

Here's my story. Please help

Posted by Oyyvey27 - 29 Apr 2013 15:04

Here's my story as i put when I signed up.] " Im in my high twenties married with children k" I'm married a few years I struggle with porn. I was diagnosed with depression and I'm on medication for it.recently. I've struggled with Masturbation since my teens I've been looking and wondering since childhood. I come from a very good and torahdik home. I Used sneak peeks at my sisters. I also had a "I'll show u mine if u show me yours type of thing" with a good friend of mine a boy my age that I grow up with. And at times all of us together myself, him, my sister and his sister (about the same age as my sister) but that was more of a childish u show me I'll show type of thing. But with this friend there we're times we did things together far more then that I'm not sure exactly when bit I remember around puberty (7th and 8th grade) then I think it stopped a while and I remember again it starting in 11th and 12th grade Obviously not so childish anymore more of a masterbation (please excuses my language but I'd like to speak freely) "getting each other off type of thing" which included oral, and tried other stuff. I manger to get a hold of porn magazines and at times we sheared them. I don't think I'm gay or even bi-sexual I just think that's what was available at time (maybe its a good thing but I never had a "hav hameina" to get involved with a girl it bechlal wasn't on my radar). Since 12th grade nothing ever happened with any1 else sexually until I got married. But with "myself" was a totally different story masterbation was a Constant and porn off and on. First magazines then Internet porn. I also always watched movies not porn but I often looked for R or unrated so I could see something. That's been going on since I'm like in high school i was renting DVD and sneaking them into my basement. I always struggled in yeshiva even though I'm bright and smart I had learning difficulties Though I was only Diagnosed with depression recently I most properly suffered from it at some degree for years . I see a frum therapist once a week and have alluded to some of this but i don't think I'm ready to talk to him about all of this. I had 2 rabaim I spoke to about most of this one in ninth grade and one in Eretz Yisroel And as a bucher in shiduchim with a therapist. I'm struggling with Internet porn and masterbation. " please help me get started on the forum To get my story out there and the personal chizick. I so desperately need. Thanx this site is major as " regular " yeshiva guy (though I'm working now) there's no where to turn And our yeshivas never really delt with sex,and sexuality Please also help me modify my post to be appropriate for. Your "haliga" cite.

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Re: Here's my story. Please help

Posted by ????? - 31 May 2013 18:46

dov, is that part of program or is juast pure anovoh? it's a big ??"? fo me. if it's just ?????? i don't have to comit myself to it. but if it's program than i'll also have to do it one day....

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Re: Here's my story. Please help
Posted by gibbor120 - 31 May 2013 19:08

[???? ???? wrote:](#)

dov, is that part of program or is juast pure anovoh?

It is not **part** of the program. It **IS** the program!

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Re: Here's my story. Please help
Posted by AlexEliezer - 31 May 2013 19:20

In addiction, my fantasies were my happiness -- where everything went *my* way.

As I get further into recovery, I'm learning that the more I let Hashem into my life, which means the more I realize that *He* is truly in control of everything, and really LIVE this, the more deeply happy I truly am.

So like Gibbor said, it IS the program.

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Re: Here's my story. Please help
Posted by Machshovo Tova - 31 May 2013 22:05

[???? ???? wrote:](#)

... if it's just ?????? i don't have to comit myself to it. but if it's program than i'll also have to do it one day....

For me, it's farkehrt. If it's just program I don't have to commit myself to it. But if it's ????? than I'll also have to do it today and every day.

MT

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Re: Here's my story. Please help
Posted by gibbor120 - 31 May 2013 22:17

Just found this from dov in today's chizzuk email (***emphasis mine***):

[dov wrote:](#)

I cannot ever deserve my recovery, period. It's a gift... But it comes with a big price-tag. **The price is hachno'oh - ego evacuation, or whatever you wanna call it. It's what the steps are all about**, to me, and to a lot of other addicts I know who are in recovery. The steps help me put that right kind of life into action. Not my brain, but through working the steps. Any idiot can do them (and plenty do!), if he needs to.

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Re: Here's my story. Please help
Posted by Dov - 09 Jun 2013 14:40

[Machshovo Tova wrote:](#)

[???? ???? wrote:](#)

... if it's just ????? i don't have to comit myself to it. but if it's program than i'll also have to do it one day....

For me, it's farkehrt. If it's just program I don't have to commit myself to it. But if it's ????? than I'll also have to do it today and every day.

MT

Dear MT,

Understood. But can you understand that the attitude tzadik gomur expressed may be far closer to the Torah-dikeh approach than the one you write here. Derech Eretz *really is* kodmah laTorah. The program is not just an idea people thought of for a new reason to be sober - it is a path for suicide prevention for addicts. Hashem wants that more and before than He wants madreigos, Mitzvos, kedusha, everything. As Rav Simcha Bunim or P'sischa sweetly said: "Every mitzvas aseï calls out: "Be smart!", and every lo sa'aseï calls out, "Don't be a fool!" The background and context of it all is Derech Eretz, not Torah.

Chaza"l bemoan the yidden who have the 'inner keys' but no 'outer keys' to live and use their 'inner keys' successfully. People who are not machshiv the 'simple' things that *are* tofeil to Torah and assess them not to be worth their time. They say, "Very nice, but I'd rather be learning, doing 'teshuvah (again), tikkunim for the Bris, etc!" They see the schoirah of the program you refer to, as 'low' in priority compared to what they call 'avodas Hashem'. Addicts are just that, especially frum ones. We want to be frum, 'do teshuvah gemurah', have tahara and kedushas habris... 'be good!' - without paying the price to **first** be truly sane, honest mentchen again. Humility is a huge price to pay and is sadly usually only paid *after* humiliation (rock bottom) brings a frummy down low enough to consider it worthwhile. But then he gets the inner keys!! If he only knew how lucky he really is...I do, and can still smile through the pain of the memory.

The 'program' TG refers to here are 'the outer keys' that Chaza"l refer to. All he is saying is that just having the inner keys is really worthless. But I pray to Hashem to grant me enough humility to trust Him to give him me inner keys *if I make the outer keys (recovery of sanity in sobriety) my focus*.

Hope that makes sense to you (or to anybody). Hashem is very, very Good!

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Re: Here's my story. Please help
Posted by tehlimzugger - 09 Jun 2013 15:35

[Dov wrote:](#)

Hashem is very, very Good!

And so is Machshova Tova. [He livens things up for you Dov, doesn't he?]

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Re: Here's my story. Please help
Posted by tehlimzugger - 09 Jun 2013 16:30

and reb MT. the hesber of the inyan of going with the program but not with anava- see [here](#)
where [ben durdayah wrote:](#)

(not that the kids are chutzpahdik to my Shvigger, chalilah -they know that she's a nisht stam
Tzaddekes, but they think that she's a Tzaddekes and my Shver is the one to imitate...Chapst?

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Re: Here's my story. Please help
Posted by Machshovo Tova - 10 Jun 2013 18:07

[tehlimzugger wrote:](#)

and reb MT. the hesber of the inyan...

Unfortunately, I do not understand, not the inyan and not the hesber. Either I'm ooveribootel, or
it's something with you guys. Bottom line is that there's one thing I did pick up from Dov - find
what works for you, believe in it, and defend it with all your soul.

Hatzlacha

MT

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Re: Here's my story. Please help
Posted by Dov - 11 Jun 2013 13:10

Dear MT,

I re-read our posts, above. Let me try one more time to explain the issue - though I respect your sticking to what's working 100%. It's just that it seems we are not understanding each other, here. So:

MT

For me, it's farkehrt. If it's just program I don't have to commit myself to it. But if it's ????? than I'll also have to do it today and every day.

If it is anovoh' then you say you 'must' do it. For tikun hamidos is *mandated by Torah* and a very basis of avodas Hashem. Right?

And you point out that if it's just 'program', then it is optional to you. And that appears sensible, for 'program' is only mandated by Bill and the goyim in AA/SA. Correct so far?

I agree with that assessment, from a philosophical point of view. And I, too, consider placing the advice of Bill on the same plane as the advice of the Torah to be an insult and just plain ridiculous.

But at the same time, I personally speak to many frum guys every day who have been having sex with themselves for years, decades, and are b'nei Torah and consider themselves - other than in this one area - to be y'rei Shomayim. Certainly they possess the inner keys, but not the outer ones. Their lives are failing. *Not* because of some 'sin' or religious issue, of course, but because of their double-lives and insanity.

So I would say to you that you *choose* to accept working on ??????. It *is* your bechirah. Ultimately, *you* choose to consider it necessary and mandated by G-d Himself.

But for an addict, recovery to keep their sobriety is not really a choice. When we hit our personal rock bottom, it is simple self-preservation on it's most basic level.

So no, you are not oiverbottel. But I think you are not really believing that the 'choice' that an addict makes to step into and stick with recovery, is just self-preservation.

You and I do not need 'the Torah' to tell us to risk everything to save our lives when we find ourselves tied to the tracks and see that train coming. The whistle blows wildly and we squirm and struggle with all our might and shamelessly scream for the help we need without reservation or consideration of anything else. We do not fix our ties first, we do not check our shel rosh to see if it is too low, and we do not even check to see if our *zippers* are up yet or still down. It's not really a 'choice' at that point. It's an emergency.

You see staying clean and the acting out as choices - so you *choose* to be clean. That's great! If you feel I am belittling that, you got me all wrong, MT.

But an addict does **not** really choose *recovery* - and he or she never really felt acting out lust was a true '*choice*', either! In the end, both are experienced with the same drive of personal self-preservation. When he acted out his lust he knew it was horrible but truly believed he really **had** to have it - and when he finally took those fateful, painful, real actions of recovery *they felt suicidal*. But he eventually had no choice in the matter. Self-preservation is far more natural

than your bechirah is, and always will be. (And that also is why very few addicts I know deserve any schlar for choosing recovery. A person deserves a prize for not jumping out a window? So I never wait for a pat on the back in sobriety.)

That is the inyan and the hesber, as best as I can be"H do, right now.

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Re: Here's my story. Please help
Posted by Dov - 11 Jun 2013 13:12

Oyyvey27 seems to have left us. Just an observation. Hope he is OK.

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Re: Here's my story. Please help
Posted by tehillimzugger - 11 Jun 2013 20:05

[Dov wrote:](#)

when we find ourselves tied to the tracks and see that train coming. The whistle blows wildly and we squirm and struggle with all our might and shamelessly scream for the help we need without reservation or consideration of anything else.

Descriptive.

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Maybe MT can reach out to him? It does not seem / can...
Re: Here's my story. Please help
Posted by Machshovo Tova - 11 Jun 2013 22:21

[Dov wrote:](#)

... *You* see staying clean and the acting out as choices - so you *choose* to be clean. That's great! If you feel I am belittling that, you got me all wrong, MT.

But an addict does **not** really choose *recovery* - and he or she never really felt acting out lust was a true '*choice*', either! ...

But how is it that for many many decades my life and behavior was such that could only be defined as 'addiction' (spare me the agony of proving it), yet now B"H my life and behavior are B"H under control without the conventional addiction remedy? (Ibur neshama?)

MT

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Re: Here's my story. Please help
Posted by Dov - 12 Jun 2013 02:33

Before I respond, I need to know if you have any hagdoro for where the stuff Chaza"l and the sifrei kodesh frequently refer to *ends*, and addiction begins? If you do, then what are the general guidelines *you* personally use to make that distinction?

[color=#880000]Tirade warning[/color] You see, there are some well-meaning, frum people talking about '12 step recovery' who probably do not *really* buy into what the addicts who are in 12 step recovery experience and share. Instead, they see the 'it's a sickness' model as an expedient way to rid the self-flagellating yeshivah man of the terrible load of guilt and self-loathing that weighs him down. But not for a minute do they really approach the **recovery** as an illness. For the way they see the process it bears little resemblance to recovery from an ailness:

1- They differentiate a great deal between Jews and goyim in addiction and recovery (because

they want to call sobriety 'kedushas haBris'. How can *that* be using a disease or recovery model?

2- And if the process of 12 steps is self-discovery and finding a real relationship with your G-d, how can that possibly be more the domain of Yidden than goyim? Is Hashem (G-d forbid) only for the Jew? Is recovery only for the Jew? Obviously not.

3- Also, some people tell each other that if they are clean, they have great *schar* and are 'tzaddikim' for resisting their 'illness'. Yes, surely a normal Jew who resists his temptations has great *schar*! But *for the addict*, if he is really and addict and his problem is an illness, it's really an *illness*, how are we anything more than just *responsible adults* for finally taking good care of *ourselves* and finding a real relationship with our G-d? That's all we are: men finally growing up. There is no *schar* for growing up and getting real - except *being sane and living at peace with reality itself, for a change*. I think that's great thing to be able to do peacefully! But what does that have to do with *madreigos*, *olam habo*, or *kedusha*? Nothing, I hope.

So to my mind, double-talk for religious convenience undermines honesty and perspective and that can't be a good thing. Sure, there are many parallels between Torah, Teshuvah, and recovery; and yes, everything Chaza"l say is true! But misapplying their words can't be 'Torah' just because it serves religious ends well. And many things Chaza"l say are useless and even horrible for an addict (just like everything else that needs proper application, for Torah is described as 'sam hachayim' *and* 'sam hamovess', depending on how it is applied and used).

So - what is your definition of addiction? I figure it must be different that just the regular challenge *all* men have to some degree: a penis + a yetzer hora + natural pleasure with fantasy and orgasm. You may have a very different definition of addict vs yid with lust trouble than I do. Granted! But until the fact that there is a basic distinction is agreed on, I can't see how any real discussion of the topic is possible, at least with me.

Did I overdo it?

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