

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 Yeshivah 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

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Re: Bego

Posted by DavidT - 17 Jan 2022 20:40

According to many professionals, including Rabbi AJ Twerski Z"L, real addiction is an "illness" and needs to be treated as such. Someone who fell a few times out of curiosity can be washed off and get out of it. But once a person has sunk his mind into this stuff for years, and he has trained himself to use lust as an escape mechanism from life whenever feeling R.I.D (Restlessness, Irritability, Discontent) and he has trained his mind to be triggered by everything he sees, this person develops an "allergy" to lust. What that simply means is, that for the rest of his life, he knows that he can not take even the first sip of lust, because if he does, he can easily lose control. His acting out all these years burned neuron pathways into his brain by "conditioning" himself to be aroused by everything he saw.

Knowing that one has this condition doesn't absolve him of anything. He still needs to know what the torah demands from us and keep all the halachos.

What this person needs to realize is that he is not someone "bad" who needs to become "good", but rather he is simply "ill" and needs to get "better". When attacked by lust he simply says to himself, "well there I go again!", and he surrenders the lust to Hashem - knowing that he can't afford to even battle with it at all.

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Re: Bego

Posted by bego - 18 Jan 2022 14:09

[5Uu80*cdwB#^ wrote on 17 Jan 2022 19:26:](#)

Hi Bego,

Thank you for sharing your thoughts in a very respectful way of the other approach that someone else mentioned. You have brought up many good reasons why one should not be involved in shmutz.

With respect, I want to make one ???? that I think you would agree with. We must not forget that even if there was not a single [perceivable] downside in this world to not guarding our eyes or being mz"l, we still would need to keep these halachos with love and precision because that is the halacha and thus our mission as Jews. Thus, when push comes to shove, that the halacha demands it of us is really the reason why we do not do these things, not anything else. Everything that you mention is a great side benefit of keeping these halachos. I thought it was important to write this on the forum.

Wishing you much bracha.

Hi

Thanks for the reply and i appreciate that many people idneed think along the lines you have laid out.

However, I don't really do public (internet) discussions of Machshovo or philosophy. My only exception is the practical outcomes of my thinking, hence my point above. That being the case, I will have to simply restate what I said above; there is another way to see it.

Sorry if that's annoying, but it's better than starting a long discussion that I can't do justice to in this forum.

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Posted by bego - 18 Jan 2022 14:12

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Hi DavidT

?So I am not entirely sure what point you are making. If you are saying some people develop

addictions, I couldn't agree more. If you are saying we can't get past that without thinking about Hashem, I think that is true as well. But then we get to my other post...

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Re: Bego

Posted by Trouble - 18 Jan 2022 14:19

[bego wrote on 18 Jan 2022 14:09:](#)

[5Uu80*cdwB#^ wrote on 17 Jan 2022 19:26:](#)

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All true.

Though I'm even going one step further. See Moreh Nevuchim 3:30-33.

It's a different approach though I know many find it less of a guide and more perplexing :-)

Both in the short and long term, being human is the aim (and what Hashem wants).

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Re: Bego

Posted by Shmuel - 18 Jan 2022 16:09

[5Uu80*cdwB#^ wrote on 17 Jan 2022 19:26:](#)

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Wishing you much bracha.

You make a good point! The fact is that as Jews ratzon Hashem should be the ultimate reason and motivator to stop watching porn and masturbating. However, for me, the approach you present has only caused more shame and guilt and made getting help only harder. Having clear goals for **MY** life and a clear reason why **I** want to stop these behaviors has helped a lot! (happens to be that my relationship with Hashem is one of my goals but it's **MY** relationship).

Warning: Spoiler!

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Re: Bego

Posted by jackthejew - 18 Jan 2022 18:22

[Shmuel wrote on 18 Jan 2022 16:09:](#)

Warning: Spoiler!

Check out GYC (Guard your Cholent) for compulsive early takers...

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Re: Bego

Posted by 5Uu80*cdwB#^ - 18 Jan 2022 20:13

Shalom. Based on some of the posts above in this thread, I do not think I was understood as I

intended to be.

Hopefully the following clarifies what I was trying to say above:

I pray that every yid should be able to experience the great and tangible benefits to our lives that doing the mitzvos does indeed bring us in this world, to understand the mitzvos to his greatest ability, and to grow into an ??? ???? through their performance. I also pray, though, that even if someone does not recognize the blessings that observing the mitzvos brings him in this world, for whatever reason, that Hashem should give him, too, the strength and guidance to observe the mitzvos properly.

B'vracha.

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amen!

so why should someone want to recover please? (which was the point you were adresssing in

the initial post, but conveniently omitted in this post)

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Re: Bego

Posted by sleepy - 18 Jan 2022 22:06

[Trouble wrote on 18 Jan 2022 20:35:](#)

[5Uu80*cdwB#^ wrote on 18 Jan 2022 20:13:](#)

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B'vracha.

amen!

so why should someone want to recover please? (which was the point you were adressing in the initial post, but conveniently omitted in this post)

why should someone want to recover?well if hes a goy, i dont really have an answer . but for a yid who believes that G-d created him for a purpose ,(just like everything else was created for a purpose by a Wise G-d who has wisdom without limit,and wont just do things without a purpose,since to do something without purpose is not a very wise thing to do,) a yid will think to himself was i Created to fill my animalistic taavos and live like an animal just giving into the

procreation urge whenever i get the opportunity?the time has come to be a Adom someone who is capable to reign in his animalistic urges.

you see trouble, many of us at gye after falling ,have this TERRIBLE feeling afterwards of OMG !what have i done ?! and they maybe even start to cry IN THE BATHROOM!! over what they have done , that realiazation that after the fall comes regret is a very strong impetus to push one to stop this roller coaster of lust,regret, lust ,regret .lust ,self loathe,lust ,self loathe.

but if someone falls and afterwards cleans up and walks away whistling happily to himself , im not sure what will inspire him to stop.im sure there are things ,but as of now, nothing really comes to mind.

im not saying that trouble is that happy whistler, im just saying.

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Re: Bego

Posted by Shmuel - 19 Jan 2022 00:25

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Re: Bego

Posted by sleepy - 19 Jan 2022 01:16

[Shmuel wrote on 19 Jan 2022 00:25:](#)

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a non jewish teen went to bed and had a wild wet dream when he woke in the morning he went to the bathroom and then headed back to bed, his mom said where are you going, answered the boy excitedly, "IM GOING BACK TO SLEEP!!"

without the equation of G-d after a lust there should be no self loathe , or regret ,why should he , hes just a monkey, and the doctors say its healthy...

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Re: Bego

Posted by Shmuel - 19 Jan 2022 02:07

[sleepy wrote on 19 Jan 2022 01:16:](#)

[Shmuel wrote on 19 Jan 2022 00:25:](#)

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Many many assumptions here...

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Re: Bego

Posted by sleepy - 19 Jan 2022 02:41

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[sleepy wrote on 19 Jan 2022 01:16:](#)

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i assume you have a problem with that...

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