

Starting from scratch

Posted by roundabout - 10 Jun 2013 01:26

Hello all,

I am new to this site. been following for some time, but now I am ready to join. not sure what to say. I am mid 30s, been addicted since around age 12. had many streaks, particularly over four years ago. stayed clean for year and half, but had terrible fall, and for the past three years, I have been down down down.

Does anyone know of 12 steps program in Beit Shemesh area?

I know I have tried to look into it in the past, but not successful.

Anyway, I have lots to share. but the hour is late here in israel and I need to get some sleep. Just needed to jump into this. I had a terrible night with porn.

I am going to join the 90 day chart to keep me motivated.

Thanks chevra.

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Re: Starting from scratch

Posted by gibbor120 - 10 Jun 2013 18:12

WELCOME roundabout! You are in the right place! We look forward to hearing more from you!

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Re: Starting from scratch

Posted by roundabout - 18 Jun 2013 01:56

Thanks gibbor.

I keep falling. and I just cannot figure out how to get started. At this point I feel so numb from this addiction. I feel no remorse anymore from these actions. But inside I know I want to stop. I live a normal life, wife and kids. normal functioning household. But I have this secret life, that I practice whenever I feel like I need a quick fix.

OK, I am rambling. any advice or support would be helpful.

Thanks all.

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Re: Starting from scratch
Posted by guy - 18 Jun 2013 13:09

Hey Roundabout

I don't have any advice, being a new member myself (7 days),

I too have been struggling with porn for over 15 years,

so all I can say is, I know how you feel,

Kol hakavod for joining the group,

behatzlacha!

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Re: Starting from scratch
Posted by Pidaini - 18 Jun 2013 16:56

Welcome!!

This is a good start, letting it out. If you've been here a long time i guess you have already read the Handbook, if not it's certainly worth it.

Since i have come on, i have found that the support here is just unreal, a whole new element to the fight. it's not a one on one anymore!!

Hope we'll hear more from you!!!

BTW i'm also in EY, as are a few other guys i know.

Hatzlacha!!

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Re: Starting from scratch

Posted by gibbor120 - 18 Jun 2013 17:32

First, I would recommend reading some of the GYE materials like the handbook in the Ebooks section here guardyoureyes.com/ebooks . You can gauge your level of addiction (or perhaps not an addict at all).

I know you thought that you were rambling, but you didn't say much. Why not tell us more? When did this problem start? When are you more prone to falling? What are the stresses in your life or childhood that may contribute to the problem?

There are 2 basic issues we all have to address. 1) sur mera 2) aseiv tov

1) internet filters and/or accountability software, shmiras aynayim, not fantasizing etc.

2) address the emotional void which is the source of much of our acting out. Get out of isolation (you have started that already). Post on the forum, talk to a friend, rav, rebbi. Join one of the anonymous phone conferences... Get busy and involved with positive things.

It can be overwhelming at first, but each person finds their mehalech. Read some of the

material, post your questions and issues on the forum.

Welcome to this special chevra!

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Re: Starting from scratch

Posted by gibbor120 - 18 Jun 2013 17:38

I know exactly how you feel. I am in a similar situation. I recently wrote a short article about my struggles here

guardyoureyes.com/forum/4-On-the-Way-to-90-Days/115354-Home-of-Gibbor120?limit=15&start=315#208636 .

B"H I just celebrated 4 years sober. So it is possible. Many here have done it. You can too.

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Re: Starting from scratch

Posted by roundabout - 24 Jun 2013 01:56

Thanks guys for your chizzuk.

Gibor, thanks for your advice. I will try.

[gibbor120 wrote:](#)

First, I would recommend reading some of the GYE materials like the handbook in the Ebooks section here guardyoureyes.com/ebooks . You can gauge your level of addiction (or perhaps not an addict at all).

Thanks. I am definately an addict. no question bout that.

[gibbor120 wrote:](#)

I know you thought that you were rambling, but you didn't say much. Why not tell us more?
When did this problem start?

25 years ago. I am now 35.

[gibbor120 wrote:](#)

When are you more prone to falling? What are the stresses in your life or childhood that may contribute to the problem?

Nothing in particular. I need porn like I need water. I do once in a while try to pull on it, but then I just give in recognizing the need for it.

[gibbor120 wrote:](#)

There are 2 basic issues we all have to address. 1) sur mera 2) asei tov

1) internet filters and/or accountability software, shmiras aynayim, not fantasizing etc.

So, I try to do those things, like give my wife password to k9. But then I try to break it. And then I got new computer from work. And I cannot bring myself to install filter. And honestly, I am

nervous to do it. I rely on my porn. Once when I tried, I just made phone sex instead. I know myself. When I get desperate, I will seek for other means to get my fix.

I am looking for 12 steps group in Beit Shemesh. Where can I find one.

Also, is there a phone conference for israel times?

[gibbor120 wrote:](#)

2) address the emotional void which is the source of much of our acting out. Get out of isolation (you have started that already). Post on the forum, talk to a friend, rav, rebbi. Join one of the anonymous phone conferences... Get busy and involved with positive things.

No clue what my emotional voids are. My body is just conditioned to rely on porn. It seems more physical than emotional. But, I am no psychologist.

Any advice would help.

Thanks guys

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Re: Starting from scratch

Posted by roundabout - 24 Jun 2013 10:11

For SA in israel, I just found this link:

<http://guardyoureyes.com/tools/live-groups>

At the bottom of the page there is a number: 052-764-0209.

Has anyone used 12 steps in israel?

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Re: Starting from scratch

Posted by Chachaman - 24 Jun 2013 19:41

Look at any of Gibbor120's post. Below the post are 4 links. Click on the 3rd one, or "Dov Quotes". It's the latest post, on Page 8.

It's about being ready to surrender lust during recovery.

If you don't want to look it up, voila:

[gibbor120 wrote:](#)

Surrender

[Dov wrote:](#)

Dear Georgenuevenuevenueve (and maybe Guy, too),

Working on the cause of your pain. Isn't that a thing you (and Guy) have been doing for quite some time already? I believe with my whole heart that what you describe is a valiant search for the Holy Grail...and it goes on forever, taking on a life of it's own. A run towards finding myself that never ends, for it is really AWAY from ourselves, in disguise.

And why should that be so? Maybe because:

The searcher has not yet accepted the 'sudden', inconvenient fact that *using his drug has been screwing up his mind, his relations with others, and his relationship with his own G-d, for years and years...*and that he will not stop using his drug no matter **how** much 'blessed insight' he compiles. I suggest this is true based on my own experience and from what I keep seeing and hearing from guys again and again: *people have an all-consuming desire to figure this thing out while still holding onto the option of using their drug.* "I will only really let go of (surrender up) my right or option to have sex with myself once you fix *this*," we all say. And we are not evil. We are sincere. We are good people.

Toveil v'sheretz beyado, I call it. The '*tevilah*' is: figuring it out so I can free myself, and the '*holding [of] the sheretz*' is the fantasy that: no real surrender is necessary - that there is no absolute need for me to to give up my drug *beforehand*. So many of us go that way simply because we are deathly ashamed and afraid of letting go of our secret - so we need to fix it ourselves, quietly. We assume that is our 'avodas Hashem'.

But my calling for surrender **first**, taking real actions of opening up and doing whatever it takes to keep to it for today - seems silly to many folks. And as Guy puts it so well: it's basically insulting my intelligence! It recalls our old words: "Na'aseh v'nishma", no?

But there you may say, na'aseh v'nishma makes sense when talking *to G-d*! But here who are we talking to?! A bunch of addicts sharing their recovery and promising riches?

I will tell you who I think we are usually talking to and bargaining with, here:

Our god. Sweet orgasm. Sweet porn. All the sweet faces and figures we want and so deeply believe in our guts that we can't survive without..."you mean *never* again!? What? Are you *insane*? I can't *possibly* live without this stuff. It's what's beautiful and sweet about life. Life-giving. Sha'ashu'ai!" Do we not believe this at least as much as any of the Ani Ma'amins?

I am dead serious. We follow the sweetness of the image of the hot lady we see on the computer, at the supermarket, at shul, in the bed, wherever...because we are tied to it like dogs. We worship it and love it. Yep, it's love. It's the real deveikus - for us, no matter how frum we are nor how much we sincerely also cry at L'cho Dodi every Friday night. They co-exist. Ah, the miracle of the frum porn addict.

How could we ever seriously **give it up** even just for today? So we do not...even if we stop for a while.

Yes, sure - we can **hold back** for today, or for 10 days or whatever...but to honestly **give it up even just for today?** That's an entirely new ball-game. Guys here generally do not do that. Rather, they dig in, take a deep breath, misread "one day at a time", and think that holding their breath for a while is 'sobriety'. It isn't. Anyone can hold his or her breath for a while. But it's not much use cuz eventually you gotta breathe, no? It's just a matter of time. Anyone here interested in seeing how long we can hold our breath for and making a contest of it and call it 'chizzuk'? Not me.

I'll take giving it up for just today over that, anyday!

Do you understand me here, George (and Guy)? Or is this just gibberish? I'm pouring out my heart here.

Therapy and doing some real work to get free of some of the deep things that you *are* in real pain about **will definitely** help you a lot! Most of us probably need that, regardless. But if you are like many of us, the gift of therapy or pf figuring it out will not do us much good, if any, **unless you and I surrender the right to lusting and are abstinent from it (our drug of choice) during that process.**

Not a convenient suggestion, I know.

The self-honesty that Guy and George are sharing here with us is so rare, so precious!

I respectfully suggest that Guy is just too angry at the G-d he calls Hashem and demands Hashem to answer for *His* sins **first**. And I just as respectfully suggest that George just needs to remain in religious or intellectual control of the situation and understand it and *know* that he has gotten past the real pains he has **before** he takes what feels like an abysmal leap. These things may be a problem.

I am suggesting that neither approach has hachno'oh. And the 1st step of the 12 steps - the only one that has anything directly to do with not drinking/lusting+masturbating ourselves, is only one thing: hachno'oh to the truth about ourselves and agreeing to the implications of it. Hachno'oh is a different way of living for most of us...OK, for *all* of us.

"What are you talking about Hachno'oh for?," one may ask. "we have Hachno'oh aplenty, that's not our real problem at all."

Maybe...but Hachno'oh *to whom?* Well, when was the *last* time we were machniyah ourselves to the god we *really* worship (with our zippers down or our eyes peeled to follow the best naked people on the screen, again)? It has not been very long ago, maybe.

That god, I know very, very well, and could still serve it again with the hachno'oh I discovered as a wide-eyed 12 year old. I am an addict. That's what we *do*: switch gods at need. But I need a miracle today cuz I am willing to do anything to stay sober today and keep this great life and keep this G-d I found - and not all my own power nor all my own seichel will give it to me. Kinda sad, but true - still true. It's humility or humiliation. Perhaps that is what Rebbe Nachman meant when he used to say, "*ader a nisayon, ader a bizayon.*"

Is this acceptance a bit insulting to myself? Maybe - but so is idiotically and desperately masturbating myself to orgasm again! A man in a suit and a beard, driven beyond all recall to faithfully and desperately do what he learned as a 12 year old. I find my drooling and
or much
, there! I figure it is all about which kind of bozo do I want to be. A bozo on the *sober* bus, or a bozo on the same 'sexually enlightened' bus I have been riding *since I was 12?*

OK, how far has all that gotten us, so far?

I suggest to Guy and George (sounds like a rock band of the late 80's) that none of these issues you describe are new. They are probably your old buddies. So I think that going about it the 'angry' (Guy) or 'respectable' (George) way is just retrying the same tools you have been using
You will surely get the same results you have been getting until

now. GYE will not save you there, and neither will G-d (and not even the play-god will,
(). Both of you have
been 'there and back again' so many times before already! So have I. Where does that get us?
Same place it gets most of us: back on our knees masturbating and then having that old 'clarity'
again, that painful 'clarity' of "Oooh, *this* time I **really** have to stop!", and pretending we have it
all figured out, or need to. No?

apparently, or you would not be here searching for help in the first place!

Those feelings and that old game are just a crock.

Hatzlocha!!

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Re: Starting from scratch

Posted by gibbor120 - 24 Jun 2013 20:29

hi roundabout,

There are phone conferences with Israel numbers. Duvid Chaim gives his phone conference at
12 noon EST, so it would be 7 PM in Israel. You can see his page here:
guardyoureyes.com/component/zoo/item/big-book-study-group?category_id=126 . I'm sure
there are others. You can see them all here guardyoureyes.com/tools/calls .

So far, I have yet to "meet" a person here that did not have some sort of emotional issue. Either
lack of friends. Trauma as a child such as divorce or abuse. You say it is purely physical. I
suppose it is possible, but not very probable.

Have you read Dr Sorotzkin? You can find a link to his site in my signature. Many have found it
enlightening.

Here is a direct link to the article www.drсорotzkin.com/pdf/PSYCHOLOGICAL-FACTORS.pdf .

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Re: Starting from scratch

Posted by roundabout - 25 Jun 2013 00:48

Chachaman,

Thanks for that awesome post from Dov. I really relate to that a lot. How do we properly go about surrendering. I really wanna go to 12 steps and learn the tools. reading Dov's post helped put the goals into perspective. I read and reread that post.

Gibbor120,

Thanks for the link. I will see if I can fit in a phone conference.

Is your suggestion to figure out the emotional issues that cause addiction different than Dov's. It seems he is davka saying the opposite. I am happy to do what works for guys. But Dov seems to say who cares about the reason. Just surrender. That seems to make more sense to this senseless dumb addict.

I have not had a chance to read the article yet. It is very long. I will need to set aside proper time for it.

regardless, can you clarify for me how I go about discovering the emotional issues? Are we discussing emotional issues that plague me on day to day basis? Or, more like childhood issues. Certainly nothing drastic happened as a child. Porn was actually very normal in my circles. All the boys used to share porn with each other. We would get together to watch movies. I got used it from early on. And could never give it up [for good]. we used to speak about masturbation the same way we spoke about our favorite frozen yogurt. So, it is hard to say that some trauma caused it.

I look forward to more of your insight.

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Re: Starting from scratch

Posted by gibbor120 - 25 Jun 2013 01:01

I could be wrong, maybe there aren't any in your case. I don't know.

It can help to find the source for 2 reasons.

1) alleviate some of the guilt. Feeling overly guilty leads to depression which leads to acting out, which leads to depression... Once we realize there may be a reason for our addiction, we can let go of some of the guilt and start living. In your case, the reason seems quite obvious. You were in an environment that accepted it as normal.

2) Stop the problem at it's root, which is the best place to stop it. When we find the source, we can deal with it better. Even in the 12 steps there is something called RID (Restlessness Irritability, and Discontent). These are basically the emotional triggers that stress us out and make us feel like we "need" to act out. The 12 steps are about learning to deal with life more effectively, by letting G-d in, and letting go of our negative character traits.

That said, getting "stuck" in the problem and over thinking it is not good. I agree with that. As they say "Live in the solution, not in the problem".

Anyway, I'm no guru, just sharing my thoughts.

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Re: Starting from scratch
Posted by moish u.k. - 25 Jun 2013 17:42

I live in the UK, but i'm pretty sure there are SA meetings in the Bet Shemesh area. Try to find it on the SA website.

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Re: Starting from scratch
Posted by roundabout - 25 Jun 2013 20:18

Thanks gibbor for the clarification.

Am i abnormal, but this guilt leads to depression thing does not seem applicable by me (unless I am just in denial). I have accepted the fact that I am an addict, and not some creep for giving into y'h. I watch porn the same as I read the paper. IS that a good thing that I don't have guilt?

I am not sure how understanding how my addiction first began is going to help me remove this behavior pattern. I guess working with a psychologist can help that. But, again, this approach seems to be against what Dov explained. The concept of "figuring it out" he felt is not helpful, and just distracts the addict from recovery. I suppose different people need different things. Can you help clarify?

Now, if I find myself with the need to "act out" (as you guys call it) just because (not because I have some major emotional outburst), does that make me abnormal as well. Or, does there always have to be an emotional reason. Can you help define what constitutes emotional reason?

Anyway, thanks for your insights. It is refreshing to see that there are so many perspectives on it. Like if you check this out on the internet, you will all kinds of approaches for recovery.

I see I have lots to learn. I am just a bit confused what direction to take. From what I am hearing from you I have to begin undigging in myself the "causes" and "triggers" and then learning how to cope without porn. Do I need a therapist for that. It seems quite daunting doing it on my own. I can picture myself (here goes the pervert addict again beware) late at night trying to "figure it out" and then saying to myself the heck with this stuff, and giving in to my constant impulses for porn and masturbation. Like, why not? I am concerned this won;t work. What do you suggest? Are there workshops on this site for this?

But, then I have Dov saying forget about that stuff, just surrender. Never mind the why and the who and how, and the "when I..." futile thinking. At least I have the 12 steps guys to reach out for that. sounds more straight forward.

OK, I am confused, which direction to take.

Anyone have advice?

Moish UK,

thanks

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