

Bego

Posted by bego - 20 Apr 2017 14:53

Hi all

I am a married man with children in my early thirties.

I have had problems with pornography since I was Bar Mitzvah. In Yeshiva I was very consumed by my lust but apparently we are not supposed to say too much. I got married, thinking as we all do that it would settle down, and B"H in terms of actually being Mashchis Zera, I have been much better.

But I still struggle with looking at women in the street and the dreaded boredom at work where google calls me and I, regretfully, answer. Unfortunately work makes a filter nearly impossible.

It really is like a drug. I can feel myself NEEDING to look right now. I still recall the soothing warmth of the Hashchosas Zera and quickly forgot the guilt and sadness that came after. I regularly fall at these times, at least with looking, but I really want to improve. I have been getting the emails for ages and they really help but I recognise I probably need more.

Hopefully this will help.

I was just wondering if someone will work out who I am. Then I realised that if they do, it means they have also been reading this :-)

All the best

=====

Re: Bego

Posted by yechielmichel - 28 Jun 2022 13:30

[bego wrote on 28 Jun 2022 12:07:](#)

[Vehkam wrote on 28 Jun 2022 12:04:](#)

[bego wrote on 28 Jun 2022 10:36:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up.

"I solved the need and felt better."

"And it's true the more I am masbia the more I need."

how do you reconcile these two statements?

Fair question.

I don't.

I've been in different places in my life. Right now i recognise the contradiction but don't feel it's worth fighting. We all have it anyway. Unless you become totally asexual, you spend your life wanting more and being satisfied with less. Azehu oshir.... So I want more, but I'm happy with what I have. if I have to help myself because right now that's my need, I am not saying that's

perfect, but I'm comfortable.

I acknowledge the stirah and cognitive dissonance.

I relate to this 100%. I have been there before.

(Eventually it got "worse" (more maladaptive/addictive) for me, but more so the cognitive dissonance didn't give me peace)

Hatzlacha on your journey

=====

Re: Bego

Posted by Trouble - 28 Jun 2022 14:26

[bego wrote on 28 Jun 2022 10:36:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up.

so, based upon our other communications, you may not be "cool with it." did something change? guilt setting in later? 'l'sheim shamayim.... hmmm

=====
=====

Re: Bego

Posted by Vehkam - 28 Jun 2022 14:30

[bego wrote on 28 Jun 2022 12:07:](#)

[Vehkam wrote on 28 Jun 2022 12:04:](#)

[bego wrote on 28 Jun 2022 10:36:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up.

"I solved the need and felt better."

"And it's true the more I am masbia the more I need."

how do you reconcile these two statements?

Fair question.

I don't.

I've been in different places in my life. Right now i recognise the contradiction but don't feel it's worth fighting. We all have it anyway. Unless you become totally asexual, you spend your life wanting more and being satisfied with less. Azehu oshir.... So I want more, but I'm happy with what I have. if I have to help myself because right now that's my need, I am not saying that's perfect, but I'm comfortable.

I acknowledge the stirah and cognitive dissonance.

1)i understand the idea of not being ready to fight it right now. That is different than saying its not worth fighting.

2)there are plenty of happy satisfied people who are not asexual. There is a happy medium between being asexual and spending your life wanting more. The idea that someone who is shomer kedusha has to be asexual comes from the yetzer hara.

3)In your first post, you write that you see many areas that people are nichshol in, and you don't think this is worse. I think that what people are nichshol in is irrelevant to the challenge in front of you. I wouldn't want anyone to judge me by my failures and wouldn't judge anyone else. So I am just not looking at anyone else and/or comparing myself and my flaws to theirs. You are

correct that you should not look down upon yourself for this or any aveira - that is just a post-fail tactic of the yetzer hara.

4)That does not make it ok for me to be complacent be happy continuing those failures. In the right time, i will fight through them and stop failing, however until i reach that time i will try to be comfortable with myself and push forward in the right direction ever so slowly.

5)doing things that are assur "lshem shomayim" is a very slippery slope. the yetzer hara can easily hijack that idea and convince you to fall deeper. I am not ch'v judging you or your response to your situation. I am just trying to alert you to the possibility of danger to be aware of.

=====

Re: Bego

Posted by bego - 28 Jun 2022 15:26

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up. so, based upon our other communications, you may not be "cool with it." did something change? guilt setting in later? 'l'sheim shamayim.... hmmmHmmm indeed.

Ki hakol hevel.

=====
=====

Re: Bego

Posted by Kavey - 28 Jun 2022 18:48

Get off the ropes man. This is not the bego we admire. You've won before, you can win again.

If someone told you that today is your last day in this world you wouldn't masturbate. ODAAT

=====
=====

Re: Bego

Posted by bego - 28 Jun 2022 18:57

[Kavey wrote on 28 Jun 2022 18:48:](#)

Get off the ropes man. This is not the bego we admire. You've won before, you can win again.

If someone told you that today is your last day in this world you wouldn't masturbate. ODAAT

Thank you, though I don't recognise your name. Nor do I know that Bego.

=====

Re: Bego

Posted by fromnow - 28 Jun 2022 19:01

[bego wrote on 28 Jun 2022 15:26:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's

also true that life is complicated.

B"H, I'm growing up. so, based upon our other communications, you may not be "cool with it." did something change? guilt setting in later? 'I'sheim shamayim.... hmmmmHmmmm indeed.

Ki hakol hevel.

Is this some sort of "defense mechanism"?

Just asking?!

=====

Re: Bego

Posted by sleepy - 28 Jun 2022 22:53

[bego wrote on 28 Jun 2022 10:36:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even I'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up.

in what way do you feel that you are growing up, that you dont feel so guilty after a sin ?

also do you feel a stronger filter would have helped or slowed down the process?

=====

Re: Bego

Posted by Kavey - 28 Jun 2022 23:39

I'm new here but was reading your thread. This is the bego I was referring too. I wish I had that kind of record.

[bego wrote on 29 Jun 2021 14:16:](#)

So it's been over 4 years and I've got 1,418 days clean in total. As far as I recall, there was only one slip in that time.

=====

Re: Bego

Posted by bego - 29 Jun 2022 13:36

[fromnow wrote on 28 Jun 2022 19:01:](#)

[bego wrote on 28 Jun 2022 15:26:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up. so, based upon our other communications, you may not be "cool with it." did something change? guilt setting in later? 'l'sheim shamayim.... hmmmmHmmmm indeed.

Ki hakol hevel.

Is this some sort of "defense mechanism"?

Just asking?!

Probably. The hakol hevel was directed at my own words.

=====
=====

Re: Bego

Posted by bego - 29 Jun 2022 13:36

I'm new here but was reading your thread. This is the bego I was referring too. I wish I had that kind of record. So it's been over 4 years and I've got 1,418 days clean in total. As far as I recall, there was only one slip in that time.

Ouch.

x2.

=====
=====

Re: Bego

Posted by bego - 29 Jun 2022 13:39

[sleepy wrote on 28 Jun 2022 22:53:](#)

[bego wrote on 28 Jun 2022 10:36:](#)

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up.

in what way do you feel that you are growing up, that you dont feel so guilty after a sin ?

also do you feel a stronger filter would have helped or slowed down the process?

I recognise that we all sin, just in different ways. I see that many people greater than I have areas they struggle with tremendously and I just don't feel that over powering guilt I used to. I no longer really believe that Hashem is going to pounce on me for my aveiros. I believe my life is a process of struggling and achieving.

A better filter would likely have made a very small difference. This isnt me surfing the web and being turned on.

=====

=====

Re: Bego

Posted by fromnow - 29 Jun 2022 14:21

I recognise that we all sin, just in different ways. I see that many people greater than I have areas they struggle with tremendously and I just don't feel that over powering guilt I used to. I no longer really believe that Hashem is going to pounce on me for my aveiros. I believe my life is a process of struggling and achieving.

Hey Bego,

I wanna start off with saying - I am not judging you, I have my own struggles which needs a lot of improvement - to put it a nice way - Just wanna add my 2 cents.

I think its true that all humans have their struggles, and many struggle with serious stuff. Isn't this the reason we're put in to this world?!. - we try our best, there are times we succeed and time when we fail. When we make a mistake by transgressing of the torah - we can repent and use it as a learning experience on how to get better and make sure it doesn't happen again. And if it does happen again, we learn from that and make more and stronger gedurim. But to say: **"I no longer really believe that Hashem is going to pounce on me for my aveiros"** seems to be a of track.

Does this make any sense?

=====

=====

Re: Bego

Posted by bego - 29 Jun 2022 14:29

[fromnow wrote on 29 Jun 2022 14:21:](#)

I recognise that we all sin, just in different ways. I see that many people greater than I have areas they struggle with tremendously and I just don't feel that over powering guilt I used to. I no

longer really believe that Hashem is going to pounce on me for my aveiros. I believe my life is a process of struggling and achieving.

Hey Bego,

I wanna start off with saying - I am not judging you, I have my own struggles which needs a lot of improvement - to put it a nice way - Just wanna add my 2 cents.

I think its true that all humans have their struggles, and many struggle with serious stuff. Isn't this the reason we're put in to this world?! - we try our best, there are times we succeed and time when we fail. When we make a mistake by transgressing of the torah - we can repent and use it as a learning experience on how to get better and make sure it doesn't happen again. And if it does happen again, we learn from that and make more and stronger gedurim. But to say: **"I no longer really believe that Hashem is going to pounce on me for my aveiros"** seems to be a of track.

Does this make any sense?

it does make sense, yes.

But what can I tell you, I don't think that is teshuva. By definition, the yodea ta'alumos knows I will sin again and not because He knows everything, but because it is clear that my teshuva isn't total. You call it repenting and learning. I call that starting a process that might lead to teshuva. All

that leaves me to think that this Rambam is aspirational. It is the end of a process. The logical corollary of that is that Hashem watches the process. He knows that we are all on different paths to different places. You talk about stronger gedorim and learning more. It's a galgal hachazer. you just make it harder for yourself to sin. You didn't change (yes, i am aware the ba'aeli mussar think this is a madreigo - believe me, I've learnt a fair amount).

It also means Hashem doesn't pounce. He isn't evil (ch'v).

Whatever, hard to explain without going into way too much details.

?Do I think (most) people change their inner nature (not their outer actions)? Not really, not in any major ways. In small amounts. here and there. But maybe, that's what Hashem is truly expecting of us.

=====

=====