

Hello

Posted by Hope4debetter - 21 Aug 2017 23:25

Hi guys, here's my story...

well, my story is not so simple, I think it can't be told while standing on one foot, and I'm standing now with just one foot in here...

Basically, I signed up to this site 3 weeks ago. I didn't yet do any serious thing about it (besides signing up for the chizuk emails, which I check every here and then), but today something dawned at me about how stupid my addictive and destructive behavior is. It was an intensive thing in my work life where I kept on blaming numerous people but the person who is really responsible for that, myself. I realized that if I continue with this behavior I will most definitely not succeed anywhere in life and lose what I've already accomplished.

I have right there and then promise myself to start counting and climbing the ladder of 90 days, and to start to participate actively in this site in order to do my hishtadlus of helping myself getting healthy.

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Re: Hello

Posted by Jman356 - 22 Aug 2017 11:12

Amazing! Welcome!

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Re: Hello

Posted by gibbor120 - 22 Aug 2017 21:41

Welcome! How about your acting out history? That is the real story. Share your struggles. You will find chizzuk here. Check out the handbook for lots of great information. Keep posting.

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Re: Hello

Posted by Hope4debetter - 23 Aug 2017 17:50

I didn't yet get the time to write my acting out history, hope to do so somewhere soon. For now I'll just copy paste from a comment I just wrote.

[Needtoclearmyhead wrote on 20 Aug. 2017:](#)

People at times talk about an awesome steak, skiing, beautiful view, fancy hotels, flying first class, nice cars, or even great chizuk shmooze, sharp pilpul, or dehoibeneh shalosh sheedis or tish.

All that doesn't really interest me if it doesn't involve naked women.

They think I'm a bit of a porush/cheapskate/spoil-sport.

you don't appreciate nice things?!?

you're a tzaddik/loser/clueless (depending who is talking about what)

I just like sex better. (I don't announce this)

Does that make me an addict? or just I have a taste for sex instead of food or what have you.

since before my Bar Mitzva this is all I wanted.

If I even fix it, then what?

will life suck?

will I all of a sudden want expensive steak or to hear pilpul/hisoirurus?

Or will I just hate my life until I fall into a porn wormhole and breathe.

I felt basically like you and nothing helped me to understand what the heck is going on with me, where I'm standing at, what my real struggles are, and what is the thing(s) I need to do to help myself... This situation went on for years till I was referred to therapy by Relief. I started therapy (tried a few therapists) and was referred to a psychiatrist for an evaluation. The moment the psychiatrist asked me if I have anything more to say and if I'm ready to hear bluntly what's going on with me, I felt that this was the moment! This is what I'm waiting for the past 20 years! and

indeed it was!!! He gave me such a clear and precise picture and map of what's happening that I couldn't doubt it. It was painful but relieving (on some degree) at the same moment. In my case this was the only thing that gave me hope and here I am on my second day sober (I had much more days in the past but my life was so miserable then and wasn't interested in nothing, but now I feel I'm still living and I'm interested in work and in people), and still feeling calm and collected, as long as I do the little homework they (doctor and therapist) gave me. I'm not fully ready yet to join a live SA group, but meanwhile I'm trying to benefit from the support on here.

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Re: Hello

Posted by gibbor120 - 25 Aug 2017 14:43

He gave me such a clear and precise picture and map of what's happening that I couldn't doubt it."

Wow! Most of us never get anything close to this. It is quite a special gift.

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Re: Hello

Posted by Hope4debetter - 29 Aug 2017 18:26

[gibbor120 wrote on 25 Aug 2017 14:43:](#)

He gave me such a clear and precise picture and map of what's happening that I couldn't doubt it."

Wow! Most of us never get anything close to this. It is quite a special gift.

B"H I'm thankful for that. That happened after almost 2 years running around for help trying so many methods. I still need a lot of help, but knowing the complex nature of my problems helps a lot.

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Re: Hello

Posted by abd297 - 29 Aug 2017 22:36

The description of how you have no interest in things is one that is very relatable. Personally, it is my nature to be very non emotional and very blasé. It's not even specifically that I only want porn but with life in general. I come of as someone with no emotions or opinions. I'm the "I don't know" guy. A lot of it is that I'm not interested in talking or sharing with the person, so more of an outward thing, but it can be internal too. When I'm in the moment I can blow off almost anything, even things I like.

Everyone can relate in their own ways. I just thought what you posted was a very pointed and striking way of describing it. Really hit home emotionally.

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Re: Hello

Posted by Hashem Help Me - 30 Aug 2017 04:00

What exactly did the psychiatrist say?

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