

just trying to do the right thing

Posted by iampowerless - 03 Jan 2018 14:43

Hi everyone my story is long and complex, and i'm kinda not in the mood to write it down yet but i probably will at a later time. anyways i just wanted to post i'm 9 days clean so far.....by admitting once and for all i'm an addict, installing a filter on my work computer where most of my falls happened, and most importantly concentrating on today and only today!

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Re: just trying to do the right thing

Posted by iampowerless - 11 Feb 2020 03:44

I'm sorry you feel that way, I did not feel that way in SA, and neither did the others who were just starting out. We were welcomed with open arms. Actually, the old guys spoke as if they were newbies. Each group, I guess, has a mind of its own.

I thought about what you said and i realized that it's not the group who is judging me negatively because as you mentioned regardless of what i did and how stupid my actions were they will always welcome me with open arms.....

it's more how i feel internally when i rejoin after a fall, internally i feel pretty sad and awful.....but again like you brought out and it's extremely important to bring out the group will always welcome me and treat me as though I'm a real important person.....

Love Yankel

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Re: just trying to do the right thing

Posted by ??? ???? ???? ??? - 11 Feb 2020 17:20

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What incredibly powerful self-awareness and vulnerability. Thank you for that, lampowerless. You inspired me today.

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Re: just trying to do the right thing
Posted by lampowerless - 12 Feb 2020 15:29

Unfortunately I'm still in a bad territory, i just don't feel the strength for another round on the other hand i don't have a choice I'm such a crazy kind of addict where i just compulsively masturbate until i feel dizzy and sad.

So for now for the next week i will iy'h post a daily update on GYE and focus on the craziness of this addiction.....

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Re: just trying to do the right thing
Posted by Hakolhevel - 12 Feb 2020 16:38

I don't know your exact situation, but I know by me when I get into a rut, I don't masturbate/ watch porn because I'm sad. It's just the other way around. I watched porn/masturbate, it makes me sad/angry at myself. So the only way I know how to deal with negative emotions is to.... You guessed it, watch porn and masturbate. It's very understandable, though it is pretty crazy.

So if your like be, stop beating yourself up, you need to find a way to stop. Once you've stopped, you need to work on yourself internally, and hear how to deal with pain in general.

Just my experience.

P.s you missed your signature "love yankel"

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Re: just trying to do the right thing
Posted by lampowerless - 12 Feb 2020 20:57

[Hakolhevel wrote on 12 Feb 2020 16:38:](#)

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P.s you missed your signature "love yankel"

Yup.Yup very true. Thanks

Love Yankel

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Re: just trying to do the right thing

Posted by YeshivaGuy - 17 Dec 2020 19:54

[lampowerless wrote on 01 Dec 2019 17:55:](#)

Hi everyone b'h I reached 2 weeks of sobriety by rejoining SA. Anyways i am continuing to work on my 1st step the more i work on this step the more i realize the craziness of this addiction..... and the more i realize I've tried everything to stop including GYE and all kinds of Tapschic/filters and every program had an expiration date eventually i fell.....i'm trully powerless over this deadly sickness i must continue attending SA and working the program.

Here is the list I've written so far for myself of episodes of acting out/analzing powerlessness in those episodes. I hope it belps others to truly understand the nature of this disease

- Shaking and shocked at the extreme of pornography 1st time i watched it in grandparents house.....
- Looking encylopedias and any sort of book that would talk about the word sex for hours on end in extremely compulsive ways
- Listening to a radio show nonstop on sex for 2 hours at night for around 2 years with extreme compulsively and missed many chavrusas and commitments due to my need to listen to that show.
- Breaking 3 or 4 radios in the process. Tried to destroy the antennas of 2 cd players in my house countless times without success to try to stop myself from listening.....
- Grandparents house for hours on end including extremely late at night where i could have

easily been caught X5-8

- Magazines/always looking for books then throwing it out and then going to the garbage to repick it to read it
- Going through halacha books as well as any book/ going through mail looking for material to lust
- Going through my mothers bras/drawers as well as while a guest in other people's house going through there drawers looking for lingerie.
- Going through the drawers/bedroom in my aunt's house while babysitting looking for pictures/see if i can find anything sexual.
- Missing a family trip to yellowstone and staying home for that full week in order to watch pornography i walked 30 minute plus to staples to buy a wifi stick to watch as my parents had removed wifi capacity from my home computer
- Airplane. Watching extremely sexual scenes even though the passengers next to me must have been shocked that an orthodox Jew is busy watching that and there were other frum jews on my flight X 5
- Acting out after a full night of learning shavuot night even though I was extremely exhausted.
- causing a flood while taking a shower in a strangers house when i got to israel due to dizziness from acting out in plan and i totally didn't even realize.....
- Mir dirah stealing friends phone in israel and then walking around 25 minutes every day sometimes twice a day to wifi x80-120 times.
- going to Israelis dirah and fighting with them to let me watch and use their movie player all the time even though they were uncomfortable about it. X30-60 times
- Mechalel Yom Kippur in israel due to me going crazy from nonstop acting out on yom kippur.
- Erev yom kippur in Lakewood in hospital due to cutting finger due to compulsive acting out beforehand and feeling dizzy
- Reading and looking at sex positions book in library while other people were around and trying to hide it when people walked near by x20
- Boss commenting to me "you seemed very busy on sunday" which was a day i watched pornography for hours on end at work to this day I worry that he "chapped"
- Watching nonstop during work including some times when my office mate was in the room. And coming back late at night to my office to watch porn until extremely late at night
- Using the small office by work to watch and one time i masturbated just as someone came

into the room to ask me a question. To this day i worry that he "chopped" what i was up to.

- Nonstop acting out while dating as well as after dates and during the date the only thing that mattered and i was obsessed about was their looks.
- By dating mentioning to some girls that it's normal for man to have such strong needs and it's ok, trying to see how they would react.....
- Telling shadchanim i need the girl to dress like this or like that to help me out on the next date. Trying to force/manipulate what girls need to wear to dates.....
- Watching news/videos just to see the women.
- Always picking the chair/seat in events facing the women so i can lust after them.....
- Always focusing on looks and tops of girls I'm with including family members and being jealous of people/friends with pretty wives
- Doubting and constantly testing myself sexually if I can get hard. Etc.
- Reading self help websites as well as sexual shalom bayis help chats and opening accounts to lady only jewish chats and getting caught by them
- Caught in library and kicked out by the security guard In front of everyone it was so embarrassing i promised myself that I'm done.....yet 2 weeks later i was back in the library looked around and when i noticed that day there was a different security guard when straight to lustful actions
- Masturbating to everything stupid i could get my hands on including looking through Google maps for pictures to masturbate to.....
- Putting juice/mayonaisse to help me masturbate.
- Joining random Whatsapp sexual chat groups sending pics and videos of my penis and requesting nonstop videos. Then deleting whatsapp as though that would help my addiction.....
- Putting a filter on my work computer that sends emails to mommy and mommy getting emails that I'm watching porn..... even though i was so embarrassed and started seeing a therapist right after to help me with the addiction i still couldn't stop myself and very soon thereafter i was back to pornography.
- Trying to convince parents to get a filter because of feeling helpless.
- Nightly fight/ getting new filters and then right away searching and finding loopholes always in Tag the people there know me well
- Non stop tapschic/starting again with different shnidts through gye and while i had some nice

days of sobriety eventually i kept falling.

- Masturbating while driving x5. What a retarded sickness.....
- Going through the streets of LA trying to find a billboard i saw earlier.
- Going to the library for hours upon hours until extremely late at night and at times including when i was extremely exhausted such as after a date waiting and going crazy to get reception x30
- Giving chizuk to a fellow GYE member while at the same time trying to rush the call to watch porn
- Calling chat lines using and stealing brothers and parents credit card for the free trial
- Stealing grandmothers phone taking it into the bathroom to charge it so i could watch pornography x4 She probably got a crazy charge on grandmothers phone due to roaming charges
- Coming to work and hurrying to finish my tasks to get my porn fix. X50
- Browsing through nudes while there were other people in my room/office
- Nonstop masturbation including when other people were in the room and bedroom x10
- Going crazy spending tonz of time trying to find a particular book in grandparents house 2 weeks ago.

Wow. Heartbreaking.

It takes tremendous courage to write this.

Unfourtanatly I can relate to some of these things...

May we all be zoche to break free Bekarov

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Re: just trying to do the right thing

Posted by OivedElokim - 17 Dec 2020 20:38

Wow that's brutal. Things could have gotten much worse for me. That's encouraging.

Its also really impressive how hard you're fighting considering what you're up against.

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Re: just trying to do the right thing
Posted by lampowerless - 17 Dec 2020 21:21

@yeshivaguy @oived elokim. Thanks for bringing up my thread it's been a while since I updated it. Anyways just to update it I've b'h become a major SMART Recovery person since. I attend live meetings and have been clean ever since. Life has really improved since I wrote that post.

Wishing everyone a Freilichen Chanukah.

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Re: just trying to do the right thing
Posted by Hashem Help Me - 22 Dec 2020 02:53

[lampowerless wrote on 17 Dec 2020 21:21:](#)

@yeshivaguy @oived elokim. Thanks for bringing up my thread it's been a while since I updated it. Anyways just to update it I've b'h become a major SMART Recovery person since. I attend live meetings and have been clean ever since. Life has really improved since I wrote that post.

Wishing everyone a Freilichen Chanukah.

For the record, our humble chaver lampowerless is a **leader** in SMART and has helped many guys get better.....

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