

Starting anew. again.

Posted by shmirashachaim - 08 Feb 2016 19:28

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Hi everyone. I have introduced myself in the past but I decided to open a new account because I haven't been on top of my GYE game and after falling a couple times after a long streak I decided to start afresh. No point explaining more so I'll get down to what I have been going through: I go by Chaim and I'm 23. I started a rollercoaster of depravity and *teshuvah* about four years ago which began with lusting and masturbating, and progressed to pornography. During this period I dealt with being diagnosed with OCD, ADD and depression, and my mother passing away. As is common with addicts, my image completely clashed with my activities and thoughts. I was viewed as a masmid, bal medos, tzadik, etc. but I had this storm going on inside me going on without anyone noticing it besides poor lonely me. True, I might of lacked self-esteem and overly cared about what people thought about me and feigned who I was somewhat, but I didn't view myself as a *complete* fake because I *did* care about growing and coming close to Hashem. Instead I saw myself as a very confused and depressed person. With a few therapists under my belt and signing up on GYE, I have been working on myself by attaining a better understating of my addiction and attempting to address my diagnoses and circumstances which are interrelated with each other and my addiction. B"H, I have gained clarity through GYE in the nature of my addiction and the means of going about it. I was able to stay clean for a month and a half and I felt it was time to start dating. I felt clear headed going out with my first date. I haven't done more than having the occasional fleeting sexual thoughts in a while and as far as I can tell I didn't view her as a sex object. I didn't fantasize about her and I'm pretty sure I was evaluating it with my usual methodical and even OCD thinking and I really truly believe it's a neis that I am engaged to her. She is sweet, pure, and has a very similar outlook and goals that I do. I was clean for a while but I was still working on a TaPHSIC shvuah. I was able to think it through and write it down, but I acted out before I actually said it. I acted out once after that by paying my "small" kinas. I am so scared. What has gotten into me? I need to prepare for marriage and not hurt this girl whom I committed to take care of in a loving and healthy way. Please Hashem help me on this never ending journey!!

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Re: Starting anew. again.

Posted by shmirashachaim - 02 Mar 2016 04:10

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[cordnoy wrote on 29 Feb 2016 21:41:](#)

[Mesayin wrote on 29 Feb 2016 20:10:](#)

a bit of advice, although you (and many others) probably won't listen:

This struggle of ours, if indeed you are like me and others that we are 'addicted' in some way, and not merely a stronger yetzer hara, has nothin, and I mean nothin' to do with bein' married or not.

I don't know you (as we have verified above), so perhaps you are just a bochur in heat, and then the gettin' married might be precisely what the dr. ordered.

either way, Mazel tov and tremendous hatzlachah

It is pretty obvious that getting married "helps" with recovery and against lustful thoughts, we see that in the gemara a few times

("????? ???? ?? ??? ?? ?? ???? ??? ???? ?? ?? ????". (???? ?? ?" ?" ?

And more.

Of course it is not a hospital for lust and getting married shouldn't be for lust or for for pleasure, but it definitely helps with the struggle.

For example, this is not how we should be thinking:

Problem: Lust. Solution: Get married.

Rather it should be this way:

Problem: Lust. Solution: GYE handbook, 12 steps, taphsic, etc...

In addition to the solution: Get married.

Chazak V'emutz

I am not a rishon, but my understandin' of that gemora is that it is referrin' to the ordinary person, like I wrote above, not for the lust-addicted.

Sorry meant to quote this for my last post...

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Re: Starting anew. again.

Posted by shmiraShachaim - 02 Mar 2016 04:11

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[eslaasos wrote on 01 Mar 2016 03:14:](#)

[cordnoy wrote on 29 Feb 2016 19:10:](#)

[shmirashachaim wrote on 29 Feb 2016 18:08:](#)

and when issues started coming between my father and her parents

shew.....at least I know he ain't my son-in-law.

Of course not, it's a family tradition.

My father is a narcissist.. so my situation is a little different.

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Re: Starting anew. again.

Posted by Mesayin - 02 Mar 2016 21:01

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[shmirashachaim wrote on 02 Mar 2016 04:03:](#)

I can't say for sure whether I am an addict or not... for a while I have been saying I'm not but I think I might have been fooling myself. It's hard to distinguish between a natural tendency, a habit, and an addiction unless someone can clarify that for me, my gut feeling is I am an addict. But in any case, I am not getting married based on the assumption my worries will vanish in thin air and I don't even know if it will help me or not. It seems marriage has helped for some at least in the beginning but the problem just came back later on. I am not sure if it has to do with the fact we just have to "let it out" and the help marriage gives dissipates when the excitement dissipates. Then, as Shlomo24 pointed out, that he would still have the addiction even if he was allowed to masturbate so to one would still have the addiction after marriage; he just happens to be allowed to have sex, which I guess stops helping when the excitement wears off? Does that make sense? Or does it have to do with the fact this addiction can stem from life problems which usually aren't there right at the beginning of marriage when there probably is a respite from real life for a bit. However, when the issues come back the addiction comes back. Either way I am trying to prepare myself for not only now (and yes now is the most important part), but also for the future trying to internalize that marriage probably won't fix it. I just have a few questions: according to my limited understanding, there is only a difference of degree between addiction and habit/ a natural tendency (similar to many disorders). If this is true, then I don't see why marriage wouldn't help this issue *at all*, because if it's just a natural phenomenon that exacerbated to an addiction then shouldn't the same thing help albeit with more tools as well? Another thing I had trouble understanding is how on one hand we say that marriage helps but on the other hand we say the "there is one organ" thing and therefore marriage might make it harder. Which one is it? Thank you all for your responses, you are helping save a life by allowing me to connect and understand! I am planning on continuing!

Hey shmirashachaim! I'm no big talmid chuchim ~~yet~~ but I'll try to explain.

Marriage is not a hospital for lust or addiction, if someone c"v thinks that his marriage will cure the addiction, he is in big truck trouble.

The benefit in marriage with this area is that the person has the peace of mind that he has an outlet, I'll try to explain with the gemara I brought down earlier:

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Someone who has bread in his basket is less hungry even though he is still fasting, you can have 2 people at 12 in the afternoon who haven't eaten yet but the one with the bread is less hungry because in his mind he knows that at any moment he can eat or that in a half an hour or so he can eat, contrary to the one who doesn't have bread feels more hungry since he has no idea when he is going to eat or he knows he going to eat but it is going to be in like 8 hours.

We can see this by a fast day, we are already hungry right when we get up in the morning of a fast, because in our mind we know we are not going to eat until night.

With marriage it is similar, c"v c"v c"v for someone to use his wife as an object to satisfy his lust/addiction/habit/human nature, it is against our torah and can cause damage to the relationship, however, whenever a lustful thought or sight pops up throughout the day it becomes easier after marriage because he knows he's got bread in his basket so to speak. (but it is for sure not a cure)

And I am choosing to disagree with the achron cordnoy, I think even if one is addicted, if he is making serious steps to recovery than marriage can help. (of course again, not a cure)

But I'm about 20 years younger than cordnoy and a lot less experienced, so I'm just throwin' out my opinion.

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Re: Starting anew. again.

Posted by markz - 02 Mar 2016 21:21

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Mesayin What's the last thing you wrote?

Youre throwing your opinion out to the garbage?

ok just kidding

you said you're not married yet?

get married - Besha'a tova then come and share facts to fiction

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Re: Starting anew. again.

Posted by Shlomo24 - 02 Mar 2016 22:49

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Are you speaking from experience Mesayin or from a theological perspective?

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Re: Starting anew. again.

Posted by shmishachaim - 02 Mar 2016 22:56

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Hey Markz... maybe you can share *your* opinion? How does marriage relate to this addiction? Is it true that something that helps men in this area doesn't help them *at all* when it is an addiction? I have seen both that marriage "dulls" the yetzer hara but also I have seen that the mesilas yisharim idea of the one organ (self evident which one) gets more hungry the more we feed it applies after marriage and therefore makes this *harder*. What's your take on that?

shiolos v'tshuvos 101

Cordoy, would be great if you can give me insight on this as well! Thanks

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Re: Starting anew. again.

Posted by Mesayin - 02 Mar 2016 23:07

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[Shlomo24 wrote on 02 Mar 2016 22:49:](#)

Are you speaking from experience Mesayin or from a theological perspective?

From what I've learnt.

Alright guys, maybe I'm talking to much 'bout things I shouldn't be, so I'll just park my truck in the corner and listen to everyone else.

My headlights are getting red from shame.

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Re: Starting anew. again.

Posted by markz - 02 Mar 2016 23:16

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Your headlights are red because you've got your feet on the brakes which is what happens when we theorise too much, now get both your feet back on the gas pedal and KOT

Anyone interested in a lecture by MBJ on the topic of Pas Besalö click [HERE](#)

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Re: Starting anew. again.

Posted by cordnoy - 02 Mar 2016 23:51

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I already replied above.

The thread Mark pointed to is a good one.



You can call in any afternoon and we can beat the subject to death.

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Re: Starting anew. again.

Posted by Yesod - 03 Mar 2016 05:05

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Marriage sent my lust through the roof.

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Re: Starting anew. again.

Posted by Sasha 2 - 03 Mar 2016 11:28

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[Yesod wrote on 03 Mar 2016 05:05:](#)

Marriage sent my lust through the roof.

Does that mean *not* to get married?!?

Or we gotta work on it without *just* relying on marriage?

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Re: Starting anew. again.

Posted by Yesod - 03 Mar 2016 17:03

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Lust is for marriage what a can of gasoline is for a burning house.

You can't satisfy the flames

Start working now

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Re: Starting anew. again.

Posted by shmirashachaim - 03 Mar 2016 17:49

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Thank you all so much for your responses. Wow now I see that I have tons to learn on this subject. I wasn't aware that marriage is so harmful with this stuff!! Now I am even more worried and my chassunah is around the corner, I am determined to learn as much as I can on the subject. Markz, I would love to hear that lecture you suggested but when I click on that link it says I don't have permission to access that page. Any ideas I can get it?

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Re: Starting anew. again.

Posted by Gevura Shebyesod - 03 Mar 2016 18:00

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That thread is in the marrieds-only "Balei Batim" section, you need to ask permission from the guards to get in. Email [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com) and explain your matzav.

Mazel Tov on your upcoming Chasuna, may you be Zoche to build a true holy Yiddishe home!

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