

**My Story**Posted by JoyOfLife - 12 Jul 2018 14:12

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I'm a married 28 year old with BH beautiful children. My first exposure to pornography was even before I had any desires - by a friends house. As I became older being that I had open internet I was curious and got hooked. Fast forward till now. Along the way there were plenty of ups and even more downs. I was embarrassed of my issue although contrary to what many people feel I felt that most guys have this problem so it wasn't such a major problem. Currently I have a top notch filter combined with accountability and can't really get around them. The major problem for me is that the second I have open internet access I know what I would do. I feel like an addict that can't drink because there is nothing to drink but in essence am still an addict. Its such a beracha to be truly free not just in body but also in mind. This is why I'm reaching out and trying to really break this addiction with others who have struggled and gone through this already/those who are still struggling. Any advice/chizuk goes a long way. (That wasn't as hard as I thought it would be. It took me months till I decided to post something here)

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**Re: My Story**Posted by JoyOfLife - 16 Jul 2018 06:10

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[mzl wrote on 15 Jul 2018 16:42:](#)

Ummm, I think you haven't tried it. This one is not about expectations, it's about the future. Expectations is a different idea.

I guess I didn't understand what you meant. I thought you meant that don't expect that just because she is feeling one way now that that will be the case later. If you meant otherwise please clarify what you meant exactly, thanks

Also, as far as being altruistic for yourself I believe that its a great way to start - mitoch shelo lishma thinking. Ultimately the end goal is to be as much like Hashem as possible. I know I'm but I think that at least on a theoretical level and as a long term goal that it is a worthwhile one.

Cordony - It's going to take me forever to read all those posts. Do you think you could pass some tips my way that helped you out? BH, I'll go through the posts but until then I need something concrete to work with if that's possible.

Thank you for everyone for really being extremely helpful and caring, it make the struggle that much easier so you guys get a huge piece of the zechus, thanks!

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Re: My Story

Posted by mzl - 16 Jul 2018 09:43

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Sure. It's a subtle difference. Predicting the future vs expecting someone to behave a certain way. You can tell the difference when you think about how these thoughts make you feel. A wife expects her husband to put down the toilet seat and feels angry when he doesn't. I would call that an expectation. When you see that she wants it early in the day and you start thinking about s\*\* you are predicting the future. Once night comes around, you may also then expect it, you might, as a result, feel angry if she doesn't provide. But say when night rolls around she becomes niddah, you won't be angry at her because it's not her fault. You are not expecting her to have s\*\* when she is niddah. So you don't feel angry. But you still have the problem that you want s\*\* as a result of predicting s\*\* all afternoon.

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Re: My Story

Posted by JoyOfLife - 16 Jul 2018 11:04

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[mzl wrote on 16 Jul 2018 09:43:](#)

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Sorry, I'm just not getting it. When my wife shows interest I say to myself "probably nothing is going to come out of this" and therefore the disappointment is lessened significantly. In other

words I'm not expecting anything to happen/I'm predicting the future that nothing will happen. However, its like a trigger that gets me interested at least similar to looking to inappropriate things or not being careful with shmira einayim. Maybe expectations means different things to us and that's why there's a misunderstanding or I'm simply not getting what your saying.

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Re: My Story

Posted by mzl - 16 Jul 2018 12:03

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[JoyOfLife wrote on 16 Jul 2018 11:04:](#)

[mzl wrote on 16 Jul 2018 09:43:](#)

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No, that's what I meant. You may still get triggered because you think that if she is in the mood then you are bound to get turned on, so you have to deal with that. They are two independent problems.

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Re: My Story

Posted by JoyOfLife - 16 Jul 2018 14:35

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Today is 7 days clean. Thanks to everyone for their advice/support especially to mzl and cordnoy. Hopefully I'll be able to keep this up and actually completely break out of this thing

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Re: My Story

Posted by JoyOfLife - 16 Jul 2018 16:02

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[Reb Yid wrote on 18 Jul 2013 06:13:](#)

Hi Chevra!

It's been a real long time since I've posted on the forum. I've been really busy with my SA  
This thread however brought up some good stuff for me and I wanted to share it. I recently shared this with an SA friend, and I'm sharing it here again.

"The main common denominator for me is the insane need to be in control. I've always fantasized about being in control - about forcing a woman to want me, and giving her pleasure whether she wanted it or not. Of knowing that she needed me to make her feel good.....

This is how I acted in the bedroom as well. All I ever wanted to do was give my wife the maximum pleasure possible. It was never about me. Ever. When people shared about their abuse of their wives in the bedroom, I totally could not relate. And so when I was told that I was not caring about my wife and that it was causing me all kinds of problems, I simply could not accept it. How am I not caring about her if I am ONLY trying to pleasure her?! It took a very long time for me to realize that all of my giving to her was really taking for my self!! **I didn't want to give her what she wanted. I only wanted to give her what I wanted her to want!!** So if she wasn't in the mood for a "mind blowing experience", but I wanted her to have one, I was ticked off. This helped me to understand that it really was about me, and not her!!

program, step work, and therapy, besides for all my "real life" stuff.

This was a real turning point in my marriage and in my life in general. I realized how much the need to be in control dominated everything I did. Even when giving to others, I was really taking for myself.

Today, I try to live my life being real. If I want something for me, that's ok, as long as I can be aware that it is really for me, not the other person. I can then try to work on being less selfish, and more giving - in the true sense of the word. As long as I thought I was a giving person, I couldn't possibly work on my selfishness - because I wasn't selfish at all! It was only when I was able to acknowledge that trait in myself, that I was able to attempt to work on it.

Thanks for helping me bring that out!"

Hatzlocha!!

Yosef S.

AKA: Reb Yid

PS - I really enjoyed all the posts here and the honesty and vulnerability. I especially appreciated Skeptical's stuff. It really spoke to me!! Thanks to all of you!!

When I saw this post I was floored! It make so much sense its hard to believe that I was blind to

this. I mean, I feel like I'm a very giving person and focus on my wife's pleasure constantly especially in the bedroom. Yet the root of things doesn't necessarily come from giving and quite the opposite. I reposted this since I thought since it gave me chizuk it might give others some chizuk as well

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Re: My Story

Posted by mzl - 16 Jul 2018 16:54

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Thank you. That really resonates with something I was talking about at work, basically that there is the way an organization is supposed to work and then there is the way it really works. And the way it really works determines if people in the organization are happy or sad. Whether they are "right" to feel that way or not. After I had this conversation, where I was doing all the talking, I realized that this applies very much to my wife. I think it pays for me to find out what would make her happier, and take it at face value. In fact, I would like her to do the same with me. But even if she doesn't and I do my family will be happier because she will be happier.

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Re: My Story

Posted by JoyOfLife - 19 Jul 2018 10:41

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Yesterday, things were not great at all. If I didn't have a filter I probably would have fell unfortunately. I saw some spam emails that had inappropriate titles and probably would have visited the sites if I was able to despite knowing its probably going to cause to get a million hackers/viruses. I guess that's part of what a good filter is for and its a good reality check to remind me where I'm really holding. I need to start joining the phone conferences or something along those lines and get a move on working on the 12 steps

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Re: My Story

Posted by JoyOfLife - 23 Jul 2018 06:34

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14 days! Its been a while since I was completely clean for 14 consecutive days! I really owe it to all the guys here at GYE, thank you

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Re: My Story

Posted by Hashem Help Me - 24 Jul 2018 02:07

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Mazel tov!! Keep it up.

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Re: My Story

Posted by JoyOfLife - 29 Jul 2018 09:37

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Earlier I fell. I found a way to get around my filter/accountability (albeit to a very limited degree). I already contacted the filter company requesting them to close this hole. Interestingly enough I don't feel particularly down and depressed. Perhaps its a good sign that I'm on the road to recovery? Or am I simply more desensitized? It seems more like the former option since its been almost 3 weeks since I last acted out at all

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Re: My Story

Posted by mzl - 29 Jul 2018 10:57

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[JoyOfLife wrote on 29 Jul 2018 09:37:](#)

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I think it makes sense that if your method to stay clean assumes that your filtering works, then you enjoy the benefits and you also don't learn how to deal with a computer without filtering. You can't have it both ways (and to me it sounds like an acceptable trade.) But then the filtering has to be reliable.

At the moment if they took down GYE for six months for maintenance (an absurd possibility) I would end up choosing to act out again because that's my motivation.

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Re: My Story

Posted by JoyOfLife - 29 Jul 2018 11:45

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Agreed that I don't learn how to deal with unfiltered internet which is the main reason why I hang out here in the first place (take a look at my first post). Despite that I think my filter is super important to stop me. Lately I've been questioning whether I fall into the category of an addict at all since I most definitely did fall into that category but the more time passes the more it seems to be a smaller issue. Perhaps its because I am forced not to act out it creates the change - chitzoniyus meiros es hapnimius? As far as gye goes, with this private chat thing down we don't

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Re: My Story

Posted by mzl - 29 Jul 2018 13:02

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know what will happen



It's super important, that's the point.

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