

I need Help

Posted by waydown - 30 Jun 2015 16:31

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Ok here is the deal today is my first day signing up and I am not really sure where to start and where to go. I will describe myself a bit. Some of you may be shocked how low one can get. The little I have browsed the forums so far I have not noticed anyone quite as "waydown" as me.

I am a respected bal habays in my mid 30's who is kovei etim and davens with minyanim daily. Here is my struggle. I have been masterbating (zera lvatla) since like 16. I am so addicted that I just can't fall asleep without it. And its often more thn once a day too. It's part and parcel of my life. Also at times I do look at porn or pornistic forums. As a side note re forums, somehow the yetzer hara tells you it's only a forum not a real pic of a prusta women so how bad could it be. But trust me it can be worse. But it gets worse. I have also flirted with other women on-line. As of now its still far from BH anything serious. Obviously that could change very quickly anytime.

A couple of more pointers,

My wife knows nothing about it and please don't tell me to get my wife involved or you'll kill me.

Re filters, I use my work computer. I am not permitted and in fact it won't allow you to download filters or monitoring partners. Of course my work has filters to block porn. Byt not all sites are blocked and it doesn't block facebook, instagram, etc.. Once you hook up all you need is e-mails. (In fact it bothers me a bit that rabbonim think filters are solutions. But they never address those of us in corporate america who have no admin rights to download anything)

Another random factor, I sit and stare at a computer an entire day. Plus my job is very stressful at times. For those who say you need to be calm. Try out my job and see for yourself.

I also don't have time for lengthily solutions like say the whole tehlil every day, attend shuirm on these stuff etc..

I don't see a way out of the masterbation thing. I can work on suppressing it for a day or two. (Usually I hold back on rosh hashana) But it comes back. It's pretty much analogous to the urge to go to the bathroom. My hormones just push this strong urge that I must relieve myself from. Telling me to hold in is basically like saying OK don't use the bathroom today. I have tried seforim, speaking to rabbonim annoyously etc..

Bottom line where do I start first. I would say first is first stop the porn and flirting since I think the masterbation is just unstoppable.

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Re: I need Help

Posted by Bigmoish - 30 Jun 2015 18:26

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This thread may be helpful regarding this specific discussion:

[guardyoureyes.com/forum/17-Balei-Battims-Forum/212843-The-Line-Between-Lust-and-Attraction-To-Ones-Wife](http://guardyoureyes.com/forum/17-Balei-Battims-Forum/212843-The-Line-Between-Lust-and-Attraction-To-Ones-Wife)

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Re: I need Help

Posted by reallygettingthere - 30 Jun 2015 18:40

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@Waydown

What Cords is saying is that foreplay and lust aren't inherently connected

Sexual desire is not the same as lust.

When we talk about lust we are referring to a self centered, egotistical I don't really give a damn about yem attitude.

When you focus on your wife and making sure she feels loved, satisfied and cared for, the foreplay is a completely different metzius.

Eli

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Re: I need Help

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Posted by waydown - 30 Jun 2015 18:44

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Ok so I want to stay on topic and don't want to get into the whole lust thing now. I will just say I browsed the forum for a bit. Yes its heresay, a thin line and it depends how narrow you transalate lust. Either way you need to feel a ceratin attraction and enjoyment with your wife.

This is not a discussion for now though. Circling back to my main point. Masterbating is defintley a physcial thing. Perhaps a physcial illness as the moderator points out. I would venture to say its a mixture. Everyone has a certian amount of itching. One who has an extreme obsessive amount probably has a higher level of testorine.

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Re: I need Help

Posted by Bigmoish - 30 Jun 2015 18:45

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The longer you ignore it, the easier it will get.

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Re: I need Help

Posted by cordnoy - 30 Jun 2015 18:47

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And there are ways to recovery.....

Don't give up on any one way!

Take recovery slow....one moment at a time, and see what works for you.

b'hatzlachah

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Re: I need Help

Posted by waydown - 30 Jun 2015 18:59

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Eli,

Agreed then in that case I just have a very overly strong sexual desire and no lust. Because even when I have a strong urge its always gentle and never in an imposing manner. Ok so glad we got that out of the way.

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Re: I need Help

Posted by reallygettingthere - 30 Jun 2015 19:13

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it is certainly possible. Self diagnosing is harder than it looks.

Start something, anything and as you progress you'll see what works and what doesn't work. That will slowly guide you to the appropriate approach if you are sincere.

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Re: I need Help

Posted by Pidaini - 30 Jun 2015 19:16

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Welcome to the forum waydown!

I don't know which forum you were browsing on, but most of us have very similar struggles. I personally have a much bigger problem watching porn than I do with masturbating.

Regarding yourself and your question as to where to start, I would venture to say that the first step is self awareness. Try and notice what feelings you have during and before you get your so called "itches". You may start noticing a pattern, stress, fear, guilt, pain, etc.

Also, being in touch with friends who understand you and to whom you can converse with honestly is a foundation for any approach you may use.

So, Mazal Tov!!! You have already started your first step!! Seriously!!

Keep On Posting!! Although some replies may seem harsh, it is just us sharing the truth that we found to be true in our own experience.

KOP!! KOMT!!!!

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Re: I need Help

Posted by waydown - 30 Jun 2015 19:44

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Pidaini,

I will agree stress defintley exasperates the problem. And I do have lots of job related stress. But I will tell you that at times its not due to any particular feeling at all. It could be after a nice calm unstressful shabbos. (Its always the worse on M shabbos. I think shabbos foods don't help. As the gemara says regarding certain foods not to be eaten erev yom kippur.) Like I mentioned earlier of course there is a mental aspect but there is also just a physical hormomone urge.

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Re: I need Help

Posted by cordnoy - 30 Jun 2015 19:51

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Many of us have this disease of the body and of the mind, but most of us understand that we can take steps towards recovery. It sounds like you wanna throw in the towel before beginnin' and whatever reasonin' anyone tries, you will have a response, so perhaps take a step back

and listen to what others are sayin' and look around the site. As much as you'd like to think differently, you ain't no different than us lust addicts, myself included.

b'hatzlachah

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Re: I need Help

Posted by stillgoing - 30 Jun 2015 20:03

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**waydown**

Of course the mind can make it worse but that itch is there whether I am inhereently thinking about zenus or not. If you want you can compare it to a little child that gets chicken pox. Try telling them don't scratch the pox because it will make it worse. Its just there. Its very physcial.

How about an adult with chicken pox. Is there such a thing as distraction? A person is driving a car and has chicken pox and suddenly the car in front of him stops short and he smashes his car right into it. Suddenly (at least for the moment), he forgot to about his chicken pox. Why? Nothing changed about the skin condition, everything is connected with our brain. I'm not saying that there isn't a physical element as well, but typically a lot of the healing comes from our minds. There have been people who have taken medicine to lower their sex drive like one might take a anti-diarrheal pill to help with the bathroom sitch. But as far as I know, most people are successful in battling lust through our minds. Now I don't profess to be G-D so I may be wrong, but I believe that we should be open to hearing what others are have to say.

Anyway, I don't think that I ever saw so many posts and views to a thread on it's first day. Congratulations.

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Re: I need Help

Posted by gibbor120 - 30 Jun 2015 20:17

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WEICOME! A lot of good stuff has already been said. You are very far from being the worst on GYE. I don't think any of us are shocked by your story. It sounds pretty common to me.

Breaking free can be painful at the beginning, but as long as you hold on to any form of lust, masturbation, pornography, even checking out a coworker, you are just feeding it. As we say here, "the more you feed it, the more you need it".

Breaking free can feel like hell in the beginning, just like a drug addict suffering withdrawal.

Over time, it will get easier, not easy, but easier.

Read the handbook, read the forum. Keep posing. Just knowing that we are just like you and understand can be a big help. People in much worse situations than yours are in recovery today. It can be done.

Keep us posted. We are here for you.

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Re: I need Help

Posted by gibbor120 - 30 Jun 2015 20:23

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One more thing. It is a progressive disease. Untreated, it only gets worse, not better. There is no treading water here. Think about what you stand to lose if you do nothing. I know recovery can hurt like hell, but think about the alternative. Your wife catches you... then what. I went

You only have 2 choices.

1 - do nothing

2 - do something

Recovery is hard in the beginning, but makes life sweet in the end. It makes every aspect of your life better.

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Re: I need Help

Posted by waydown - 30 Jun 2015 20:39

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Gibbor120,

Thanks your posts have been one of the most encouraging so far.

I will perhaps rephrase my question. Where do I start tackling my issues? Do I jump to the core root of my problem and attack my masterbation issues? After all withought that lust I wouldn't do porn and flirt.

Or perhaps thats too tall of a mountain to attack at this point. Perhaps the first thing to attack is its feeders. That is attack watching porn and flirting with ladies. And leave the masterbation problem for last.

I am more inclined to pick the latter. I feel peeling away the problem like peeling an onion slowly one leaf at a time is far smarter than trying to attack to the core and rough stem. Thats kind of why I feel like just leave the masterbation alone for now. Let it be what it is. But peel away on the things that exasperates the masterbation. Once that is under control then I can try tackling the root.

Do I make sense or am I totally misguided?

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