

My Story - Thank Gd

Posted by Markz - 17 Sep 2015 00:27

Hi guys!

(Please see my share lower down at end of page 1)

I've been wondering if people with weak communication skills as I have are more vulnerable to the lure of pornography (See [this link](#) for example), and if unique non-standard steps would be suggested for us to get out of S* addiction.

BH I have a great job, kids...

I also have a good therapist, but have been hesitant to ask about this yet.

I'd love to hear feedback from anyone familiar with the topic. Zemiroshabbos? You mentioned it some time back [HERE](#)

Thanks

Mark

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Re: My Story - Thank Gd

Posted by LoveU,Hashem - 02 Oct 2017 16:23

Rabbi Mark!

Yirbi Kemoishcu B'yisrael! The way you described the pas besaloi thingy..

I can relate to what you say completely, sometimes it builds up. It's like after 4-5 days, I'm "I

hope it happens tonight, I really don't wanna fall tomorrow at work". Then by the time I'm out of the shower she's past asleep. Things like this can go on for a few days. And then after 8-9 days, I can't help myself and think "what does she expect from me, would she be happy if I fall tomorrow??".

Now that was in the pre gye days. I wonder how flawed this line of thought is in the eyes of a non-addict (couldn't yet determine what I am myself).. You have proposed in the past that addicts and non-addicts may look at things differently.

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Re: My Story - Thank Gd

Posted by doingtshuva - 02 Oct 2017 22:32

[Markz wrote on 02 Oct 2017 04:02:](#)

Having bread in the basket can actually be a **harder** challenge than not.

I agree,

thanks for the chizuk.

I would add (after being here a few years) that settings days might make it even harder.

I won't and can't give advice, I'm just doing whats good for me.

I'm very active, I work, I'm busy, help at home, even though..... I'm learning to deal with (out) it.

crying blaming isn't going to help, life is short and we got to keep on trucking.

wishing you all a great year.

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Re: My Story - Thank Gd

Posted by Markz - 03 Oct 2017 01:27

[LoveU,Hashem wrote on 02 Oct 2017 16:23:](#)

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I can relate to what you say completely, sometimes it builds up. It's like after 4-5 days, I'm "I hope it happens tonight, **I really don't wanna fall tomorrow at work**". Then by the time I'm out of the shower she's past asleep. Things like this can go on for a few days. And then after 8-9 days, I can't help myself and think "what does she expect from me, would she be happy if I fall tomorrow??".

Now that was in the pre gye days. I wonder how flawed this line of thought is in the eyes of a non-addict (couldn't yet determine what I am myself).. You have proposed in the past that addicts and non-addicts may look at things differently.

I'm not sure it's the best thing for the nation that there should be 'yirbu kemosi'.

As I said I'm referring to a state of porn and masturbation freedom, not needed to be saved from falling at work

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Re: My Story - Thank Gd

Posted by lionking - 03 Oct 2017 03:14

Markz, I feel for you. I've also had, in the past and in the present, situations like this. Especially hard is when the wife shows interest or even initiates and backs out, but as I wrote in the past, I need to work on no expectations at all. Or as Cordnoy puts it, true sobriety wouldn't have an issue. (Not sure what that means...)

I'm still learning to appreciate my wife for who she is, not as a sex doll.

Regarding your post about pas bsalo, I also find it harder when my wife is permitted versus

when not. The past approx. 8 weeks when my wife was postpartum, except for right in the beginning, just breezed through. Now every day is a struggle.

Hatzlocha Rabba!

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Re: My Story - Thank Gd

Posted by LoveU,Hashem - 03 Oct 2017 03:47

Falling at work with porn and masturbation. Hinu hach..

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Re: My Story - Thank Gd

Posted by mikestruggling - 03 Oct 2017 07:31

just my 2c

originally i got frustrated and upset when my wife declined

that would be followed by masturbation

Warning: Spoiler!

then i got into the mind set that i "need a period to dry out from lust"

i wouldn't want it and i left it up to her (i **would** want it but i did leave it up to her)

in that period of time i learned that i didn't need it from my wife

i learned to not expect it if it came it was a gift

it became obvious that my wife wanted it many times but was too shy to ask (even using the hints etc.) she admitted to that and asked me to start offering

i have offered plenty of times she was never in the mood

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Re: My Story - Thank Gd

Posted by Workingguy - 03 Oct 2017 23:48

Weighing in to what Cordnoy wrote about being able to deal with it in true recovery and deal with whatever life throws at you, it's true but somewhat besides the point. Whatever pas besalo means, and chazal were not talking about something esoteric or difficult to understand, it's a reality. I may be able to deal with it regardless, but that doesn't mean that pas besalo isn't true and helpful as well.

Now maybe what Cords is saying is that it's not relevant because if you don't have it, then deal with it. And that is true.

I can tell you this much. My marriage has turned completely in the right direction, and intimacy is still totally weak on so many levels. My wife would like to fix it and at this point it just seems like so much ancient history related to it that I'm not convinced it will work. And she wants to be available more theoretically but somehow it's not practical at all.

And we can still have a great marriage, but it definitely affects the overall tenderness of the marriage.

So Markz, I'm with you.

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Re: My Story - Thank Gd

Posted by EinShumYeeush - 20 Oct 2017 11:17

I too can associate with the "Pas Besaloh" syndrome. My wife is basically always tired and wants to sleep when its night (*sound like normal for Humans*), but it actually helped me on the 90 Day Chart.

The way I got past 90 days was by going cold turkey on any form of lust, including my wife. Not that I abstained from being with my wife the whole time, only that I didn't ask for it and focused on giving her what she wants.

The less I fed the fire of lust, The less it burned inside of me.

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<https://www.sefaria.org/Sanhedrin.107a.4?lang=he>

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Re: My Story - Thank Gd

Posted by EinShumYeeush - 20 Oct 2017 11:22

[cordnoy wrote on 28 Jun 2017 12:20:](#)

[Shivisi Hashem wrote on 28 Jun 2017 10:39:](#)

[Markz wrote on 18 Jun 2017 02:12:](#)

[mikestruggling wrote on 17 Jun 2017 19:57:](#)

maybe try what my sponsor told me when you see (even out of the corner of your eye) someone who is triggering say "Hashem I am surrendering this lust to you please help me" then Daven for that woman for example "that woman should have a great day (should have enough money to afford more clothing)"

Good luck!!

I used to curse them in my good old lusting days before gye because it was all their fault

I now bless them

Wow! Please share the blessing! I still see them as part of the fault!

I see them as normal.

I don't bless 'em.

I don't curse 'em.

I look, I look again (usually), then, I move the Hell on.

The Ohr HaChaim [(??? ????? ????? (??, ??)] says that a person who tasted the pleasure of lust can't be forgiven while he still desires it. He needs to first **hate** the women who caused him to sin and be **disgusted** from (and **destroy**) any good associated with them, only then will he gain a new sober nature and be forgiven.

https://www.sefaria.org/Numbers.25.17/he/Tanach_with_Ta'amei_Hamikra?lang=bi&p2=Or_HaChaim_on_Numbers.25.17&lang2=bi

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Re: My Story - Thank Gd

Posted by cordnoy - 20 Oct 2017 11:56

[EinShumYeeush wrote on 20 Oct 2017 11:22:](#)

[cordnoy wrote on 28 Jun 2017 12:20:](#)

[Shivisi_Hashem wrote on 28 Jun 2017 10:39:](#)

[Markz wrote on 18 Jun 2017 02:12:](#)

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Ok.

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Re: My Story - Thank Gd

Posted by GrowStrong - 20 Oct 2017 12:06

I guess that makes sense if the women caused the person to sin.

But for lustaholics all of the problem is in our heads

and so we bless them

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Re: My Story - Thank Gd

Posted by EinShumYeeush - 22 Oct 2017 04:05

[GrowStrong wrote on 20 Oct 2017 12:06:](#)

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I don't see why we should **bless** them. Why do they deserve to be blessed more than anyone else? If anything just ignore them just like we ignore other men.

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Re: My Story - Thank Gd

Posted by cordnoy - 22 Oct 2017 04:15

[EinShumYeeush wrote on 22 Oct 2017 04:05:](#)

[GrowStrong wrote on 20 Oct 2017 12:06:](#)

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But for lustaholics all of the problem is in our heads

and so we bless them

I don't see why we should **bless** them. Why do they deserve to be blessed more than anyone else? If anything just ignore them just like we ignore other men.

It so happens that I ignore; I don't curse them, don't bless them, don't blame them.

NobodyNobody said they deserve to be blessed.

TheThe logic behind the blessin' (which I don't totally agree with): if we lust after them, we are dehumanizin' them and treatin' them as objects. When we bless them, we make them human again.

I lust after humans, so it doesn't completely apply to me.

There are others who can explain it much better.

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Re: My Story - Thank Gd

Posted by GrowStrong - 22 Oct 2017 11:26

Someone explained it to me in the following way based upon a reading in the white book which says, "the measure we gave was the measure we got back"

He said that by blessing the "objects of lust" he actually received blessings back in ways he couldnt imagine.

I liked that explanation.

I am not a big blessing either, but someone else explained to me that we are on a spiritual journey of growth which is transcendental.

And bringing God into the picture is part and parcel of becoming spiritual people.

Both explanations work for me in understanding why we bless.

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