

Hello

Posted by ploni.almoni@gmx.com - 24 Sep 2013 20:28

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Hello there. I am writing this to introduce myself. I am married with kids, BT. I have been struggling with this addiction since I was little. I was one of those kids that start early. It accompanied me all my life.

When I became frum I was very concerned about this problem, because it had already destroyed a marriage, but I blocked it out. I actually became frum believing that I was guilty and tainted, and figured that I deserved death for being who I was, indeed for wanting what I wanted, but I still thought observing the Torah would be worth it even if I couldn't be a perfect tzadik, even if it meant I had to be destroyed in order to be true to it. Thanks to many "helpful hints" from Hashem when I became frum I got an internet filter, which kept out the worst of it. However I still persevered with motzi zera l'vatala through thoughts and looks.

I married a frum girl and had children, and over the years the addiction almost destroyed my marriage. Finally I davened for issurim and I got them. I ended up in a sort of galus (I would rather not go into detail.) After a while I went home, and my local Rabbi has been advising me. He emphasizes the need for simcha in my yiddishkeit, and the fact that the yetzer ha-ra feels like it's a whole cavalry, but really it's more like a lone horseman. The only way it can win is if I choose to let it.

Since then I helped a couple of friends myself, on the strength of my own experience.

I can see the tree of daas in my life, all day long. It's full of inaccuracies, it's foggy, and rotten, and I can't go on if I don't sit down and write down my thoughts regularly, to feel them, examine them, to accept what I truly desire. It's exhausting. But without that tree I would not be able to properly appreciate Hashem's depth. I would just be a guy walking around the garden, eating fruits that don't even need to be peeled, like a child who has no idea what goes through his parents' minds.

I guess I am not an important guy. I am not clean for years and years, I didn't go to yeshiva, I am not a Rabbi, I am not special, but it doesn't matter to me any more. I don't need to be.

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Re: Hello

Posted by Pidaini - 09 Oct 2013 14:37

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[ploni.almoni@gmx.com](mailto:ploni.almoni@gmx.com) wrote:

[Pidaini](#) wrote:

Seems like you're in a tuff spot, like a catch 22.

What do you do to keep clean from acting out, i.e. watching porn, masturbating, etc.?

Hey, sorry I didn't notice when you are asking me this earlier. It's been a while since I saw Monsters, Inc. I just remembered the picture, so I picked it as an avatar. Billy Crystal is so funny, isn't he?

I'm sorry you weren't warned before chossing your avatar, I tried warning newcomers [here](#). Funny is our avatar's have really become somewhat part of us.

[ploni.almoni@gmx.com](mailto:ploni.almoni@gmx.com) wrote:

I think the longest I have been clean with this method is about three months. Usually something happens, I decide to act out again, and then slowly I come to see that it's time to do another cost-benefit analysis.

If someone would tell you that they have a method to stay clean forever, would you pursue it?

If yes, then I have good news for you. There are people on this very website (and hundreds not on the website) that have been completely sober for 16 years!!! Could you imagine?!!

There is just one catch, we need to listen to what *they* tell us, not what we think sounds "right". We are used to "thinking our own way out of it", that hasn't helped us until now, and that is exactly what continuously gets us back into the problem (Hint: we are only clean for x amount of days, they are a few years clean, who is right?).

Join the club, it's an extraordinary ride!!

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Re: Hello

Posted by ploni.almoni@gmx.com - 09 Oct 2013 16:31

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What would I have to do to be clean forever?

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Re: Hello

Posted by reallygettingthere - 09 Oct 2013 19:46

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[ploni.almoni@gmx.com](mailto:ploni.almoni@gmx.com) wrote:

Hey, sorry I didn't notice when you are asking me this earlier. It's been a while since I saw Monsters, Inc. I just remembered the picture, so I picked it as an avatar. Billy Crystal is so funny, isn't he?

Yes, and to think that he was also Miracle Max

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Re: Hello

Posted by Pidaini - 09 Oct 2013 19:48

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First let it be clear that I am no where near 16 years sober. I am clean today and have been for the last 115 days.

Now i got myself in trouble

I can't really give someone else a guidebook, what has helped me is reading, writing, and speaking, the 12 step terminology that I have seen here on the forum. Words like "powerless", "acceptance / surrender", "Higher Power (Hashem for real)". trying to internalize it all.

Maybe others who are more into it can line it out more.

Hatzlacha Rabbah!!

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Re: Hello

Posted by ploni.almoni@gmx.com - 09 Oct 2013 21:07

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So what you really saying is you are grateful to certain other people for giving you some actions or thoughts that cause you to successfully change your behaviors and give you back your self-respect, and you are so happy about this that you think these people *must* possess perfect insight and that these actions *must* be the right ones to take. And I think you are also saying that what I wrote is either not clear, or it's yet another abortive attempt at recovery, and that you  
Is that about right?

I am sorry you don't understand what I am doing, I am sorry that I probably didn't explain it too well and that I can't sell it to you. But I think that this all normal because the biggest challenge in life is das, and therefore when a person doesn't investigate and doesn't explore and consider, he *should* come to the wrong conclusions.

But I am very happy that you dream of convincing me to do what you do because I know you

So thank you!  
are doing that because you think it's the best for you and you want me to have the best stuff

If later on you get to know your recovery method better I would love to hear more about it.

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Re: Hello

Posted by ploni.almoni@gmx.com - 09 Oct 2013 21:28

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Pidaini told me he is going to feel closer to me if I write here, so here it goes.

Last night something *new* happened. I went back to my bed to settle in for an independent life while my wife is pregnant and is afraid to have sex. And my wife got anxious at the thought that I am not going hold her and comfort her and keep her safe at night for the next nine months. Basically she is panicking when she thinks I am going to slip away from her. I don't exactly know what she is thinking deep down, because I can't know, but I know it's causing her anxiety. Maybe for the first time in her life she fell in love and she is afraid of what that might mean for her.

As a result we had a discussion (which I really didn't want to have) and finally I went over to her bed and we lived together so she could feel better. I feel better about it too. I am more willing to turn myself off while sleeping next to her because I know it's an important thing, it's not a perk for her.

This is going to make the next ten months a lot more interesting for my sexual sobriety.

Yesterday it really hit me how I had allowed myself to take on *responsibility* for my wife's happiness over the last few weeks. That is not good. I can influence, but I cannot control. Ultimately it's her thoughts that will determine how she feels.

This morning I gave her a big hug and told her to think good things. She was pretty happy.

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Re: Hello

Posted by skeptical - 10 Oct 2013 04:18

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[ploni.almoni@gmx.com](mailto:ploni.almoni@gmx.com)

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I am sorry you don't understand what I am doing, I am sorry that I probably didn't explain it too well and that I can't sell it to you. But I think that this all normal because the biggest challenge in life is das, and therefore when a person doesn't investigate and doesn't explore and consider, he should come to the wrong conclusions.

But I am very happy that you dream of convincing me to do what you do because I know you are doing that because you think it's the best for you and you want me to have the best stuff

So thank you!

If later on you get to know your recovery method better I would love to hear more about it.

Hi Ploni,

I have known Pidaini (on here, as well as over the phone) for quite a while now and I think you may have misread his intentions.

I don't think he is pushing his ideas on you, and I don't think he ever would. People should do whatever they find works for them.

He is just suggesting that if there are people on here who have been sober for such a long time, there may be something to what they are doing. As such, he himself has tried it, and it seems to be working for him.

People can only share what works for them, for that is all they really know. On this site, we are encouraged to share those methods, for someone else may find them helpful, as well.

Hatzlacha!

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Re: Hello

Posted by belzeruv - 10 Oct 2013 04:35

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[ploni.almoni@gmx.com](mailto:ploni.almoni@gmx.com) wrote:

Yesterday it really hit me how I had allowed myself to take on *responsibility* for my wife's happiness over the last few weeks. That is not good. I can influence, but I cannot control. Ultimately it's her thoughts that will determine how she feels.

Dear ?????? Freind! welcome to our *geshmake* club!

I have something good to tell you about this para. would y' mind if i write it in hebrew or yidish, since typing english takes me hours? or maybe would someone volentere(?) to interpete?

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Re: Hello

Posted by ploni.almoni@gmx.com - 10 Oct 2013 04:41

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I am not fluent in either. Maybe you could write it in hebrew and someone could post a translation below, so if I have a question about specific words I can look at the original.

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Re: Hello

Posted by SIB101854 - 10 Oct 2013 04:43

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Just because you and your wife have separate beds( like everyone else here who is married!) doesn't mean that you have to inhabit your bedroom as if you are on opposite sides of the Berlin Wall or the 38th Parallel-like some sort of undeclared war zone. I don't know or have heard of any minhag or chumra not to have sex eith your wife when she is pregnant. Having that discussion with your wife was a major step forward.

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Re: Hello

Posted by ploni.almoni@gmx.com - 10 Oct 2013 05:00

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Let's see where it goes from here. Let's hope it's a good thing. But if it's not, whatever, sometimes the fastest way to getting better is to fall hard. Look at the US economy. With all the money printing it still feels like 2008. If they just let it fall apart we could finally move on.

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Re: Hello

Posted by ploni.almoni@gmx.com - 11 Oct 2013 20:58

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I held my wife in bed last night, but I did not bother her for sex. I decided to turn myself off. Yesterday I wrote to myself during my regularly appointed time of solitude and I realized what a burden it is for your mind to have relations with your wife. No wonder it's a mitzvah to do it. It's not a burden to do it one night for your own sake, for the pleasure, but it *is* a burden once you start doing that regularly, because you are subject to her ups and downs, you start believing you *need* it, discussions, sometimes you climax too soon, sometimes you can't climax, etc. I see it when I write to myself in the morning because when I have sex I am constantly writing about it. And in the end you end up with nothing, or it feels like nothing. If you do it right, you just get pleasure (well, if your wife knows how to make love it brings you closer too, not my case though.) It's basically about tahara. In order for it not to *stick to you* you have to do it with the right intentions. So you end up persuading yourself to do it less because it's impossible to be mindful about it when you do it all the time and it just takes over your mind. Which I guess is why prishus comes before tahara.

It always amazes me how self-consistent and subtle the Torah is, and how far its true understanding is from my first take on something (thanks for nothing tree of knowledge ...) After a while you just start to get the belief that that the Torah is where you are going to find not only a good answer, but the best of all the good answers, if you are lucky enough to find it.

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Re: Hello

Posted by R76 - 11 Oct 2013 22:23

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>> You could look at it that way, but usually I don't label my  
>> life as "surviving." If I did that I would get bad feelings.  
>> Maybe we would be better off divorced, but I think it's better  
>> not to do it. The real love that matters is being loyal,  
>> watching out for each other, building something together. So I  
>> am not so sure I am missing much. But it's easy to think that  
>> happiness comes from being loved.

I can not give anyone any advices. I was in a similar situation for a long time -- I wanted to separate from my parents.

I do not know if I should ever get married -- from what I understand in modern world most men are controlled by their wives much more then adults who live under their parents' authority. At least my parents provide me with good house and food and allowance money. But a married man has to work like a slave.

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Re: Hello

Posted by ploni.almoni@gmx.com - 11 Oct 2013 23:37

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No actually. A married man does not have to work like a slave. But if you believe that, then it will become a self-fulfilling prophecy and you will make it come true.

You never answered any of my questions about kind of therapy you did. It's obvious that your therapy doesn't work and you need to find something that does.

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