

whats the point?

Posted by guy - 11 Jun 2013 14:31

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I need to hear from someone that has succeeded in this,

at the moment I just can't see why it's worth the struggle.

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Re: whats the point?

Posted by tehylimzugger - 12 Jun 2013 21:51

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Thanks for sharing your original Torah thoughts.

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Re: whats the point?

Posted by AlexEliezer - 12 Jun 2013 22:36

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[guy wrote:](#)

Now that I am feeling like I'm never going to get out of this hell hole, how do I generate the will to pick up the glove again.

Why do you describe the sweetest, most pleasurable thing in your life a "hell hole?"

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Re: whats the point?

Posted by Dov - 13 Jun 2013 01:26

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Thinking this stuff over is very important....but the thing that makes real changes is taking real actions of recovery that are not so comfortable. Just '*not*' doing the bad stuff is nice, but '*not*' only does but so much - it's not enough. It's the *doing right stuff for recovery/improved living* that

is what really counts. Hatzlocha to all of us to take good actions today.

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Re: whats the point?

Posted by guy - 13 Jun 2013 14:52

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AlexEliezer

Why do you describe the sweetest, most pleasurable thing in your life a "hell hole?"

Because up till now ( or at least a few months ago ) that's the way I saw it. I had tried hundreds of times to get out of it, only to slide back in a few days/weeks/months later. The frustration, depression and anger, that's the "hell hole".

A few months ago I got so fed up with the battle and with god that I decided I've had enough. I threw in the towel. No davening. No Tefilin. No brachos. I was even mechalel shabbos. Rosh Hashana I didn't daven. On Yom Kipur I fasted but didn't go to shule. I did everything that I could to strike back without hurting my family. So they don't know how far I went. My wife thinks that some days I don't have time to daven, but that's all. I allowed myself to watch porn whenever I wanted.

So now I'm stuck. I know that without my wife I would be miserable and lonely. But that's the way I feel on an average day anyway. I'm so tired of fighting.Losing.Fighting.Losing.

I guess that's the Hell Hole.

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Re: whats the point?

Posted by Dov - 13 Jun 2013 18:15

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Hey Guy, understood. Can I send you a PM or email?

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Re: whats the point?

Posted by guy - 13 Jun 2013 18:53

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Sure

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Re: whats the point?

Posted by AlexEliezer - 13 Jun 2013 19:29

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[guy wrote:](#)

I'm so tired of fighting.Losing.Fighting.Losing.

Thanks for clarifying. I think I get it now.

You want to overcome this nisayon but your history is that every time you've tried, you failed. So why bother trying.

The answer is to try something completely new. Recovery.

Stop fighting.

In recovery we learn to *surrender* out lust to Hashem and ask him to take it from us, one day at a time (sometimes one moment at a time) so we can live. How? Just say it. In your own words. "I surrender my lust to You, please take my lust." Every time.

We do our hishtadlus (part, effort). Realizing that we are powerless over lust, as evidenced by our 100% failure rate when we get into the ring and fight it, we *avoid* all lustful stimuli by aggressively guarding our eyes and our minds. (This would include not checking out your own

wife for a quick thrill outside the bedroom.)

We also work on recognizing the uncomfortable feelings that drive us to escape into the world of porn.

We work on getting back into real life. Talking to real people face to face -- not necessarily about this. About stuff. About life. Get back into enjoying real life.

It would also be hugely helpful if you could talk, at least on the phone, about what's going on for you regarding this nisayon.

Stay with us bro. I sense good things coming.

Alex

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Re: whats the point?

Posted by tehylimzugger - 13 Jun 2013 21:55

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[AlexEliezer wrote:](#)

Stay with us bro. I sense good things coming.

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Re: whats the point?

Posted by George999 - 14 Jun 2013 08:00

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I have felt the absence of Hashem at times. He can do "Hester Panim", hiding his face, when he does not want to see bad things.

I literally felt an absence of Hashem for a couple of seconds.

But at the Kotel, and in Yerushalayim, and in the cave of Eliyahu Hanevi in Haifa, I felt His presence.

I think that if attacked by lust, know that there is something inside that is unfulfilled in another are of your life. The lust is a drug to blot out that other something.

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Re: whats the point?

Posted by gibbor120 - 14 Jun 2013 21:45

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[George999 wrote:](#)

I have felt the absence of Hashem at times. He can do "Hester Panim", hiding his face, when he does not want to see bad things.

Good, bad, and ugly.

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Re: whats the point?

Posted by Dov - 17 Jun 2013 02:08

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Please explain, George999 ( I like saying it fast the Spanish way, it's more fun! -

Horheynuevenuevenueve!)

What exactly do you mean when you write that you are "attacked by lust"? How does it attack you?

Thanks compadre',

Dov

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Re: whats the point?

Posted by George999 - 17 Jun 2013 04:35

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"Lust" attacks when I am down.

When I am tired, weak and not happy.

I feel so not happy that I cannot handle the emotional pain.

Masturbation and looking at porn gives temporary relief from this pain.

I have heard it said that this pain is from Hashem, it is the pain of a sin being replaced by Teshuvah, that it is the combined punishment for the sin and the treatment for it, that purifies and cleanses the soul.

I consider lust to "attack" because it is not rational, I always regret the masturbation and looking at porn more after I do them, than the pleasure I got from doing them.

This article explains my problem very well:

[guardyoureyes.com/the-12-steps/item/psychological-factors-in-sexual-acting-out](http://guardyoureyes.com/the-12-steps/item/psychological-factors-in-sexual-acting-out)

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Re: whats the point?

Posted by guy - 17 Jun 2013 12:29

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George999

I have heard it said that this pain is from Hashem, it is the pain of a sin being replaced by Teshuvah, that it is the combined punishment for the sin and the treatment for it, that purifies and cleanses the soul.

How can it be the pain of sin being replaced if it just causes you (me,us) to sin again?

I was taught that teshuva replacing sin should be a good feeling, true it is mixed with the feeling of pain of having done wrong, but on the whole it is supposed to be a good feeling, not one that makes us run back to the "shmutz"?

I read the article you mentioned, but I can't really use it much for myself.

There are so many variables and so many options/reasons why a person would seek out porn mentioned in that article. I guess the point of that article is to understand that the problem is rooted in a Psychological factor, but it doesn't help with identifying said factor.

The part that I did find interesting is the end where he speaks about the anger that an addict can feel towards God. Because that is exactly what I feel. And that is the reason why I have a very hard accepting what AlexEliezer

In recovery we learn to surrender our lust to Hashem and ask him to take it from us, one day at a time (sometimes one moment at a time) so we can live. How? Just say it. In your own words. "I surrender my lust to You, please take my lust." Every time.

How can I surrender ANYTHING to him when he's the one who put me here in the first place!!?

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Re: whats the point?

Posted by Dov - 17 Jun 2013 14:32

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I'll mention the preciousness of my own pain in a minute, be"H, but first:

The way I see it is that I *chose* to run after sweet porn because it was my pacifier, my true trusted buddy to make me feel 'things are OK' - my sha'ashuim. This was chosen by me as a teenager and continued into my adulthood getting far worse after marriage, of course. But my choices are *my* own, **my** responsibility. Not Hashem's.

I am an addict, and believe that I would have been challenged in some other way no matter what. If not for putting my trust in sex with myself and porn goddesses, I would have put it in obsessive Torah learning, alcohol, raging fits, or power. Maybe I would be stam another mental case in an asylum - but I found *my* niche in porn and fantasy, that's all. For I am doomed to be something **like** an addict - as the G'morah says clearly regarding someone born under ma'adim: "he will have to either be a murderer or a shochet or mohel." The good or evil resolution of it is **the man's own** bechirah, Hashem just gave him a tevah or netiyah. And I clearly have mine (and it includes black-and-white thinking, thinking too much, and *controlling* my thinking too much, among other defects).

A harder challenge? Perhaps! But Hashem does that all the time with *everyone*: this one he makes poor, this one wealthy, this one sick and this one healthy, etc. Hashem did not make me a sex and lust addict - **I** did.

But so many of the masturbaters are not addicts at all! They just have a yetzer hora and a penis to use it with. That's every man's battle. And that has nothing whatsoever to do with 'addiction'. But I digress...

Rather than being stuck obsessing with figuring out 'the root cause' of my addiction and who (or Who) is responsible, or whether I am and *will* burn in Gehinom or will *not*, recovery asks me to



accept the present and grow up by moving on and learning to live right, **today**.

I write these words specifically to '**George999**' (nuevenuevenueve!) for you seem to be wallowing in it, chaver.

You may not have to. But you may choose to believe you do - that's not in my purvey.

Let go of your hell, your future and your past - let go of *blaming* and even *caring* about blame - and accept responsibility on yourself to do whatever it takes to learn to live right today. It is not easy, I know, but it does not require complex mental figuring. It requires some simple, uncomfortable steps and actions done one day at a time. Addicts the world over are doing it every day without genius required.

The only requirement is having enough **pain**.

Maybe you have that, it seems... I know / do. So I am here with you. My wisdom or goodness did not bring me here. My pain did.

And to **Guy**, I would like to just say that Hashem obviously loved me so much while I was on my knees in that bathroom desperately masturbating myself all those times. For ***while I was doing that***, He worked out all the tools I would need for recovery into a life that is so sweet, beautiful, and useful today. He did *not* do that for me ***after*** I got well - but before! He also *brought* me to recovery and helped me *stay* in it, through all the tough times and my failures. He arranged the friends I'd need. He obviously loves me and my wife and children and carries me well today even though I do not deserve it.

And I believe that I *needed* every single masturbation and sexual encounter I took, in order to finally break and get to the point that I could find recovery. Why does it work that way? None of my business.

So I have no bitterness about it - and I don't bother to stir my cup to see what the dregs taste like, as you are, it seems. No need. I have hurt enough by my own hand. Time for letting go and

finding G-d through humility, rather than through demanding Him - or insisting upon creating *my own* god of orgasm and sweet fantasy...I did that for years. Pain. **My** way does not work - even **my** way in yiddishkeit. Recovery is about letting go of the way that fails me - my way.

But that takes either enough humility - or enough humiliation. He lets us choose - is that cruel? I do not think so. It's our choice, if we are addicts. What do you choose?

If you wish to speak on the phone about any of this stuff, please send me a PM and we'll talk it over. You make a lot of good points and I hope nothing I wrote insults either Guy or yourself.

Hatzlocha today!

- Dov

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