

HERE WE GO - AGAIN.....

Posted by iyh2023 - 13 Nov 2023 16:09

So i dont know where to start, from my childhood years? bucher years? now? so i guess ill start and we'll see what happens,

I've struggeld in these areas since i was a kid, not knowing at the time that it was problematic behavior, and as i grew so did my natural curiosity.

I discovered m**** accidentally, not knowing what i was doing, i quickly got hooked cuz it felt good..... and the rest is history. Then i found out (probably from so sfarim or kunteisim) that it was a major league issur, and thats when the guilt set in. I felt bad, (READ: terrible) about it but couldnt bring my self to talk to anyone about it. Then i was off to E'Y and the real fun starts, but before that i must say that i still had no idea what p**n was or that it even existed!!! I had some friends with smartphones, i did not have one B'H, but we would hang out together, just some movies and sports, at one point my friend rented a smartphone and was going back to the states so i told him to give it to me and i will return it, bad move, i had it for about a week, worst week of my life, stayed up for days, (and nights....) was all over the place, i think that was my first major exposure, all the while still m***** daily, came back home after 2 years B'H got engaged and married to my most wonderful wife, i thought that m***** would be a thing of the past but boy was i wrong, but i must say that it was and still is much less frequent, but an issue non the less, i didnt tell my wife anything including that i bought phones a couple of times just to watch p*** for 45 min, get so disgusted with myself feel like a traitor and piece of trash, break the phone and my heart, this did not happen only once..... which would usually lead to m*****; i would try to work on myself but had no direction, fall, feel bad, and forget about it. This went on for 3 years, the pent up quilt and loneliness was unbearable, i got very anxious and moody which impacted my ability to connect with my wife. Until i joined GYE, was on for 2 days and i made up my mind that i cant do this on my own, so i told my wife (not everything...) very tactfully, and TYH she really really understood me, cried with me, and respected me for telling her, and i am very very very thank full for that, was on GYE did the F2F had 17 days clean and was feeling much better, Until.....

So yesterday i was in the office alone and it was game over for me, p&m, thats why i decided to type this up so you can share my grief and frustration. I need a hug and a kick in the rear..... if you have one to offer please let me know!!!

?I would love to hear from somebody with a similar experience!!!

KOMMT!! (**K** **e** **e** **p** **O** **n** **M** **e** **g** **a** **M** **o** **n** **s** **t** **e** **r** **T** **r** **u** **c** **k** **i** **n** **g**)

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by cande - 01 Mar 2024 16:23

[iyh2023 wrote on 01 Mar 2024 16:09:](#)

I know this is totally off topic, but its the only place i feel safe enough (and anonymous enough) to ask; I've been vaping for a long while now, like 6 years on and off, and the last three years there wasn't a day i didn't vape, besides Shabbos and y't, i need to stop, i want to stop, but i cant, if you have any rescores or tips, please please please let me know, its gotten to a point where i need help, professional help.

why would you stop!?

it helps control lust,

they say vaping can cause, **loss of libido** and **slower arousal times**.

thats why we dont vape on ???

????? ??? ????? ????? ???? ?

LOVE ??? ???? ?

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 01 Mar 2024 16:30

I want to stop cuz my wife hates it and its not healthy. Primarily the later.

Its not doing a great job at controlling my lust, although i don't know what it would be like without the vape, I'm kind of interested to find out.

=====

Re: HERE WE GO - AGAIN.....

Posted by bright - 03 Mar 2024 06:05

[cande wrote on 01 Mar 2024 16:23:](#)

[iyh2023 wrote on 01 Mar 2024 16:09:](#)

I know this is totally off topic, but its the only place i feel safe enough (and anonymous enough) to ask; I've been vaping for a long while now, like 6 years on and off, and the last three years there wasn't a day i didn't vape, besides Shabbos and y't, i need to stop, i want to stop, but i cant, if you have any rescores or tips, please please please let me know, its gotten to a point where i need help, professional help.

why would you stop!?

it helps control lust,

they say vaping can cause, **loss of libido** and **slower arousal times**.

thats why we dont vape on ???

????? ??? ????? ????? ???? ???? ?

LOVE ??? ???? ?

To quote an amazing quote I just read.

"not everything you read online is true"

Abe Lincoln

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by yitzchokm - 03 Mar 2024 15:09

I was addicted to the forum at one point and I used the F2F program to overcome it. I went through the program from the beginning a second time and substituted social media for porn wherever porn was mentioned and I substituted connection for the red heart. It was ironic but it worked. I suggest that you do the same, only substitute vaping for porn. The opposite of addiction is connection, not sobriety, so it should work. You should do all the exercises as well.

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by notezy - 03 Mar 2024 15:26

[yitzchokm wrote on 03 Mar 2024 15:09:](#)

I was addicted to the forum at one point and I used the F2F program to overcome it. I went through the program from the beginning a second time and substituted social media for porn wherever porn was mentioned and I substituted connection for the red heart. It was ironic but it worked. I suggest that you try the same, only substitute vaping for porn. You should do all the exercises as well.

Sounds like your addicted to the F2F program maybe you should do it a 3rd time to quit that

=====

Re: HERE WE GO - AGAIN.....

Posted by yitzchokm - 03 Mar 2024 15:45

[notezy wrote on 03 Mar 2024 15:26:](#)

[yitzchokm wrote on 03 Mar 2024 15:09:](#)

I was addicted to the forum at one point and I used the F2F program to overcome it. I went through the program from the beginning a second time and substituted social media for porn wherever porn was mentioned and I substituted connection for the red heart. It was ironic but it worked. I suggest that you try the same, only substitute vaping for porn. You should do all the exercises as well.

Sounds like your addicted to the F2F program maybe you should do it a 3rd time to quit that

I haven't watched it in a few months and I have no reason to do so. I often tell people on GYE to watch it because I noticed that there are people who have been on GYE for years and are still stuck but they never did the program. I think it is underutilized.

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by bright - 05 Mar 2024 05:54

Its relatively new so some of the chevra that have been here for a while are just starting it now or have their own rythm...

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 27 Mar 2024 15:14

So i heard a beautiful insight last night which i would like to share with whomever cares to read, Dr. David Liberman quoted R' Noach Weinberg, R' Weinberg, the founder of Aish Hatora used to ask his students to tell him what they feel is the opposite of pleasure, most of the time the answer would understandably be, pain, but he had a completely different answer, he explained that the answer was, comfort. Pleasure is the feeling we get when we work on something and enjoy the result, like working on a project and experiencing the results, comfort on the other hand, is sitting on the couch in pjs and slippers browsing youtube for hours, i think we will all agree that we will feel great when we finish a chore, task or project, but when we sit on the couch for hours we feel blah when we get up, or we get up cuz we feel like blah..... But why, why dont we feel great after spending the morning on the couch enjoying whatever it is that we where doing for the last 3 hours? The answer is, that we as humans are wired to accomplish, we have a drive to do what is inherently good (whatever that is meant to mean), when we use to much of our time for non accomplishing pastimes, we are depriving our minds of the good feeling of accomplishment. Which is out of line with the saying that to many people live with, " If it feels good, do it", we are not on this planet for comfort, we are on this planet for pleasure, and pleasure is the result of hard work.

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by chooseurname - 27 Mar 2024 17:13

First one of his 48 Ways shuirim (amazing shuir, somehow I started the series a few times and never got past the first couple though). Available here www.simpletoremember.com/authors/a/rabbi-noah-weinberg/

He gives raising children as an example - so much pain but so much pleasure.

But are you saying that there can't be pleasure without pain? I think p & m is a real pleasure without pain. It's artificial, quickly passing, and not healthy. But there's no denying it's not pleasurable. I think the more painful/hard work of avoiding that pleasure is a **greater** pleasure (hopefully) but idk if it's true to say some easy p & m is not pleasurable?

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by yitzchokm - 27 Mar 2024 18:02

[chooseurname wrote on 27 Mar 2024 17:13:](#)

First one of his 48 Ways shuirim (amazing shuir, somehow I started the series a few times and never got past the first couple though). Available here www.simpletoremember.com/authors/a/rabbi-noah-weinberg/

He gives raising children as an example - so much pain but so much pleasure.

But are you saying that there can't be pleasure without pain? I think p & m is a real pleasure without pain. It's artificial, quickly passing, and not healthy. But there's no denying it's not pleasurable. I think the more painful/hard work of avoiding that pleasure is a **greater** pleasure (hopefully) but idk if it's true to say some easy p & m is not pleasurable?

I didn't listen to the speech but my guess is that the focus is on what it feels like after doing the activity. Something positive causes lasting pleasure whereas something negative feels like blah.

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 27 Mar 2024 18:08

[chooseurname wrote on 27 Mar 2024 17:13:](#)

First one of his 48 Ways shuirim (amazing shuir, somehow I started the series a few times and never got past the first couple though). Available here www.simpletoremember.com/authors/a/rabbi-noah-weinberg/

He gives raising children as an example - so much pain but so much pleasure.

But are you saying that there can't be pleasure without pain? I think p & m is a real pleasure without pain. It's artificial, quickly passing, and not healthy. But there's no denying it's not pleasurable. I think the more painful/hard work of avoiding that pleasure is a **greater** pleasure (hopefully) but idk if it's true to say some easy p & m is not pleasurable?

Your question comes from a place of assuming that anything that feels good is pleasure, what R' Weinberg explained is, that pleasure by definition is the result of hard work we put in to accomplish, not what websters dictionary and western society portray it to be. So yes, P&M feels good, but it wont give you that feeling of satisfaction and accomplishment, which is the reason we turn to those pastimes. The reason its important to understand the difference here is, that we are all looking to feel good and satisfied, but if we keep doing these thing we will never get lasting satisfaction and we will be frustrated.

=====

Re: HERE WE GO - AGAIN.....

Posted by chooseurname - 27 Mar 2024 19:11

[iyh2023 wrote on 27 Mar 2024 18:08:](#)

[chooseurname wrote on 27 Mar 2024 17:13:](#)

First one of his 48 Ways shuirim (amazing shuir, somehow I started the series a few times and never got past the first couple though). Available here www.simpletoremember.com/authors/a/rabbi-noah-weinberg/

He gives raising children as an example - so much pain but so much pleasure.

But are you saying that there can't be pleasure without pain? I think p & m is a real pleasure without pain. It's artificial, quickly passing, and not healthy. But there's no denying it's not pleasurable. I think the more painful/hard work of avoiding that pleasure is a **greater** pleasure (hopefully) but idk if it's true to say some easy p & m is not pleasurable?

Your question comes from a place of assuming that anything that feels good is pleasure, what R' Weinberg explained is, that pleasure by definition is the result of hard work we put in to accomplish, not what websters dictionary and western society portray it to be. So yes, P&M feels good, but it wont give you that feeling of satisfaction and accomplishment, which is the reason we turn to those pastimes. The reason its important to understand the difference here is, that we are all looking to feel good and satisfied, but if we keep doing these thing we will never get lasting satisfaction and we will be frustrated.

I think you're right. I didn't have time to hunt down where he talks about it, but on simpleto remember they have articles of (excerpts?) of the shuirim. This is what he says about the pleasure of pornography:

Sometimes, people believe they are getting real pleasure—but they get cheated. For example, sex is a real pleasure, but pornography is counterfeit. It only stimulates lust, and you end up depressed instead of energized. It may seem exciting at first, but excitement and energy are not the same and should not be confused.

The most widely sold counterfeit pleasure in the Western world is decadence. Here's why it is counterfeit:

When asked what is the opposite of pain, most people will say pleasure. But the absence of pain doesn't automatically equal pleasure!

The opposite of pain is not pleasure; the opposite of pain is comfort. Many people think the ultimate pleasure is a vacation in Hawaii—sacking out on a waterbed, a cool breeze wafting through the window, a tall drink, every muscle in your body relaxed. But don't let yourself fall asleep—because then you'll miss the whole thing!

Sleep and comfort is painless. But that is not the goal of living!

In reality, pain is the price you pay for pleasure. If you want to graduate college and get a good job, you have to study hard. If you want to become an Olympic gold-medal champion, you have to experience the pain of sore muscles. You are not going to get there on a beach in Hawaii.

Equating comfort with pleasure is counterfeit. Real pleasure comes only as a result of effort.

THE PRICE OF PLEASURE

To succeed in the pursuit of pleasure, you have to focus on the pleasure and not on the effort.

Imagine a team of basketball players, running around the court, pushing themselves to the limit. Do they notice the pain they're feeling? Barely. The pleasure of playing overwhelms any other feeling.

Now what if you asked them to conduct the following experiment:

“Play basketball normally - run, jump, shoot, and defend. But this time do it without the ball!”

How long do you think they could play for? Maybe five minutes? Without the ball, there is nothing to distract them from the effort. Every step now seems painful.

Give them back the ball, and they'll play for another two hours!

In life, keep your eye on the ball. Focus on the goal—and turn every effort into a pleasure.

LEARNING TO ENJOY PLEASURE

We think that pleasure should come automatically. But it's not so simple. Just like you can't fully enjoy music without taking a course in music appreciation, so too you have to learn all about pleasures.

It's like wine tasting. Wine is far more than a liquid that wets your mouth and gets you tipsy. If you want to be a connoisseur, first you have to examine the cork. Then you test the color of the wine. Then you swish it around the glass. (That's called "checking the legs.") Then you smell the bouquet. Only then do you taste the wine, savoring it slowly, letting the taste and texture permeate all the different taste zones of your mouth.

Our world is rich with bounty and treasures. Sights and smells. Relationships and energies. Potential and achievement. If we wouldn't guzzle vintage wine, then shouldn't we accord the same respect to life itself?

In summary, remember the three criteria that apply to all classes of pleasure:

There is no exchange rate between the various levels of pleasure.

Watch out for counterfeit pleasures.

For every pleasure, the price tag is effort.

So I think you hit the nail on the head. On the other hand, in his generation and the people he was dealing with were harder workers, seekers, people willing to work for something. In our generation maybe we don't want pleasure. Maybe we just want comfort. I once heard someone say (maybe R' Tatz?) that many people deep down just want to curl up in the sun like a dog. Give me a nice movie (in some VR goggles so it can absorb my whole attention), legal weed, guaranteed basic income, and who cares about anything else.

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by jackthejew - 27 Mar 2024 19:46

[chooseurname wrote on 27 Mar 2024 17:13:](#)

First one of his 48 Ways shuirim (amazing shuir, somehow I started the series a few times and never got past the first couple though). Available here www.simpletoremember.com/authors/a/rabbi-noah-weinberg/

He gives raising children as an example - so much pain but so much pleasure.

But are you saying that there can't be pleasure without pain? I think p & m is a real pleasure without pain. It's artificial, quickly passing, and not healthy. But there's no denying it's not pleasurable. I think the more painful/hard work of avoiding that pleasure is a **greater** pleasure (hopefully) but idk if it's true to say some easy p & m is not pleasurable?

There's one other that's also really applicable for

us: www.simpletoremember.com/media/a/345-17-wn790i-48-ways-17/

Transcript: www.simpletoremember.com/articles/a/marriage-power/

=====

=====

Re: HERE WE GO - AGAIN.....

Posted by iyh2023 - 10 Apr 2024 20:59

Alright boys, I'm leaving my office for the day, and with that, ends the biggest of my triggers on an average day. No falls, lots of contemplation, and one happy heart.

Hashem should help me and you stay strong and positive, and help me really appreciate and understand the magnitude of mine and your accomplishments up until this point.

=====

=====

