

Not much hope but still prepared to give it a try
Posted by Buzi - 10 Dec 2017 10:01

Hello,

I am in my forties and been struggling with porn and masturbation since I was a teenager.

I have tried to stop using different methods with degrees of success but nothing helped long term.

I have basically resigned myself to the fact that I nothing will help me, but recently it has gotten "worse".

So I am here in the hope that sharing here will "calm down" the lust.

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Re: Not much hope but still prepared to give it a try
Posted by tzomah - 10 Dec 2017 11:42

hi and welcome recovery should be with hatslocho

as an aside for me the only to calm down the lust was to lust

i need to make it unnecessary not calm it down

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Re: Not much hope but still prepared to give it a try
Posted by RobFloyd - 10 Dec 2017 12:38

[Buzi wrote on 10 Dec 2017 10:01:](#)

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I was in a similar place. Then I got busted by my wife and that was rock bottom for me. I knew I had to become clean or I would lose my marriage. My first steps were a lot of introspection, reading the GYE Handbook and reading many of the articles on the GYE website.

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Re: Not much hope but still prepared to give it a try
Posted by Hashem Help Me - 10 Dec 2017 13:42

Welcome. Yi'ush gets us nowhere. Get to know the oilam here. They will help extricate you from this mess. Step one - keep posting - stay connected. lyh you will see hatzlocha as many here have. Do you have a partner?

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Re: Not much hope but still prepared to give it a try
Posted by youcan - 10 Dec 2017 15:44

Welcome!

There are a lot of people here that were in the same situation that you are now, struggled as long as you did & they managed to recover, your story won't end differently.

You should never give up, at least until you've tried everything. Every time you hold yourself back you are making a positive change in you even if you do not notice. We all have falls on the way up but we know that change is happening, the goal is to take one day at a time & don't pay too much attention to each fall (except for thinking how to prevent it next time). You'll start to see bigger breaks between one fall & the other.

Also don't forget that every time you hold yourself back you won a battle over the yetzer horah & you fulfilled a mission Hashem assigned to you!

Good luck! Hope to see you again soon!

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Re: Not much hope but still prepared to give it a try
Posted by cordnoy - 10 Dec 2017 17:05

I don't know you or your situation at all, but I know from myself, who struggled for longer than you, that "yi'ush" by me, accomplished a great deal. It was only then that I was truly able to recover.

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Re: Not much hope but still prepared to give it a try
Posted by Markz - 10 Dec 2017 18:54

[Buzi wrote on 10 Dec 2017 10:01:](#)

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Welcome - if Sharing here doesn't work, there's other good work to do here ;-)

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Re: Not much hope but still prepared to give it a try
Posted by 360gye - 10 Dec 2017 22:49

Welcome Buzi,

I wish you much luck on your journey and i offer my help if you ever need it.

Just my own thoughts: the reason you may be falling deeper is because you gave up on recovering. A rebbi told me once, the reason we say "mi yaaleh **behar**..." is because if a rockclimber stops at where he is he's going to start falling, he can't stay in one spot for too long or else he starts falling. Same thing with us we constantly need to grow, we can't stay in one spot for too long

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Re: Not much hope but still prepared to give it a try
Posted by tzaddik212 - 11 Dec 2017 00:10

Hi Buzi

It so saddened to hear your despair in your struggles. you probably heard of the story of Reb Yisroel Salanter of the Kol Zeman Shehaner Doileik Afsher Letaken.

It is true to any Yid, and for sure for you as well.

well i am in a similar situation , and i B"h see progress. i was in despair as well. i had in my mind as well the thought, i do not have a chance to live a clean life. but i am glad that Hashem proved me otherwise, i am tonight 85 days clean. i know it for a fact that ????? ???? ???? , ???? ???? ?? . it is all him that is helping me to be a better person. This journey is not easy, but it is rewarding. anyways, just feel free to drop me message.

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Re: Not much hope but still prepared to give it a try
Posted by tzaddik212 - 11 Dec 2017 01:32

Hi Buzi

?? ??? ????? ????? goes on the Chanukah Menorah, as it is said in many Seforim that the mirzvah of Menorah is ?? ??? ?????, even if youre a Yid of the outsides, fully burnt out from your insides, even if your as low as lower then 10 tefachim, a measurement that chazal say ????? ?? ?????, even if youre there, Hashem will still take you out of your predicament. Chazal say ????? ?????, which means even such neshomos that do not become touched and lifted on Shabbos, but on Chanukah at the Menorah we all are able to lift ourselves, out of this low state of mind. and become close to Hashem.

so now is the time, Daven as you light the candle, so Hashem should enlighten your world, ?? ?? ?? ??, ?? ?? ??.

May we all be Zocheh to become true Ovdei hashem

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Re: Not much hope but still prepared to give it a try
Posted by serenity - 11 Dec 2017 04:10

Thank you Cordnoy. My experience was the same as yours. Welcome Buzi, stick around and keep an open mind. There is a lot to learn so have patience and keep an open mind. Look at what others have done. In the mean time maybe share some more about your acting out. How much time do you spend? What do you mean it has gotten worse? etc.

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Re: Not much hope but still prepared to give it a try
Posted by gibbor120 - 11 Dec 2017 14:25

Welclome! You are in a difficult situation. I can totally relate. Check out the handbook, and keep posting. It is guranteed to get worse if you do nothing about it. That is the nature of it.

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Re: Not much hope but still prepared to give it a try
Posted by Buzi - 11 Dec 2017 15:03

Thank you all for the warm welcome and chizuk.

As I wrote, for years I tried to deal with the problem (for a while I went to SA meetings), but nothing helped long term. The frustration and yiush were enough to kill me in itself.

I had to stop battling, and I "accepted" that I would always have a "period". With the tools I have, I would be able to stay clean for about two weeks at a time. I was ok with that (better than once or twice a day) but recently it has become more intense, and I need help.

Thanks

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Re: Not much hope but still prepared to give it a try
Posted by youcan - 12 Dec 2017 06:47

The tools here don't work like antibiotics - you take them twice a day & it does the work for you, joining meeting & all other tools will not take the problem out of you, all it does it helping you fighting the addiction. You should be devoted stay focused & don't give up. You have nothing to lose by doing so.

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Re: Not much hope but still prepared to give it a try
Posted by cordnoy - 12 Dec 2017 13:00

[youcan wrote on 12 Dec 2017 06:47:](#)

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Here is my take and what I hear from many others: it (the recovery tools) might not remove the problem, but it helps you deal with life, and that is the problem. Many think that the addiction is the problem; they are very often wrong. Life is the problem; the addiction is the solution. So, when we learn how to live life (which many of us were not taught), there is no necessity for the addiction, and guess what? We will not be fightin' at all. Does that mean to say that we will not be stirred when the objects of our lust present themselves to us? No.

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