

Back on the Site

Posted by strugglingguy - 28 Jan 2014 04:08

This is my first time back on the site in a couple years. I have been busy... I have had good stretches and bad stretches. Currently, I have been struggling. Today (after a couple classes) I felt I needed some "relief" so I looked at some P. I told myself I needed it and there was no stopping myself on the comp. (I get ar.d. the filter w a proxy). So, that is that...

I'm going to go now - continue with this later...

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Re: Back on the Site

Posted by strugglingguy - 05 Feb 2014 04:00

he speaks the truth, chevra. The point about "cleaning up" in **private secrecy** (or changing the boxers - we've all been there guys) - after the act- resonated with me...

dov - would u consider someone an addict who SOMETIMES feels the need the m, look at p, etc. but other times LOOKS at these things in DISGUST (throws away that ad in the sports magazine, can't tolerate watching stuff - with even less "stuff" than what we do in lust, etc) ...? I personally would see myself looking AWAY from the frum lady in the store... also I DONT think It's

such a tenion no?

I know I have asked these q's before but chazara can't hurt, right?

Got to go...

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Dov - you forgot to mention hitting clear on the internet history as a way to cover up as well

Re: Back on the Site

Posted by skeptical - 06 Feb 2014 01:40

So you're saying that I "got real" by bringing some of my GYE relationships to the next level, either by phone or in person?

Even though we were being just as honest, if not more, when chatting?

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Re: Back on the Site

Posted by gibbor120 - 06 Feb 2014 02:41

That's the point. It is easier to be totally honest when there is a mechitza between you and the other person AKA a computer screen. Even a phone is more of a mechitza than in person. To be honest face to face is difficult.

For the same reason, if it's someone you don't really know, it's easier. Telling a parent, close friend, rebbi or rav that knows you is harder.

The closer the connection, the harder it is to be honest because it is more real. It hits home, and the truth hurts.

It's the captain kirk post.. ayin shum in dov quotes.

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Re: Back on the Site

Posted by skeptical - 06 Feb 2014 23:00

I don't see why harder is necessarily better, or even helpful - but if one wants to maintain that somehow it is more helpful, fine. Why must the other methods be discounted?

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Re: Back on the Site

Posted by gibbor120 - 06 Feb 2014 23:21

Harder isn't always better. I mean climbing a mountain is difficult, but I doubt that it will help).

The uncomfortableness we feel when telling a real person about our problem is a *siman* that it is more real. In our own minds, we can twist things and they don't seem that bad. We have all sorts of excuses for our behaviour. If we write it in a journal it becomes more real and we can see it more objectively for what it is - a lame excuse. If we try to explain it to our Rav, we will really feel uncomfortable, an excellent sign that our reasoning is not sound.

much with a porn addiction (except for the fact that there is no wifi on most mountians

I'm just pointing out that part of our problem is fantasy and rationalization. Facing a real person, helps to uncover our real selves (not who we fantasize we are). It's uncomfortable, but useful in facing, accepting, and dealing with the painful truth, rather than running and hiding from it.

Make sense?

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Re: Back on the Site

Posted by skeptical - 07 Feb 2014 00:01

I'm still not really getting it, but that's ok. People should do what they feel works for them.

My **real** issue is with calling GYE and its methods fake.

PS. We totally hijacked this thread. Sorry!

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Re: Back on the Site

Posted by gibbor120 - 07 Feb 2014 02:09

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Re: Back on the Site

Posted by Dov - 07 Feb 2014 05:54

Oh boy, you never can convince a skeptic

Woah, I never meant that they are 100% fake just because they are not 100% exposed/real.

Let me backtrack a bit, here:

It is of course very rare for *any* connection that two people have will ever be **100%** real. In connection with this, the gemorah says "*ein ish meis ella l'ishto, v'ein isha meisa ella l'ba'aloh*" - the intimacy and realness of the proper marriage is one that means they are truly connected. So when R"l one dies, it is to the other one that a part of them is gone. Not so even with any other loved one R"l dies - as much as the horror of that tragedy may feel far worse than losing a spouse, it is *still* not the other half of the person. Yes, the pain may never leave, the loss may never leave, the horror of it may be unimaginable (and we should never know from such tragedies in Klal Yisroel)...but the loss of a *true spouse* changes the way a person *is* and *lives* in a way that nothing else can - if their marriage was right. That may not make the agony worse than other losses may be - but it makes it more life-changing. Other losses/deaths can be less real and more easily compartmentalized. And so, 'ein ish meis ella l'ishto...'

[On the other hand, if the husband or wife is an addict [i]not[/i] in recovery and maintains a _____, then the intimacy there? Are we really talking about 'a marriage' in sense that the gemorah is talking?]

OK...that was a tangent...but normally, what connection **is** the *ultimate* honesty? I think it is a question of degrees. Lemoshol, if a new GYE-er is sweating as he posts for the very first time...he is using a fake name, yes - but for him the newfound honesty is so powerful, so liberating. It's great.

Really.

But as time goes on, it loses its power, of course. I suggest that is because it is still so comfort-based.

You keep asking why I say the honesty only works if it is 'really hard to do' - I think that is missing the point. 'More honesty' doesn't work because it is uncomfortable, rather, it is uncomfortable *because it works*. And the sad truth is that we are not being secretive due to fear of being found out...we are hiding *in order to protect* our one closest, greatest love and best friend of all: our sexual acting out.

So taking any real steps that might jeopardize our freedom to porn out and freely use our erotica or masturbation without any real accountability, is terrifying! And if it is honest, *it should be terrifying!*

Now, let's say after a while posting with a fake name, he sees that his posting is just not enough. OK, so the next step he takes is: posting more honestly. Or maybe using his real first name (provided it isn't something like Chuna-Feitel, of course)...all good things. Maybe that will help - maybe that will be enough forever. Seriously. Who knows?

And that step may be all the guy needs!

For many, this wears off too. What many people need is meeting face to face with another real practicing chronic habitual porn user and masturbator who is clean....and can see them know them and be known, too - and be honest about exactly what's going on with them. There may be more honesty than that, too...I do not know. But that level of truthfulness is often what people who are clean find they need.

I do not mean to ever put down anything that is actually *working* for someone on GYE. It is only when it does *not* work, that I try to ask people why they insist that this is all they can do - that they cannot possibly do more and why they tell themselves the lie that they *must* hide behind a fake name otherwise: "they'd be unable to be honest?" Gevalt, let them keep their masturbating with honesty. Some feel they'd die if they'd open up to safe, real live people..it's not true. What's

going on here is that people are willing to play all manner of games - as long as *it does not REALLY endanger their precious stash*.

But if the posting in a virtual website, with a fake name and without getting really clear about what they are desiring, doing, or whatever - is working for them...I'd never criticize that!

PS. R' Twerski has been quoted as having said that "if a person's sexual misbehavior was virtual (as in just with porn images) and not with real people (as would be with prostitution, for example), then virtual recovery tools (such as GYE posting) is enough for them." Sounds rather elegant, no? But how could that be true?

I'd take issue with it for the simple reason that masturbating oneself is not a virtual act at all. Neither is looking at porn. The porn may be virtual, yes. But no one here will say that when he was looking at porn it was not a real, live, visceral experience!

So it seems he was misquoted.

We men who have been struggling inside with our inner pain over our hidden behavior, have had enough insistence on 'inner recovery work for our inner problem' and 'totally hidden recovery for our totally hidden problem'. Denial will not help denial, and hiding more will not help our hiding.

Chaza"I tell us, "Kol ha'over aveiroh b'tzin'ah, nifro'im mimenu bagolui." In other words, I believe they are telling us that it is our choice: Either recover by opening up to real people and feeling that gilui *in a recovery venue that is actually safe* - or end up getting caught and publicly embarrassed by the fruits of our own fake lives and wreckage. It's not a 'punishment' at all, but just the way real life works.

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Re: Back on the Site

Posted by gibbor120 - 07 Feb 2014 23:57

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Thanks dov! you said it better than me, and longer of course

Re: Back on the Site
Posted by Dov - 09 Feb 2014 10:05

Thanks...but does Skeptical still see what I wrote as saying that GYE or its methods are fake, or not?

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Re: Back on the Site
Posted by skeptical - 09 Feb 2014 22:36

Sorry it took me so long to respond here.

You just write SO much that I sometimes feel that I need to read it a few times at different times in order to properly process the individual points.

Dov

But if the posting in a **virtual website, with a fake name and without getting really clear about what they are desiring, doing, or whatever** - is working for them...I'd never criticize that!

This is really my point of contention.

You are assuming that if people are posting on a website while using a made up username, they are

a) hiding their true feelings

b) not honestly conveying their ups and downs

and c) not making **real connections** with the other people they are communicating with who are also using made up usernames.

I feel that people can go to SA meetings and though they may use their real first name, they can also (if they wish)

a) hide their true feelings

b) not honestly convey their ups and downs

and c) not make **real connections** even with others who are using their real first name.

People who go to meetings also have the option of not showing up when they are down, and they can also reappear when they get their "second wind".

It's not the method. It's the person and how they are using it.

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Re: Back on the Site

Posted by Dr.Watson - 11 Feb 2014 04:20

I think most people here even the ones with fake names have real relationships with other members too, and meet people in real life too. It's not either-or. And I don't get why calling yourself by your first name here makes forum posts any more real. I still don't know who you are Dov, except by your posts. And you know my real name too, even though I haven't published it online for all the world to see.

[Dov wrote:](#)

I'd take issue with it for the simple reason that masturbating oneself is not a virtual act at all. Neither is looking at porn. The porn may be virtual, yes. But no one here will say that when he was looking at porn it was not a real, live, visceral experience!

So it seems he was misquoted.

I get what you're saying but the logic of this bothers me. If watching porn on a computer is real, then so is typing on a computer. The porn may be virtual but the person is really looking. The forum may be virtual, but the person is really typing and expressing their thoughts.

If the issue is whether there's a human connection, I'd suggest that there's more human connection on GYE than in me looking at a picture of a woman I don't know, will probably never meet and certainly won't remember.

[Dov wrote:](#)

Chaza"I tell us, "Kol ha'over aveiroh b'tzin'ah, nifro'im mimenu bagolui." In other words, I believe they are telling us that it is our choice: Either recover by opening up to real people and feeling that gilui *in a recovery venue that is actually safe* - or end up getting caught and publicly embarrassed by the fruits of our own fake lives and wreckage. It's not a 'punishment' at all, but just the way real life works.

Again, I take the point but I don't agree with your explanation of this gemoroh. The gemoroh is not talking about addictions but any aveiroh, and you certainly wouldn't suggest we talk about all our aveiroh in a public meeting. That would actually be quite wrong "ashrei nesuy pesa cesuy chato'oh" Surely this gemoro is referring to a person who is being punished for his aveiroh. One shouldn't think if it's in private it will remain that way forever. But, if he does sincere teshuvah, Hashem wouldn't drag that into the open to embarrass him for no reason.

But the thing that really got to me, and the reason I'm faking this post is this:

[Dov wrote:](#)

It sounds to me that you simply have not suffered enough pain from your lack of self-control. I wish you no pain c"v, but it seems to me that whatever pain you have had is just not enough to help you take this seriously - perhaps it has only been *private* and *theoretical* pain. *Philosophic* pain. Like the horrible guilt and the idea of gehinom, etc.

And of course, in the long run, all that stuff proves useless to pretty much all the people here - for they are *still here*, still falling, still looking for the magic bullet. 'More chizzuk may do it, no?'

I love you Dov, but this got me quite annoyed. It's something that's been on my mind for a while. I can't say that my life has become unmanageable because of porn. Twisting the meaning of the word until it fits my life seems deceptive and wrong. I just don't feel that way. I've always been in control enough that it never got out of hand, and I never did anything that caused me serious harm in the normal physical sense.

So excuse me for catching myself before I did anything totally stupid. Excuse me for caring enough about my yiddishkeit to try and work on this problem just because it's a aveiroh, rather than circumstances forcing me to. Are you seriously suggesting that Hashem has created a world in which someone in my position could never actually stop doing the aveiroh, just because it wasn't serious enough!

I'm sick of being told how I should feel about my addiction and what my experience must have been. I think I am addicted because I haven't managed to quit yet, and I do feel somewhat powerless over porn. That's it. But when the book writes about my first share and how I should include all the most emotional aspects of it. Oh shut up, there are no emotional aspects of it. Nothing really bad ever happened because of it. Sure, if I exaggerate my past and my feeling I could fake some emotion behind why I want to quit, but fake is what it would be. I just want to quit because I don't want to do the aveiroh and feel the spiritual malady that comes with it. And I don't see anything wrong with that.

So I have very little pain associated with it, so I'm stuck. I can't get better and I don't want it to get worse. Why would I? Why the hell should I? Sure if I end up with a zona tomorrow I'd probably go to the meetings and cry my eyes out, but I'm going to try and stop myself getting anywhere near that far. So I'm worse off?! Talk about hitting a nuclear reset button, I'd have to fall very low indeed just so I can have something 'real' to share at my first meeting?! Please. Tell me you can see where I'm coming from.

p.s. I hope my post, angry in tone though it is, will be taken in the way intended. The tone is an expression of how I feel about some of the issues being raised, and not because I'm upset or annoyed with Dov or anyone else. I always look forward to reading Dov's posts and see lots of wisdom in them, I'm just looking for clarity in my own situation, like everyone else I suppose.

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Re: Back on the Site

Posted by cordnoy - 11 Feb 2014 05:22

Kol Hakavod Doc,

the main thing I think gained from posting is writing your true feelings and that you did!

perhaps some hide them, but you don't.

we have discussed some of your points in the past.

I will write some of my feelings....for both of us.

my life was becoming unmanageable. 30 plus years! keep that in mind.

my addiction was escalating...steadily....keep that in mind.

I was not concerned with the sin of it; yes...on Y"K and R"H it bothered me...I would cry about it...there were times in the year that it was a concern....things happened in my life, my family that perhaps was related, but I wasn't obsessive about it.

you mention that you don't do anything stupid because of the addiction.

I was just explaining to some people how in my opinion the stupid things that the addicted people do are really no different that the non-stupid things that the addicts do; the only difference is opportunity and a bit of shame. if I may quote Robin Williams, "God created two heads, but with just enough blood to run to only one of them at a time."

You should thank God that your addiction is somewhat in control, and at the same time, know that it could get worse.

I don't know enough to judge if the fear of sin or Gehinnom will cause anyone to pull the switch...perhaps yes, perhaps no.

Like I wrote here many times...for me, it was hitting rock bottom.

When I did hit that place, I knew that I needed to krieche out.

Im an old man; youre a young guy.

Whatever it is that will serve as the catalyst, take advantage of it.

I wasted so many hours, days, months and years...from myself, my family, my community.

I read the book...yes, some seems a bit stretched; some seem to be irrelevant. the acceptance part really speaks to me. I accept that I really cannot control it. nu-nu. That helps me on the second looks and the lingering thoughts. It helps me a lot with my wife. No matter what she says or does, it does not affect me (except when it does...this was the subject of SA meeting today). I have really been working on those second thoughts. That's where trouble begins.

I rambled; not sure what I wrote above. Perhaps some of it will help someone.

I feel and care a lot for you.

I want nothing but the best for you.

you have your entire life ahead of you and I'm sure it will be special.

b'hatzlachah

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Re: Back on the Site

Posted by Dov - 12 Feb 2014 07:25

[skeptical wrote:](#)

Sorry it took me so long to respond here.

You just write SO much that I sometimes feel that I need to read it a few times at different times in order to properly process the individual points.

Dov

But if the posting in a **virtual website, with a fake name and without getting really clear about what they are desiring, doing, or whatever** - is working for them...I'd never criticize that!

This is really my point of contention.

You are assuming that if people are posting on a website while using a made up username, they are

a) hiding their true feelings **No, I am not assuming that**

b) not honestly conveying their ups and downs **No, I am not assuming that either**

and c) not making **real connections** with the other people they are communicating with who are also using made up usernames. **and also, No, I am not assuming that.**

I feel that people can go to SA meetings and though they may use their real first name, they can also (if they wish)

a) hide their true feelings **Agreed**

b) not honestly convey their ups and downs **agreed**

and c) not make **real connections** even with others who are using their real first name. **and agreed.**

People who go to meetings also have the option of not showing up when they are down, and they can also reappear when they get their "second wind". **Absolutely can happen, yes.**

It's not the method. It's the person and how they are using it.

Thanks for helping me use blue ink.

So?

Nothing I have ever written argues against anything you wrote here.

I don't quite get what your issue is with what I write, unless you are just insulted. If that's it, I apologize if I was too forthright for your comfort, but will not own responsibility for your issue. And no, that was not another insult, just honesty.

So then, I guess that you have finally proven that meetings are no advantage over GYE forum posting.

Well, I have a reservoir of dozens of guys I have come to know personally (yes, that means on a real first name basis) on GYE who have told me that the day they agreed to stop hiding behind their fake name and started to really open up to a real person using their real voice, was the day they started finding success at staying clean.

And yes, some of them have kept that success for a long time.

But most of them have found they needed to take things to the next level and stop hiding their faces and persona...doing *that* was then found to 'do the trick' for them.

And yes, I agree with you 100%: just going to meetings is not enough. Getting fully open and staying open in them is the trick.

And really that's not enough, either: working the 12 steps in order and thoroughly is what really 'does the trick'.

Whenever I have ever written on GYE that posting behind a fake name is a weakness, it was directed at those *for whom it is not working*. I was trying to let them know that there **is** an alternative, and that they have not **nearly** exhausted the 'toolbox of honesty tools', by their being here on this forum. Often guys cannot imagine taking a bigger step than actually honestly posting here...and it's not true.

For there is a lot of honesty - and a lot of hope - *out there*, still. Because there are real, live

people very much like them out here, who really care.

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