly have learned kol hatorah kulo, we would not be dealing with this particular yetzer -- ken nirah li.

It's actually not just about the cumulative Torah you learned in the past, but the one you are going to learn today, and how you will do it.

And a huge part of our struggle is to substitute the triggering mechanisms with something else.

Can you give us an example of a trigger and what you yourself replace it with? It's not too clear from your sentence.

When I give my opinion, I say it's my opinion, and then will bring sources to support my opinion.

I think when you do it you want to be careful that you are not using the Torah as a shovel with which to dig, and I don't mean any offense. It's easy to find some Torah to corroborate an idea, it's not easy to tell that you are right. A good guide is to test it empirically. You can come up with

a theory, back it with the Torah, and then *test* it, and if it works consistently now you know you saw it right.

=====

Re: need guidance

Posted by Dr.Watson - 24 Sep 2013 14:49

Yes. I forget how many ways there are of proving from the torah that a sheretz is tohar. I'm not that interested in debating theory, I only care about what works

=====

Re: need guidance

Posted by Pidaini - 24 Sep 2013 15:23

Yechidah, as someone whom I greatly respect, I ask you to please clarify this post.

[yechidah wrote:](#)

I agree very much with Fortunate Man's perspective here.

The men must free oneself from the shmutz-no question about it

Why the need to go further? If we are toalking to people like myself, Mendelz, cordnoy, Dr Watson, smiley1900, innastruggle, etc. why even entertain such dangerous thoughts that are lightyears away of where we are holding right now?

[yechidah wrote:](#)

but the unhealthy negative/ fearful attitude many FFB's have towards healthy sexuality is very

very damaging to marriage & to life in general.

A wife cannot & should not tolerate the shmutz-her husband's eyes & heart should be just for her & her only

but if & when he does everything humanly possible to achieve this, she is not a passive outsider. She fulfills both herself, her husband, & (believe it or not) God's will to help him & aid him & work together to enhance this aspect of marriage.

shouldn't this be for the Gaurd-your-Shalom Bayis Forum?

[yechidah wrote:](#)

& to quote Fortunate Man **"If anyone thinks they are going to break this ta'avah through celibacy, or by NOT seeking to enhance the intensity of the sexual union with one's wife, you are SORELY mistaken"**

the mehalech of somehow trying to ignore this fact by channeling everything into other areas such as just learning or prayer or bitul etc-has led to disaster in many cases

"This ta'avah" are we talking about the same thing? If you are talking about a normal healthy Human, maybe you are right. But for this forum of people who are abusing their sexual rights, their wives, and everything else, are we going to solve this by **yes seeking** intensity of sexual union with anyone, even our wives?!?!?!?

and you even quote him saying "you are sorely mistaken" how many hundreds of people have proven him wrong already, that the **ONLY** way to solve this is by realizing that **I** (myself, leave marriage out of this for the time being) **DON'T NEED ANY SEX!!!** period. ?

Thank You in advance

=====

Re: need guidance

Posted by tehillimzugger - 24 Sep 2013 17:25

I'M A MAGGID SHIUR

I'M A MARRIAGE COUNSELOR

I'M A BT/FFB/KISHKE

I DISAGREE

I AGREE

I'M AN ADDICT

IT'S CHOL HAMOED

HEY

THIS IS ALL RIDICULOUS

THERE'S A FORUM

WHERE PEOPLE POST ABOUT THEIR STRUGGLES

WHERE THEY FIND ACCEPTANCE

THE BARDICHEVER SAID

DON'T GRIBBLE

=====

Re: need guidance

Posted by moish u.k. - 24 Sep 2013 18:24

I'm not here to tell anyone that they are an addict. Each person should decide that for themselves. Maybe you are, maybe you're not. How would i know?

Equally, i request that no one be dismissive about whether lust/sex is an addiction for myself and others, who do identify themselves as such, and give sweeping generalisations about what the solution is.

I have noticed an interesting thing. People who are still grappling with their lust problems are the ones who give advice to others on how to overcome it. Their sentences usually start with "you" or "we".

Whereas people who are finding a solution that works for them don't give advice to others, but rather share about what works for them. Their sentences usually start with "i".

(This is also the case with newcomers or relative newcomers at SA meetings.)

I am here to share about what works for me.

I've spent years trying the Torah Tavlin approach. It didn't work for me. Because i now know that i'm an addict. It only increased the guilt and therefore compounded the problem. My Rebbe who encouraged me with this approach for many years, now encourages me to work the 12 step program. Kudos to him for being open minded and realise that this problem is way more than a yeitser hora.

I have been to many tharapists. All were well meaning and supportive. Some had a bit of an idea of what addiction is. None were able to help me.

Today i am part of the SA fellowship and i work the 12 step program with the guidance of a sponsor.

Today i believe i am in the right place, and am best placed to achieve long term recovery, one day at a time...

=====

Re: need guidance

Posted by moish u.k. - 24 Sep 2013 18:59

[returning to Hashem wrote:](#)

New to this site. Not sure where to start. I mast... during different periods. Sometimes I can go for two weeks without mast.. Or looking at por... Other times I do it two three yes a night. Is that addicted it just bad habit? Either way where to from here?

RTH I'm really sorry that this ruckus had to take place at your doorstep.

I hope you stay with us and find what works for you.

=====

Re: need guidance

Posted by cordnoy - 24 Sep 2013 20:08

[Fortunate Man wrote:](#)

Let me just conclude with the following thoughts:

1) we are all embroiled in an inner struggle. This provokes angry, testy words. We are all growing, and this is therapeutic.

2) No dispute, there is a lot of da'as Torah out there who is qualified to give us hadracha. Anyone can cite b'shem some big rav. I just want to point out that every time I've ever said anything b'shem da'as Torah, I've specified who that da'as Torah was: Rav Moshe Aharon Stern, Rav Shmuel Gellar, and Rav Wolbe. So anyone's statements critical of anonymous statements citing da'as Torah are out of line. When I give my opinion, I say it's my opinion, and then will bring sources to support my opinion. Anyone who wants to engage me directly should contact me through chat, and we'll exchange phone numbers, and I'll divulge more about my identity that way.

Please look at every other thread on this site; hundreds of them. There are no angry, tested words. There is only one thread that has it...this one, and I am sorry for Mr. "returning to Hashem."

the line about "anonymous poster" was not said regarding the daas torah; it was said referring to the poster. Anonymous people saying things in the name of gedolim mean nothing and are counter productive.

=====

Re: need guidance

Posted by reallygettingthere - 24 Sep 2013 21:10

A gutten moed R' Fortunate,

I had nothing to add so I figured that it would be nice just to say hello.

My name is Eli

(Actually I do have something to add but not to takes sides).

If it works do it. If it doesn't work don't do it. Period.

We are all here because lust was destroying our lives, not because we simply had a ta'ava once and saw "something bad" and need to do teshuva. (I used to masturbate so much that my skin (not my hands) was raw. Yes, that's true.

The rishonim say that when someone is completely ensconced in aveiros the first thing they need to do is stop doing it, not vidui, not charattah, not kabbalah al haasid, just stop. **For some people, Torah might work to get them to stop immediately, but for many of the people here, it just hasn't worked.**

If it works for you *ma toiv umah naim* go for it, *Aleih v'hatzlach* and feel good that you are doing the right thing.

but

If you have tried it a gazzillion times (as I did) and failed and thought to yourself, "If i only find the right vort or shtickle torah/mussar/chassidus/k'neitch to inspire me, I'll get it right next time" and found yourself in the never ending cycle of rinse. lather, repeat, maybe it might be k'dai to try something different.

(the above is based on true life experiences)

=====
=====

Re: need guidance

Posted by returning to Hashem - 25 Sep 2013 15:16

Ok.... A bit of topic but an interesting read non the less.

I had a fall right after yom kippur. That really pissed me off, just when I was white and clean from shmutz. But bh since sukkos been clean also hoshanoh rabba is like yom kippur so I guess I got a second chance. Either way I used to try and test myself without filters if I would fall thinking that I wouldn't, and I wouldn't for a few days but then... So I realise that it's not stam a yh but we need to make it as not accessible as possible ie filters. Imyh I'm installing filters on my art phone animal see what happened from there.

btw its really touching to see so many ppl care. Really.

=====
=====

Re: need guidance

Posted by Pidaini - 25 Sep 2013 15:26

Great attitude, just get back up, KOT!!

Put in those filters, first thing is to make sure we're sober, as Dov says "Clarity doesn't bring sobriety, sobriety brings clarity".

A Git Kvittel

=====