

Hi. New here.Will this program help me?
Posted by guardyouriz - 01 May 2024 20:09

Hi. New here.Will this program help me? Has it helped anyone? or has it just made it easier for a frum shomer Torah uMitzvos man to deal with his unmanagable guilt feelings that a frum yid experiences when he sees that he is nichshol in viewing terrible things (or for those who have acted out on serious aveiros)to deal with terrible guilt. and to keep on trucking with their Torah and Mitzvos and help struggle with the negative feelings that prevent him from living a productive family,social and Torah life,and continue nurturing his relationship with Hashem even though he has fallen . Im not looking for perfection ,but id like to know if i can hope to be clean not only of porn and masturbation, but also to be pure of viewing women for pleasure as well as well as fantasizing erotic thoughts. are there any sucessful members here who have reached that goal?

Thank you and hatzlacha.

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Re: Hi. New here.Will this program help me?
Posted by horizon - 08 May 2024 18:27

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Re: Hi. New here.Will this program help me?
Posted by SisonYishecha - 08 May 2024 20:40

[chooseurname wrote on 08 May 2024 14:44:](#)

If you want to read a thread that will shock you, and maybe bring home how destructive this can be, check out [this one](#). Chocolate and funny videos won't do that to your life.

I just read that post.

WOWWWWWW.

And the guy never came back.

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Re: Hi. New here.Will this program help me?
Posted by yitzchokm - 08 May 2024 21:03

[guardyouriz wrote on 08 May 2024 16:31:](#)

[guardyouriz wrote on 08 May 2024 16:17:](#)

does anyone know where i can find the list of kosher websites here on gye? ty

or does anyone know of kosher entertainment websites for a bored guy

There is very little kosher entertainment online. The only things I know of that are kosher, online and might be entertaining to some people are hebrewbooks.org, chabbad.org, star-k, crc, torahanytime and the like. I don't consider Youtube to be kosher, nor do I consider yeshivaworldnews kosher. You can get printed newspapers like hamodia and mishpacha online with a subscription. Actually, this website is kosher entertainment as it has been approved by prominent Rabbanim:

<https://www.c-live.co.il/archives/category/%d7%a9%d7%99%d7%93%d7%95%d7%a8%d7%99%d7%9d>

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Re: Hi. New here.Will this program help me?
Posted by redfaced - 08 May 2024 21:12

[chooseurname wrote on 08 May 2024 14:44:](#)

I don't really understand the question. You want to be more scared or less scared of porn?

Chocolate and funny clean video clips do not involve the chamur issurim porn does. But ignoring that aspect, if you look around, there's research on the addictiveness of porn. Look at your own life. Are you displaying [signs off addiction](#) from porn use? Have you ever experienced something like that from chocolate??

Can you "overdose" on porn? Yes. But unlike heroin it won't stop you breathing. But likely it'll affect your ability to get and maintain an erection, ability to relate properly to your wife and children (and if funny videos are doing the same then you might just have an internet addiction as well), and ability to function.

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An absolutely agonizing thread . One that but for the grace of Hashem could have been written by almost everyone here.

Thank You Hashem for not having me be the author of that thread.

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Re: Hi. New here.Will this program help me?
Posted by guardyouriz - 16 May 2024 00:49

hello chevra. just a quick question .ive been reading here that sex addiction is an ILLNESS and not a sin/yetzer haara.

just because his addiction caused his brain to want porn because of the feeling of getting his fix. why is that an illness and not a yetzer hara? i personally think i have a shtikel addiction ,but its not so serious because i can stop whenever i want.

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Re: Hi. New here.Will this program help me?
Posted by neshomo kedosha - 16 May 2024 03:09

[redfaced wrote on 08 May 2024 21:12:](#)

An absolutely agonizing thread . One that but for the grace of Hashem could have been written by almost everyone here.

Thank You Hashem for not having me be the author of that thread.

His story is so sad. It's terrifying, makes it feel like my wife would never be able to be supportive if I ever shared my struggles with her.

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Re: Hi. New here.Will this program help me?
Posted by SisonYishecha - 16 May 2024 13:49

[guardyouriz wrote on 16 May 2024 00:49:](#)

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I can also stop smoking whenever I want, I've stopped so many times in the past.

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Re: Hi. New here.Will this program help me?
Posted by jackthejew - 17 May 2024 16:39

[guardyouriz wrote on 16 May 2024 00:49:](#)

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To be clear. The addiction talked about as an illness is a clinical / SA defined addiction. According to Dov, most guys on this forum aren't addicts.

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Re: Hi. New here.Will this program help me?
Posted by guardyouriz - 17 May 2024 16:51

i just want to say about this topic of objectifyting women . i think thats just how they are created. they are vessels full of blood and manure (plus a precious Nesahama and Tzelem Elokim)and its the decree of the king that everyone still runs after them(quote from the Gemara) a great Rabbi has stated if you have a boy who is learning mesilas yesharim with a girl as a chavrusa ,dont fool yourself theres a spirit of **lust** between them !(not exact quote) even the great Avraham Avinu was megayir only the men Sara Imaynu was migayer the women. a chashuva man who worked with baalei Teshuva girls lost himself and pushed a girl against the wall and lost his job.

a happily married man started a corespondence with a non jewish woman teaching yiddishkiet and ended up leaving his wife and children. thats the way it is and anyone who is" not objectifiying "a female and talks to her thinking its just innocent talk is fooling himself .

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Re: Hi. New here.Will this program help me?
Posted by parev - 18 May 2024 23:56

[guardyouriz wrote on 16 May 2024 00:49:](#)

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As Mark Twain said about the pains of quitting [smoking](#): "It's easy. Done it a thousand times."

If you can stop on your own go ahead - why are you on here?

As per your original q SA for sure is a solution - feel free to pm me

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Re: Hi. New here.Will this program help me?
Posted by parev - 19 May 2024 00:22

[neshomo kedosha wrote on 16 May 2024 03:09:](#)

His story is so sad. It's terrifying, makes it feel like my wife would never be able to be supportive if I ever shared my struggles with her.

Totally not

Very little is written about the acting out and all the trauma he put his wife through that led up to the divorce. All he says

It's not that I can exactly blame her, she has really been through serious pain and trauma, multiple times

As many of us can attest sharing our struggle with our eizer knegdo was one of the biggest gifts we gave ourselves!

Speak to HHM Erie and others before you take that step, but the support our wives can give us can sometimes be really helpful.

P.S. most wives said "I knew it all along..."

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Re: Hi. New here. Will this program help me?
Posted by jackthejew - 19 May 2024 04:15

[guardyouriz wrote on 17 May 2024 16:51:](#)

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Strong language warning: On two of the topics here, I will attach posts from Dov. One is where he addresses whether we really have the disgust for women we often claim to, and the other

two discuss lust and objectification by including the female perspective. Included in the third is a solution for objectification:

Do We Look Down Upon or Worship Naked "Shiksas" (or Both)?[dov wrote on 28 Nov 2011 00:21:](#)

Calling them pejoratives like "shiksah" right at the outset, belies your attitude to them as being subhuman.[gibbor120 wrote on 28 Nov 2011 17:17:](#)

dov, I have a kashe. You frequently refer to looking at porn as looking at "naked shiksas". Is that not pejorative? Am I missing something? I'm not attacking, just wondering what's the diff?[dov wrote on 28 Nov 2011 20:12:](#)

I write that in order to point out that a frum guy who considers himself normally a rather holy person - but with a porn problem, is actually playing a little game. He is looking up to and even worshipping people that he'd probably never even want to talk to, feeling they are the lowest of the low. Now, I do not consider them low personally. They are trying to make a living and misguided, I believe. But that's not the point here.

How many guys have I met who want to play the game of looking down on these nudes or badly dressed women - and yet put them on a high pedestal, valuing them enough to be *l'hutim achareihem*? Many. I played that game for years. It is a game that perpetuates the addiction. It is one example of kol haposeil bemumo poseil, looking at the nudes as low and disgusting people - while still *using them* with such temidus and mesiras nefesh. Their images are precious to us! That's why we want them so much! So, struggling not to stare at them in the street, while saying they are 'disgusting' to me is a lie and a silly game. And ultimately, it allows people to keep staring at them and using them. It's very sad. I want people to be sober, and that is the only reason I am pointing this out.

I am not judging - hey, I know and tell anyone in recovery that I am a recovering pervert. That I cannot do it without a daily reprieve from none other than G-d Himself - cuz I do not have the madreigo/moral fortitude/yir'as Shomayim to resist temptations, and particularly for sex. I have no superiority at all over you or anyone here, even over a guy who is still masturbating daily. That could be me - and should be, by all rights, as far as I can tell.

Here, I am only hoping to rip the hypocritical cover off the game some good guys are playing. My cover is already ripped off today, I hope.

[dov wrote on 01 Jan 2012 15:45](#): I have seen atheists become men who have a G-d - simply by following their sponsor's instructions to just "*pray anyhow, even though you do not believe in G-d!*".

But "oh, no, I've *gotta* be sincere..." - coming from a person who is accepting using women's images against their will to feed his sexual fantasies - that's OK?

Yeah, so one may say that,

"Wadayamean!? It's *not* against their will. If you saw how they dress you'd know that they *want* me to imagine them naked and use them!"

Then I simply ask you to speak to them and plainly tell any one of them that you are imagining her wearing no clothes and that you are fantasizing about her in bed with you....see how that goes.

That "they are asking for it" is a subtle and convenient lie we tell ourselves, plain and poshut. A lie. Yes, they *are* wrong for dressing that way - but *their* intention is not *our* way of interpreting it. The same excuse is common among religious fundamentalists the world over: "She *asked* to be raped by dressing that way". A lie. She did *not* really want it to go *that* far. Why is it so OK for us to have our cake and eat it too - yet when *other* people do things like that, we demand they pay the consequences and take away their right to play the game of *acting* naughty without being *treated* that way. It's like saying all mountain climbers (yes, it's an idiotic thing to do to risk one's life climbing mountains because they are there) deserve to die (just as idiotic). That is not what "damo beroishoi" means - and anyhow, that is only for the beis din shel ma'aloh, never for us to take action on. They *don't want* to die!

Just like we guys have wanted so many times to look at porn, or even to touch ourselves - but without *actually* spilling zera. And so many times we got to that point of no return with shock and disappointment: "Hey! I wanted to stop a second ago! I've been cheated! Ayyy!" I have certainly been there many times.

C'mon. Why the double standard? If I can be a little dishonest for my lust escapades, then I feel it's OK for me to be a little dishonest for recovery. If you must, "L'olam y'hei odom *orum* byir'ah."

And one more gem:

Ok. It does a few things. First and strangest, I owe something to the person I am lusting after because lusting is always an act of "taking". I am using their image for selfish ends. (And saying that "They are obviously begging for it cuz look at how they are dressed!" is BS. I am reasonably certain that the average slutty female out there intends to be lusted after by who they want to be lusted after, not by some compulsive, perverted Jew boy like me.) So how better to show my gratitude?

Second, lusting is the single most powerful, portable, and dependable way I exercise my MEEEEEE muscle (the one in my head, not somewhere else). It is my drug of choice for entertaining myself, for covering up stress, fear, and boredom, for controlling my inner environment - in short, it is my most trusted Power source. Otherwise, why would I use it so much? So how do I sacrifice it? By just saying "no"? Nu. OK. That's what I always tried to do.... it didn't get me very far away from it. If you know anything about operand conditioning or habits, then you know that I choose to go a step further and use my lust as a guide and tool for giving power to others. To helping me learn to care about helping others. What better way to weaken the MEEEEEE muscle than to do what little I can to care about the very people I naturally worship as my (false) Power Source? I turn the tables as much as I can.

Finally, it gives me something to focus on rather than on lusting. And that itself is worth everything, even if my prayers for her are of no benefit to her. Treating a lust object like the real, live person they are is one of the most powerful tools to help me to stop looking at them like pieces of meat (with skin on them). We need to be reoriented. The entertainment and porn industries have succeeded in getting so many of us to believe deep in our hearts that pretty women are all dolls; that above all else they are libidos desperate to be used by us; and that they don't have real lives with obligations, pains, joys, sadness, and dreams of real people... and that perspective entitles us in our hearts to treat them as objects. Is it any wonder then, that most lust addicts grow to expect (no, demand) sexual bliss from their wives as though their feelings are just an obstacle? I looked into the shulchan aruch to see what I could demand of my wife, rather than looking into her heart... now what kind of BS is that? No wonder we were so miserable back then! She was an object, in some respect.

We need exercises to change, it will not happen just because we wish it to. And it takes a long, long time. But it works and it is worth it.

A caveat: I was once walking with an SA beginner who was staring at the rear end of a lady out in front of us, and mumbling. I asked him what the heck he was doing. He told me that he was praying for her.... I reminded him that he might be praying for her butt, but not for her. Ha. We both had a laugh went on our way. So the praying can't be done as an excuse to keep staring! A sweet dufus, he was.

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[guardyouriz wrote on 17 May 2024 16:53:](#)

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i lack clarity in the point that you are trying to make

When we talk about sex addiction as a problem of illness and not Yetzer Hara, we mean *Clinical* addiction, which is when a person is fundamentally sick in the way he lives and relates to life. Not just that he has a porn problem, no matter if he only masturbated once or has been

to strip clubs or cheated with prostitutes C"V, but that somewhere inside and deep down, he really wants and needs an escape from life. So it's not really coming from the Yetzer Hara anymore. Most of the people on this forum, while we may have underlying things that drive us to porn, we Baruch Hashem aren't at a point where we may have actually lost Bechira, which may be with a clinical addict. So what I am saying, in essence, is not to confuse the GYE advertising message of "There are thousands of people who are addicted" with the message of illness, which is only for the tiny percentage of GYEers who are actually addicts. R' Akiva Tatz has a story that illustrates full addiction: When he was doing his medical residency, there was an engineer in the hospital who had a rare disease where smoking cut off blood flow to his limbs. He'd already lost fingers R"L. And they told him, if you continue, you can lose an arm. He saw the same, educated person, a while later, in a wheelchair, smoking as they wheeled him in to lose his other remaining arm R"L.

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