

Lust in Sobriety (Will it ever end??)

Posted by ss7107 - 26 Jan 2011 15:57

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I am almost 9 months sober from acting out (white book definition) but still struggling pretty consistently. I feel ashamed at my fantasies and thoughts of going to act out. I feel ashamed of still looking at porn from time to time and I am feel ashamed that I am not where others appear to be in their recovery. I thought that at this point, some of the obsession should have lifted. I need to keep going and having recovery and sobriety in my life but it proves quite difficult. Life is full of its own pressures and the knowledge that a "little" acting out would make me feel better for the moment, is quite tempting. Also, seeing others slip and slide down the slopes of recovery and sobriety shows me that "a little slipping" won't kill me. Others are doing it and surviving. Very confusing.

Also, for the sake of honesty, I need to share that I have hatched an idea in my head that I would visit an acting out location nearby my office and "just look" around. Of course this is the great lie I tell myself. If I keep it to myself I am going to go crazy. So now it's "out there".

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Re: Lust in Sobriety (Will it ever end??)

Posted by ben durdayah - 27 Jan 2011 15:58

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Dear SMGW,

I am very sorry that you misunderstood my posts in the way which you did.

I didn't think that they were that insensitive or intolerant, and I am sorry if you were hurt by what was said here.

Take a while to cool off, and ignore that which you have found offensive -after all, I am not a real person for you, just a bunch of pixels.

No one is perfect, and no one meant to hurt anyone's feelings.

I wish you all the Hatzlacha in the world, and pray that your struggle become easier.

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Re: Lust in Sobriety (Will it ever end??)

Posted by Me3 - 27 Jan 2011 17:18

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Dear Sick Man

I'm going to respond to your original post and ignore all the spirited discussions in between. I believe there are two different issues you are dealing with. There is the temptation for p\*rn or whatever. This temptation (or addiction) will likely never leave you. As Dov frequently says He is still an addict. If somebody would tie him up, prop open his eyes with toothpicks and show him p\*rn he would likely find it stimulating, even though it is totally illogical and he knows it will ruin his life by watching it (Dov, forgive me if I'm wrong). He, however, has worked on acquiring the tools to handle his addiction and not to fall into its clutches.

Besides for that there is the obsession with lust. A morning to night activity looking at everything with lust colored glasses. This hyper focus does ease over time. As you learn the steps and the longer you stay clean this obsession will fade. However, if you periodically keep on falling into it you will keep on renewing the obsession. And it only leaves gradually it comes back with a vengeance and full force.

Everything I'm writing is nonjudgmental, it's purely from bitter bitter personal experience.

Wishing you much success, and please don't get offended from anybody here.

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Re: Lust in Sobriety (Will it ever end??)

Posted by yedidya aleph - 27 Jan 2011 22:36

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[Sick Man Getting Well wrote on 27 Jan 2011 04:44:](#)

**I appreciate Dov's response and thank you for it. However, my fear of GYE negatively affecting my SA program has been recognized. Accepting powerlessness was the first part of step one to me and it has been seriously questioned.** As if I

Dear Holy Brother and Best Buddy SMGW,

please explain what u r referring to.

May Hashem continue guiding u to complete recovery!

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Re: Lust in Sobriety (Will it ever end??)

Posted by yedidya aleph - 27 Jan 2011 22:52

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[dov wrote on 27 Jan 2011 00:59:](#)

**...oh, you are not? Well, then let's talk about it. And if that does not work, he would encourage the yid to "keep up the good work and come back to me when you are ready to start having it easier and a cleaner head. Hashem is waiting for you with open 'arms' and taste a deeper shmiras hamitzvos."**

My dear Reb Dov,

This post was abosolutely magnificent!! the line "Hashem is waiting for you with open 'arms' "

mamash brought me to tears! As a SA member,(currently without a sponsor)

i really identify with this whole obsession about the technical definition of sobriety

and wholeheartedly agree that the ikar is the spiritual awakening which comes about from working the program steps. this is what brings about the healing.

btw i recently read in the AA BigBook and heard about it at a SA meeting that a person needs space and time to begin the recovery process. this seems to be crucial,especially since some of us addicts are so stubborn!

Chazak V'ematz,

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Re: Lust in Sobriety (Will it ever end??)

Posted by Dov - 28 Jan 2011 04:17

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SMGW and BD are two great guys speaking two different languages. And as we know from second grade when we learned about how Hashem broke up the Tower of bavel guys, when two people who are speaking different languages try to communicate, they usually end up smashing one another over the head with their bricks! :o

Ouch.

You love eachother because it is obvious that you are trying so hard to communicate. Fortunately everybody else here has one tremendous advantage over both of you: we are not you. So we can see things calmly and objectively.

SMGW was just sharing his failures, not expressing his heteirim. We are not saints. We slip. Accepting that does not mean that we feel it is OK. Quite the contrary - accepting it means we recognize that we need special handling because of our tendencies, and special tender love from Hashem, too.

I believe that's why an SA member is officially called a *sexaholic* and not a *lustaholic*. If lust was our bottom line, we'd all have about three days of sobriety (OK, maybe Kedusha would have a week,,,,[said that just 4u, me3 ;D]). We occasionally do lust. It's stupid, but we do it. And we

learn from it.

But the founders (addicts) of SA knew they needed a relatively clear bottom line that expressed a line that once crossed, meant things had changed somewhere and we need to start from step 1 all over again.

To SMGW:

Funny story. I was 2 years sober and felt I was "the man". At a meeting, I shared the resentments I bore neged my wife and the unvarnished truth about how selfish and inconsiderate I occasionally am with her. Nu. I am a human being in recovery, boruch hashem for honesty, right?

Well, this obviously well-meaning fellow sits down with me and explains to me why I will never make it in recovery at all with my attitude. If I do not shape up, I am toast. He pleaded with me to start taking my life and recovery seriously for a change and left the room after telling me he was sober almost a year now, and that he has found his advice to be working well for him.

I said nothing to him but "OK." he did not know that I was obviously doing *something* right because of my two big years of sobriety - because I never announced my sobriety date till my sponsor told me to at about 2.5 years, so he didn't know.

But who cares about the dates? Is a guy with two years of sobriety necessarily 'more recovered' or healthier than a guy with a month? Certainly not. It's all about *quality*, not quantity.

But at that time, I didn't really believe that, ***so he infuriated me!!***

See, he made the mistake of punishing me for being open. he did not realize what he was doing. He knew my selfish behavior and thinking were wrong, but simply was not yet used to people vomiting their guts up on the table like that, for everyone to see. He did not understand that I was cutting myself open and performing a biopsy on an emotional abscess. That instead of just bemoaning my fate, I was working a 5th step and trying to let go of it.

He *truly* was trying to help me!

Nu. B"H I didn't run away from the program over that incident. And I have never seen that guy again at a meeting. I hope he's OK and that his wife is very happy.

BD: I bet you have never been in an SA or AA meeting. That's not an indictment, at all. It's just that you are speaking a beautiful, but entirely different language.

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Re: Lust in Sobriety (Will it ever end??)  
Posted by the.guard - 28 Jan 2011 11:13

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What an amazing discussion... There's so much love for fellow yidden here. KUDOS to ben drudya, yosef hatzadik, Me3, and all the others here who are investing so much time and love to help a fellow struggler. You guys are making Hashem smile, that's for sure!

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Re: Lust in Sobriety (Will it ever end??)  
Posted by ben durdayah - 28 Jan 2011 12:01

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Thanks for the chizzuk guard, I was actually feeling rotten about making SMGW feel so rotten.

And if I am already posting here, I want to reiterate my sincerest apologies to SMGW. I have you in mind by Shmonah Esrei.

I also would like to say that I have the greatest respect for your 9 months of sobriety.

And the beauty of GYE is the blend of our different approaches.

Good Shabbos to all,

E. Ben Durdayah

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Re: Lust in Sobriety (Will it ever end??)

Posted by Yosef Hatzadik - 30 Jan 2011 17:07

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[Yosef Hatzadik wrote on 26 Jan 2011 22:49:](#)

.... the founder of this great site, Guard himself.

[guardureyes wrote on 28 Jan 2011 11:13:](#)

What an amazing discussion... There's so much love for fellow yidden here. KUDOS to ben drudya, yosef hatzadik, Me3, and all the others here who are investing so much time and love to help a fellow struggler. You guys are making Hashem smile, that's for sure!

IT WORKED!!!!

Guard popped in!

Wow!

Who managed to track him down? Who gets the credit?

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