

Old Timer, New Name, New Thread

Posted by bm263 - 03 Mar 2021 05:15

Hi. I am starting a new username, as I am concerned that my wife is reading my posts under my previous name, and can't be completely open.

Over the last few months, I have been going about 3-7 days between each one day binge.

Problems include wife's phone which has no hardcore access, but I can get aroused by a picture of a tree if I need to, work laptop, which has a joke of a filter, and just plain old fantasizing and masturbating. My apologies for spelling that correctly, seems to not be the minhag here.

I need to get to the next step, but my life is really quite manageable.

Things I've done:

Posted extensively here.

Spoken to many GYE users including Dov, cordnoy, et al.

Met several of them.

Gone to SA meetings for a time.

I'm not even sure what it is I'm looking to accomplish here, just happy to be back to my fully anonymous, honest self.

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Re: Old Timer, New Name, New Thread

Posted by Changing - 07 Mar 2021 11:12

So much good stuff here.

Cordnoy as usual your post was spot on. Thank you for putting into words what so many of us are feeling. I have a few thoughts on this whole thread. Not that I know anything or am a *man deomar* but I will share what I feel and what I am going (have gone) through:

What Cordnoy said here gave me so much clarity about something (my apologies if i

misunderstood you). So many have commented on my thread that I need to realise that sex is optional and I need to get over it etc. Cordnoy is right. I know that already. I never once in my life thought that if I don't ejaculate, I will die. Telling me I can live without sex is pointless because I know that already. I can't talk for anyone else but this is what I think my issue is: That I feel that life is not worth much without sex. It is a big reason for living. It drives so much of what I do or don't do. I don't think I will die without it but I don't see much of a reason to live without it either. Even this I **know** to be untrue but this is what I **feel**. Not always to such an extreme but the same idea. Its not a real date with my wife if it doesn't end in sex. Its not a real vacation if I didn't have sex every day. It's not a good day if I didn't orgasm. This is my issue. That's why i think my issue is not so much about sex rather to find meaning in real life. That is why I am starting to give a lot less importance to my count and how many days I have been clean for because that is not really the point. The point is to live with sex being a part of that but not make life about sex.

Why can't I live and act out as well? Because it is all consuming. If I act out, watch porn and masturbate then I don't have any room for anything else. So for me, most of the time its either/or. Either I act out and not live, or live and not act out.

What i think R bm263 is going though is that right now he is living and acting out together. Probably marriage is going ok, his yidishkeit is also ok, everything is fine. So why stop acting out? Because its Ossur? Lets be honest with ourselves. That has never been the issue here. The issue has been it has destroyed our life (marriage, Yeshiva life etc). So if its not doing that so why stop?

I have been through that situation as well. And in a way its the hardest to get out of because there is no urgency. Maybe here are a few things to think about: 1) Increase your yiras shmoayim so the ossur issue will matter. I have not been successful doing that but maybe you care more or more spiritually in tune. 2) To realise that the normalcy of your life may be an illusion. Now, it may not be and everything is really fine. But what I have found is that when I stop acting out for a few months I start to realise how out of touch I have been with my wife, kids, work when I was acting out and still thinking everything is fine.

Wishing you all hatzlocho in this brutal battle.

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Re: Old Timer, New Name, New Thread
Posted by lionking - 07 Mar 2021 14:52

Changing, you so eloquently brought out an issue which I have struggled with a lot. I don't feel the urgency to change, and I'm living with the illusion that my life is good and dandy even when I act out.

Time for another chapter of Righteous Indignation. Rev Grant, are you up to the challenge?

Thanks

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Re: Old Timer, New Name, New Thread
Posted by Hakolhevel - 07 Mar 2021 15:12

[cordnoy wrote on 05 Mar 2021 16:24:](#)

[Grant400 wrote on 05 Mar 2021 14:36:](#)

[wilnevergiveup wrote on 05 Mar 2021 09:54:](#)

[bm263 wrote on 05 Mar 2021 07:43:](#)

[wilnevergiveup wrote on 05 Mar 2021 05:23:](#)

I mean, what about any gadol today who significantly outlives their wives?

Hmmm, if anything, I think this proves the opposite point.

Even regular people R"L lose their wives, and I don't assume that someone who's not a gadol is masturbating for 20 years. It would seem like it is attainable even for "regular people"...? Or is that only for "old" people who have decreased sexual drive?

A short while ago there was an 80 year old widower who posted here asking if it's assur for him to masturbate, but I don't like to project and assume that all 80 year olds have this issue.

100% correct!

I think the main point that @Bego was making is that we cannot make blanket statements that something is either one way or the other. By singling out someone who accomplished something extraordinary doesn't prove that it's manageable for others and what I was pointing out is that we may find even more regular people that get along pretty well without it, but that still doesn't prove it to be manageable for us in our situation.

(I wasn't trying to accuse all 80 year old widowers, I was just building off of the Rav Moshe story.)

"Sex is optional "

It seems you keep misunderstanding what the point here is. It's not about chizuk. It's not about manageability. It's not to tell you that it's super easy once you believe this mindset. It's not even to convince someone that he never has to have sex again in his life, and he shouldn't be concerned about it.

All it is - is to break the preconceived notion of sex addicts and chronic lusters, as to the **biological necessity** of a sexual high. We trained ourselves over years that it is a **necessity** like food, and sometimes we **cannot** see withholding as an option **at all**.

Realizing that it is a misunderstanding can give one the ability to say no in the face of something he thought was biologically impossible.

Is it hard? Yes. Can it still be unmanageable for many (even if we know someone who can withhold)? Yes. IS IT PHYSICALLY POSSIBLE? YES. So singling someone out, isn't here to prove it's manageable, it's to prove it's possible.

So yes, knowing that it is possible can help someone, even if he isn't as capable as the person who proved it. Fighting against something physically not possible is a different battle than something that is possible although extremely difficult. (I believe that's why very often when a record is broken, many people can break it after.)

Thank you for this, but I do not think you're correct on several points. Firstly, are you an addict, you write about them and their thoughts and feelings, so I'm just wonderin'. I was and am an addict. I have sat in groups of meetings with other addicts; I have NEVER once heard one of these addicts say, "Sex is a necessity by me (and I will die without it)." Not alcoholics either. They and I know that it's possible to live without sex, and personally, it's kinda insultin' your rhetoric (and others) as if we are not only sick, but downright stupid as well. Because we're addicted to sex, drink, drugs, etc., do you think our intelligence is on empty? We need to be scolded that sex is optional to the point that if we don't follow our lust desire, whatever that may be, we won't die? Is that a novelty? We know we can live without it, but we don't wanna; it's enjoyable and fun and pleasurable and addictin'. And yes, to the guy who wrote previously that it's not fun and we shouldn't think like that, who is he kiddin'? And then you wanna prove your point from the Tzaddik and Gaon HaDor Reb Moshe zt"l? What are you gonna prove? That one can abstain from sex for ten years? If Reb Moshe can do it, we can!? Seriously, where is the logic in that? We know he was great; we know there were other tzaddikim that did supernatural stuff as well? Maybe we'd like to emulate them, but what practically has that got to do with us? And don't respond please with, "I just wanted to prove that it's possible," for we know good and well that it's possible. I'll clue you in on somethin' else as well; we know that our actions are harmful as well - to us, to our loved ones, to our friends, to the world and to God, and yes, we

can be reminded of that as a method of prevention, but we know that, and yet, we engage in those behaviors anyway.

I do apologize for the rant' you are doin' great things here, but please, let's not get carried away with one poster who might have possibly compared sex to food, we know good and well that we need to eat for survival, and we know good and well that survival will continue even if we don't follow-thru on our lustful desires, but it's extremely appealin' to us, and it's difficult to stop. There are methods out there that can help us guys, but tellin' us that we won't die is not one of them.

thanks so much

[cordnoy wrote on 19 Jun 2018 12:32:](#)

[mzl wrote on 19 Jun 2018 12:11:](#)

There is no **need** to release. It is imagined - powerfully, but only imagined.. I wish someone would have sat me down and grilled that into me years ago.....

That would have not worked. You have to see it - measure it - yourself in order for that to be effective.

And he is talkin' from experience, like many of us are. The need is a perceived one. There has not been one reported case on these pages of a death occurrin' on account of not fulfillin' that need. We are taught humility (although we have a long way to go), and that is how we can call

another, read from the book, say a prayer, go to a meetin', etc., and lo and behold, we do not die.

Just trying to reconcile your posts. I believe this also used to be In your signature?

Unless, as I believe the answer is along the lines as changing (and to an extent myself) wrote.

Yes we perceive it as a need, but not that we perceive we will die without it, we just feel theres no point in existin without out

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Re: Old Timer, New Name, New Thread
Posted by Snowflake - 18 Mar 2021 18:08

Just my 2 cents.

The whole debate is acting out a necessity or not makes more sense when you're single or divorced. i.e. no expectation of having a release any time soon. Of course I know I won't die by not doing it, but can I refrain from doing it for so long, without any release? Well right now I'm not in a great spot to say, but I know back in 2013, before getting married, I held my ground for a year or more, with no release at all (only wet dreams of course). That's not to say I'm a super hero. On the contrary, I think I'm an addict. Fact of the matter is, it's possible, even if you're not married. In fact, I find this to be a YH thinking: You can't be clean for a year without release, that's just too much! When in reality, you only need to be clean for today. Not tomorrow, or the day after. There will be days when the urge is great, but it doesn't build up indefinitely, that's eitzas hayetzer. In reality, it's all the same, married, divorced or single. What about when the wife is niddah? 12 days of abstaining can have the same feeling as a year. Especially with the YH buzzing in your ears and telling you it's too much time, or that you can't do it. The real question is, do I want to give up my lust today? There will be days which it will be easier to, others not so much, regardless of streak count.

R' bm263, if everything is fine even by acting out, why are you posting here? Don't mean to be harsh at all, it's an honest question. Are you sure you're 100% alright? I think acting out and being fine is an illusion. Even if you're not doing it compulsively, it changes the way you look at your wife and kids. I remember actively being happy when my wife didn't want sex and would

sleep early so I could rush to the bathroom and do my thing. Needless to say it reflected on my relationship to her.

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Re: Old Timer, New Name, New Thread
Posted by bm263 - 18 Mar 2021 19:57

[Snowflake wrote on 18 Mar 2021 18:08:](#)

R' bm263, if everything is fine even by acting out, why are you posting here? Don't mean to be harsh at all, it's an honest question. Are you sure you're 100% alright? I think acting out and being fine is an illusion. Even if you're not doing it compulsively, it changes the way you look at your wife and kids. I remember actively being happy when my wife didn't want sex and would sleep early so I could rush to the bathroom and do my thing. Needless to say it reflected on my relationship to her.

Did I say I am 100% alright? If so, then I mischaracterized the situation.

My life is very manageable, that's all. I am currently maintaining the delicate balance of acting out while living life. Could it be better? Absolutely.

I am not rushing to the bathroom to do my thing, but at the same time, I just can't stop. I would like to not want to view porn and masturbate, but there is an irrational force that makes me want to even though I don't want to.

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Re: Old Timer, New Name, New Thread
Posted by Snowflake - 19 Mar 2021 19:21

Right, sorry if I misconstrued your statements. Have you taken a look at the 12 step shiurim in the website?

You say you want to stop, but there seems to have an irresistible force preventing you from doing so. Seems like you could benefit from them.

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Re: Old Timer, New Name, New Thread
Posted by bm263 - 29 Apr 2021 16:29

[Snowflake wrote on 19 Mar 2021 19:21:](#)

Right, sorry if I misconstrued your statements. Have you taken a look at the 12 step shiurim in the website?

You say you want to stop, but there seems to have an irresistible force preventing you from doing so. Seems like you could benefit from them.

I seem to have taken quite the hiatus here...

I have been to 12 step meetings, does that count?

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Re: Old Timer, New Name, New Thread
Posted by Snowflake - 11 May 2021 23:47

Been on quite of a hiatus myself too.

Better than myself who has never been to one.

Still, I think everyone only has to gain to listen to Dov's and Daniel's 12 step shiurim.

guardyoureyes.com/tools/kosher-isle/shiurim/category/dov-s-12-step-workshop

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