

The Truth

Posted by wilnevergiveup - 09 Sep 2020 19:13

Hi guys, I am starting a new thread to post about my journey moving forward. In my other thread I kinda write inspirational thoughts and maybe some vague somethings about me struggling.

The truth is however that I really do struggle, even now at 140+ days clean. I Don't struggle as much and I have pretty much figured out (for the most part) what my "triggers" are, but when they come they can still freaks me out.

It's not a far fetched idea in my mind that I will someday have a full relapse and this too freaks me out. I don't expect it anytime soon but I don't imagine it as a non-possibility. This may be good or may not be, this thought process may keep me focused or it may give me ideas that I really don't want to think about.

Basically I want to use this thread to post only my struggles and all other inspiration and stuff I will post on my original thread. This way I hopefully will be able to be more aware of myself and my struggled and wont be hiding behind a mask of "oh I'm doing great, just look at my count..."

The other thing is that I never really opened up about what I actually am going through and over the next little while, hopefully I will be able to do a little of that.

Your thoughts and input are welcome.

All the bast,

Wilnevergiveup

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Re: The Truth

Posted by Sapy - 22 Mar 2022 00:09

Had a brief visit last week on a porn site. Wasn't on one for a long time. Afterwards I couldn't decide why or if, this is still a priority for me. Life has become much more manageable lately and lots of the reasons I didn't wanna watch in the past aren't there anymore. For the time being I decided to stay away because I don't trust myself not to get pulled in to it fully again, and also it makes my sex standard higher and more important which just gets in the way of me living life. (The latter reason turned out to be true in the next few days).

Using it to numb life problems is also an important reason for me not to do it, so thanks for reminding me that.

P.s. if my response is bothering you, please don't stop posting, just lmk, I'll take it back, no

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Re: The Truth

Posted by wilnevergiveup - 22 Mar 2022 06:42

I think I started tying worthiness to being successful in this struggle again. Even though I didn't actually masturbate until a few days later, I already felt worthless once I started edging and looking at those images. Although doing those things might be a cause for a fall later on, in my case I think they made me feel that feeling that I cannot control myself and that I am being controlled by lust. That made me feel like I have no value or worthiness. I forgot/ignored all the good things that I do and just think that I am a loser. The result is that I isolate and try to wait for this to blow over, but really I should talk to someone. I cannot talk to my wife, this makes me feel lonely.
questions asked...

I speak to my therapist but it's hard to work through these things and it takes a long time.

Just a random thought, you can probably gauge where you are holding in your recovery, if when you find a loophole or something open whether you are able to calmly take care of it, or you spend the next few days indulging and then complain to your filtering company that their filter sucks because it has too many loopholes.

@Sapy, your awesome!

@vehkam, I never actually got through The Battle of the Generation the first time I started. It might be a good idea though.

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Re: The Truth

Posted by Dave M - 22 Mar 2022 12:18

[wilnevergiveup wrote on 22 Mar 2022 06:42:](#)

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Good call.

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Re: The Truth

Posted by Sapy - 22 Mar 2022 13:41

[Dave M wrote on 22 Mar 2022 12:18:](#)

[wilnevergiveup wrote on 22 Mar 2022 06:42:](#)

Just a random thought, you can probably gauge where you are holding in your recovery, if when you find a loophole or something open whether you are able to calmly take care of it, or you spend the next few days indulging and then complain to your filtering company that their filter sucks because it has too many loopholes.

Good call.

So twice I was able to calmly fix it, and once I visited a porn site before hand and then fixed it, so I guess I'm hovering somewhere in between.

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Re: The Truth

Posted by wilnevergiveup - 31 Mar 2022 23:33

Today was hard.

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Re: The Truth

Posted by wilnevergiveup - 07 Apr 2022 23:03

Fell again, who gives a darn what it was.

I had 2+ weeks that was doing pretty well, the opportunity arose and I ran with it.

I've been better the last month or two than I was before. Maybe that's why this is getting more frustrating, because I was starting to feel hopeful?

Either way, life doesn't stop so onward.

How do they say it? That first sip?

Gotta be more careful.

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Re: The Truth

Posted by committed_togrowth - 07 Apr 2022 23:18

Your momentum over the past two weeks doesn't have to disappear because of a single blip, keep up the positivity!

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Re: The Truth

Posted by wilnevergiveup - 15 Apr 2022 20:44

I hate to admit this but masturbating on Erev Pesach can really help me be a better husband, and calm down my anxiety (as long as I manage to remove the guilt, which I did manage to do).

The being away from home thing and having to be by parents and in-laws with all the siblings kills me.

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Re: The Truth

Posted by FighterWithFire - 19 Apr 2022 01:26

[wilnevergiveup wrote on 15 Apr 2022 20:44:](#)

I hate to admit this but masturbating on Erev Pesach can really help me be a better husband, and calm down my anxiety (as long as I manage to remove the guilt, which I did manage to do).

The being away from home thing and having to be by parents and in-laws with all the siblings kills me.

I used to feel like this in regard to porn. Whenever I was stressed (which was quite often), I'd use porn as a drug to get "high" and calm down-and it worked, at least temporarily.

But then, as I started to get my situation under control, I realized that it was a MINDSET issue. I was viewing porn in my head as a tranquilizer, and therefore it was a self-fulfilling prophecy. If you view something as a positive, it becomes that way. But this is not something you want to view as a positive.

It was difficult when I stopped treating porn as a sedative and decided to just deal with the stress head-on. But here I am today, not completely out of the woods but SO MUCH more free than I ever have been, and less stressed as well.

If you believe you can do it, you can. I've lived it.

Hatzlacha.

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Re: The Truth

Posted by wilnevergiveup - 01 May 2022 09:58

I just want to share a thought or two if I may.

Over my most recent struggles something crystalized that may seem simple to some but I was never able to fully grasp. When I used to feel emotional pain, it meant that something was wrong. Either there was something wrong with me or with what I was about to do. I would be afraid to make any moves, blame myself and feel horrible, and literally get stuck.

Pain is good, fear is good, these are all healthy and normal feelings to feel when I want to try

something scary, new, and unknown. The pain and fear don't mean anything is wrong, on the contrary, they meant that I am taking a risk and they are just warning me to take the necessary precautions. I don't have to become paralyzed and freeze, I can breathe through the pain and fear and say "the pain just means that I can still feel".

Pain doesn't always mean that there is something wrong, pain just means that there is something happening.

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Re: The Truth

Posted by Hashem Help Me - 01 May 2022 11:19

[wilnevergiveup wrote on 01 May 2022 09:58:](#)

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Pain is good, fear is good, these are all healthy and normal feelings to feel when I want to try something scary, new, and unknown. The pain and fear don't mean anything is wrong, on the contrary, they meant that I am taking a risk and they are just warning me to take the necessary precautions. I don't have to become paralyzed and freeze, I can breathe through the pain and fear and say "the pain just means that I can still feel".

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Masterpiece! Mitzva l'farsem. How many guys act out because they can't process this concept.....

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Re: The Truth

Posted by Avrohom - 01 May 2022 15:59

Excellent point! Thank you - that's very helpful.

Do you also mean in situations where you aren't doing anything particularly scary or new. We can still have pain, stress or emotions that are hard to deal with - they just indicate that something is happening, it may be feeling of insecurity, shame etc. but it doesn't mean something is wrong that requires action to get rid of the pain.

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Re: The Truth

Posted by wilnevergiveup - 02 May 2022 06:50

[Avrohom wrote on 01 May 2022 15:59:](#)

Excellent point! Thank you - that's very helpful.

Do you also mean in situations where you aren't doing anything particularly scary or new. We can still have pain, stress or emotions that are hard to deal with - they just indicate that something is happening, it may be feeling of insecurity, shame etc. but it doesn't mean something is wrong that requires action to get rid of the pain.

Great question. Sometimes there is something to do and sometimes there is not. Pain can also mean that something is wrong, but it's function is to make sure that you take the necessary precautions. In the cases that you are describing the same applies, when you feel the pain, you need to make a cheshbon whether you are prepared, did proper research etc. and if you did, it still could be scary but you have to realize that it's okay for some things to be scary but it's not the end of the world.

The way I understand this is like the difference between how a child would react to getting lost versus an adult. When a child gets lost, he starts turning in circle and starts crying out for his

mother. if no one would help him, he would never find his way and would remain stuck there waiting for someone to help him find his way. An adult reacts differently. Even an adult will become anxious when he is lost, and may become tense or even afraid but an adult can work his way back home on his own. An adult can ask for directions, he can look at a map, he can call a friend etc.

In short, an adult can accept that he is not in a desirable situation and still work his way through it as opposed to a child who becomes helpless.

In my life, I find that I often react to things like a child and become helpless hoping that someone will pull me through whatever mess I am in. The healthier way to respond, I think, is to accept the pain as undesirable but to then take care of yourself, figure out what needs to be done and do it.

I think this applies to all stress, anxiety, etc. I was just using the example of trying something new because that's what I am going through now. Of course, we need to take care of the things that need to be taken care of but after we do that we can accept the pain for what it is instead of trying to fight it or numb it.

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Re: The Truth

Posted by Hashem Help Me - 02 May 2022 11:22

You hit the nail on the head, and there is a story to prove it:

One of the guys here was recently seen by a top psychologist and reported the following. This individual was reacting very emotionally to numerous situations at home in a hypersensitive manner. His therapist uncovered that he had been viewing pornography and masturbating from a very young age. He explained that this fellow had never had the opportunity to learn how to accept and process feelings. From a very young age, pain, fear, loneliness - all uncomfortable feelings - were dealt with the "pornography/masturbation pacifier" method. As soon as he would experience the slightest discomfort, he would reach for his numbing technique. "Your job", he told our friend, "is to learn and accept discomfort and process it in a healthy way".

I think many of us here; me for sure, should review this concept again and again. So much of our emotional neediness is due to our handicap in dealing with the very normal daily frustrations of life in a healthy manner.

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