

It's been a long time but I'm back...

Posted by riskbh542 - 14 Oct 2016 12:06

Well, I'm back...

I think my last post here was in 2009, so let me quickly reintroduce myself.

?I struggled intensely through high school with a porn and masturbation addiction that carried over into my twenties but developed into something more with the discovery of various websites that offer services. I never hit rock bottom and "went all the way" but started frequenting massage parlors etc. Not good stuff.

When I met my wife something clicked inside of my and I just stopped. The urges were there but the motivation to be pure and straight with the person you love overcame that. I was clean for over 3 years!

And then it all started with one innocent trip back to a massage parlor. I figured I'll indulge myself but won't go all the way. Well I did. It started a cycle of masturbation and from time to time seeking out these places. My wife never knew and for now I don't plan on telling her. What is crazy is that porn doesn't even appeal to me! It's more perusing online ads and calling these places that gets me going. To be clear - I have never gone "all the way" with any of these.

One thing to note is that my sex life at home has become not exciting at all. I try - and i really mean this - I try to make things exciting and interesting. I want that feeling of excitement that I get from these outside lusts! But real life doesn't always allow that. Maybe I just have expectations that are unattainable. Maybe I'm a sex addict - I don't know. But I justify these visits and masturbation with these reasons.

In May, I was at a "session" and when it was over I realized I had hit the bottom. I could not go back to that ever again. I have fought tooth and nail to overcome those urges and B"H I have been successful for now. Ironically, I have used masturbation as a way of thwarting those urges. If I "get off" then I don't care about going else wear to get off.

Since the start of Elul I have been clean. I have been close and I mean really close to giving in to myself. But the voice inside my head that's telling me to let go is not strong enough - for now. Of course, the day after Yom Kippur I have had the worst urges in months. I perused all the adds, came close to giving in. I even discussed how hard it was for me with my wife (as we can't have relations at the moment) who understood and was very sympathetic to me and told me she wouldn't judge me if I "did what I had to do." That actually helped me get through the day.

But I came to the realization that I can't survive this by going day by day myself. And after years and years away - here I am. Clean since the first day of Elul and struggling like everyone else. I found some of my older posts and my younger self had some very encouraging words.

I am here because I want to make this work. It's a struggle that I am willing to go through.

So chizuk is of course appreciated but advice on how to utilize relations in a marriage is another area that I would love some help with.

Thank you GYE!

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Re: It's been a long time but I'm back...

Posted by yomkippur5777 - 14 Oct 2016 17:53

No, I just joined on Erev YK and couldn't think of anything else...

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Re: It's been a long time but I'm back...

Posted by riskbh542 - 14 Oct 2016 18:04

I hear all of what you're saying. I'm not looking for what the outside trigger. I don't think there is one. It's an urge that I live with and need to control.

I work from home on my own schedule. It's a tough situation when there's flexibility to go and do anything I want during the day when the wife is at work and the kids are in school.

Its all about self control for me. If I force my self to work, ignore the longing in my body then I make it through. But if I allow myself to start checking out provider sites either I end up going or relieving the urge myself so I don't go.

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Re: It's been a long time but I'm back...

Posted by yomkippur5777 - 14 Oct 2016 18:09

[riskbh542](#)

I may be wrong, but I respectfully say that you have almost no shot. When I am at home alone my urge is insane. Sometimes I have to force myself to go in just so I'm not alone. I think in your case it sounds like your not necessarily always getting triggered from the outside, but you are unfortunately putting yourself in a nearly impossible situation to consistently overcome. I advise you, please, find a way to work more around people. Us vs. YH, YH will win most of the time.

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Re: It's been a long time but I'm back...

Posted by riskbh542 - 14 Oct 2016 18:18

It is what it is - this is the nature of my work. I have found ways to protect myself and as of late it's working. Do I trust myself completely? Hells no. But it's a work in progress.

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Re: It's been a long time but I'm back...

Posted by lomed - 14 Oct 2016 18:22

Thanks YK And Riskbh542 for your honest shares.

I can say what works for me. I also work on a computer alone, and used to (and can still) act out on it on almost a daily basis.

however Hashem has granted me a gift of one day at a time, that I have not acted out for 597 days. So I will write what works for me. (Please be aware I am in SA. however I becaome sober on this website on 2/25/2015 and BH am still sober since then).

1. is One day at a time. I work for today. today I will do whatever it takes-without limits, to stay clean and sober. I cant stay clean today for yesterday and cant stay clean today for tomorrow. I can stay clean today only for today.

2. I reach out to another fellow struggler whenever I am triggered. I share with him my struggle openly. this helps that the urge does not over through me. As they say we are only as sick as our secrets.

3. I surrender ,y desires to hashem. I will say: hashem I admit I cannot do this on my own, and I know you can help me stay clean, please help me stay clean. I can sometimes say, I surrender my right to lust after this...

this is stuff that I have done before I went into sa. after I started going to sa, I got even more.

Hatzlacha

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Re: It's been a long time but I'm back...

Posted by yomkippur5777 - 14 Oct 2016 18:23

Okay. I wish you lots of luck and will keep you in mind during Davening.

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Re: It's been a long time but I'm back...
Posted by yomkippur5777 - 14 Oct 2016 18:26

lomed,

That was awesome. I will try those tips.

Thank you.

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Re: It's been a long time but I'm back...
Posted by Teshuvahguy - 14 Oct 2016 18:27

Lomed, YK5777 admitted that he had YH on YK. His rav said there isn't one but "on Wednesday, i was like, I beg to differ..."

so YK5777 gets that for is there are no days with no YH

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Re: It's been a long time but I'm back...
Posted by Shlomo24 - 14 Oct 2016 19:42

So there's been a lot of theorizing going on here. My opinion? It doesn't really help. Sorry to burst any bubbles, but I don't know many people that got success by thinking intellectually. If it was an intellectual problem then maybe an intellectual solution would help. But it's not. Therapy may be very useful and helpful in getting to know one's self, but an anonymous forum of other strugglers is hardly therapy. It's decent for support and it's a step in the right direction. The handbook and the 12 steps outline a plan of action. I have found that without change nothing

progresses for the better. I'm sure we have all thought long and hard before coming here. But yet we are here, if it didn't help in the past it's probably not going to help in the future. A suggestion for the newcomer, and me, is to sit and LISTEN. Lord knows I talk too much, especially when I just joined the recovery process.

Hatzlacha to all.

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Re: It's been a long time but I'm back...
Posted by Markz - 14 Oct 2016 19:48

[yomkippur5777 wrote on 14 Oct 2016 17:53:](#)

No, I just joined on Erev YK and couldn't think of anything else...

You sound like a great guy

Please keep me posted

Im interested to know if your outlooks of being aware of triggers

- I'm losing focus)

I'd like an update please the day before Rosh Chodesh Cheshvan

itll be

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Re: It's been a long time but I'm back...
Posted by gibbor120 - 14 Oct 2016 19:49

Welcome back! You probably already know this, but seeking pleasures outside marriage (porn, masturbation, etc.) reduces the excitement we get from our wives. It's a cycle. It will hurt like hell at first, but stopping all the outside stuff is essential in order to get pleasure from your marital relationship.

A lot of people "blame" their wives for their need to seek pleasure elsewhere, but for many, the reason they are not fulfilled from their wives is because of all the "extra curricular" stuff in the first place.

Check out dov quotes and dr sorotzkin link in my signature.

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Re: It's been a long time but I'm back...
Posted by Shlomo24 - 14 Oct 2016 20:00

[gibbor120 wrote on 14 Oct 2016 19:49:](#)

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Very well said. I was going to post about it but I didn't think I knew enough about the situation.

But now that it's said, yay!

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Re: It's been a long time but I'm back...
Posted by cordnoy - 22 Nov 2016 13:05

Belated welcome, but I have a feeling I'm too late.

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Re: It's been a long time but I'm back...
Posted by YidFromMonsey - 22 Nov 2016 16:07

Just read entire thread and what comes to mind is what I recently heard from Harvey at the workshop "we're not evil becoming good, we're sick becoming well". Now he was talking to a room full of addicts so in that room evil doesn't exist and there's no point in talking of YH because we're not evil, we're sick.

The point I'm trying to make is that one needs to be brutally honest with himself whether he's addicted or not before deciding on course of action because what might work for fighting evil will never work for healing a sickness.

Hope I made some sense there.

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