

And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 29 Jun 2010 17:34

Hi,

I am new to this site. I recently found your site and I hope this will lift me up into recovery once and for all.

I have been addicted since a young age. And I am now in my mid 30's. Who knows how many years that its. But it is a lot. I recently went through a major success of close to one year, and fell suddenly. I cannot pick myself back up. This has been one of the worst in my life. It always works that way after a fall. I guess it is because there are suppressed feelings and once you let loose, there is no holding back. Whatever. Who cares? The point is that I have proven to myself once again that I am truly an addict. I have gone through the typical addictive pattern for so long now since I can remember. Where I would hit some sort of rock bottom, feel lonely, depressed, attempt suicide, feel hope again, pick myself, work on myself like the 12 steps encourages, but only again to forget about it and fall back into things. And the depression kicks in hard. For the past month, I have been so depressed and know one would know it, except my wife who is around me enough to know I am not myself. As far as everyone that I interact with, I put on a good show.

I would like to share with you how this crept back into my life. I have a filter, B"H, and my wife has the password. I once opened up to her about my issues, and so she wants to help me. However, I have a hard time telling her every time I have a relapse, because then she gets very down and it is not fair to her. It will only increase anxiety and stress in house. A while back, I needed to see photos on one of these public photo galleries (I forgot which one), and asked her to lower the filter settings to allow media search. I never dreamed that this will open up a whole new world to me. The truth is in the back of my mind I did realize that this can be potentially dangerous, but being the fact that I had good intentions (and I really did) and the fact that I no longer was addicted to porn, there was no problem. I did promise myself to put the filter back after I am done. Ready for part II?

Part II: Many months ago I get a link to watch a very nice video. I had always tried to be strict and not look at these things like u-tube, even for if R' Shtainman in is on u-tube, because I know it could lead to danger. As time went on, I became more confident and started to watch short kosher clips, knowing that nothing can happen to me. Now this vdeo comes my way. I watched it and finished. And then on the side of the page, I noticed a word, just a word that reminded me of my old porn days. My brain was triggered and on fire. I suddenly began doing a search for my good old favorites of porn. I knew I shouldn't be doing, but my fingers had a mind of their own and they just typed and clicked away. My filter was blocking everything. Later on, when I got home I ran to my wife's comp and got right to work. (I know I know, we have put a filter on her computer). That's it, I am hot-wired. I lost all sanity and I fell down a downwards spiral. I then began using my comp and managed to break through the filter because after all, all I

needed was access to media. I fell quicker than I can climb. My ruchniyus dropped like lead in an ocean. I began missing davening as I was glued to the screen. I became depressed withdrawn, irritable, loss of sleep. OY, I feel so bad.

Last night and today were terrible. I spent my day away from food glued to my screen.

But, B"H, the "healthy" guilt finally kicked in today and I felt rays of hope once again. I asked my wife to increase the filter options again, so that I cannot access those sites.

My dear friends, I need you help. I am imprisoned. I took one small step. Please, I need to know my next step. I am thinking of seeking out a therapist to deal with all my issues and baggage of my life.

Thank you all for listening.

Destructive cycle, ready to self destruct

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Re: And the wheels keep turning, it just keeps coming back...
Posted by david712 - 02 Jul 2010 16:22

Destructive,

You are a very emotional guy. It comes with ups however it makes the fall feel devastating.

Focus on the positive and let your emotions take you to great places.

Your poem is beautiful. You should make a folder of your writings and when u feel weak take a peek.

D,

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Re: And the wheels keep turning, it just keeps coming back...

Posted by bardichev - 02 Jul 2010 18:39

very teef

u will make it resolve to stay here!!!

b

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 03 Jul 2010 20:09

david712 and Jooboy,

Thank you for reading my poem and my prayer and responding by giving me chizuk.

If anyone missed it, go to [page one](#) and scroll down.

Bards,

Thanks for that new slogan. My issue is this. I had a major success of sobriety close to a year. I then suddenly fell, as described in my first post. I think I tried to just "keep on truckin", "and fell shmell", like you suggest. But it kept coming back. The issue was not my guilt as much as a real addiction that was in hibernation and suppressed for a year. And now that it attacked I cannot get rid of it again. I keep saying today will be number one, and hope for tomorrow to be day 2, and guess what? The next day is also day number one. This was how it was for the past

month or so since my relapse.

Well, B"H, today competes day #2. I feel strong impulses inside me already. I know I can't fight them and I can't give in to them either. They say to surrender to G-d. My question is what are we supposed to do on long term basis to remove the "wires" in the brain? Also, what should I be doing a day to day basis to deal with my addiction. I tried 12 steps in the past, which was great, but now I am bored of it and need something new. Unfortunately, I was severely addicted, and I need major help.

Thanks all for listening.

Destructive Cycle, I think I am gonna make it without self-destruct

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Re: And the wheels keep turning, it just keeps coming back...
Posted by the.guard - 03 Jul 2010 21:15

An addiction is like an allergy. You may have been clean from "peanuts" for a year, but as soon as you taste peanuts again, the allergy kicks in and your face blows up and you can't breath, etc... You have an addiction. And I strongly suggest reading the entire GYE HANDBOOK to find the tools that work for addictions, instead of continuing this destructive cycle of acting out, praying, thinking you are a "rasha", trying to do Teshuvah, and falling again... We all know this cycle. You are not "bad" trying to get "good", you are "sick" trying to get "well".

Read the handbook.

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 03 Jul 2010 21:41

Thank you Mr. Admin for stopping in here.

Unfortunately, I know all too well this idea that you guys call an "allergy". My first post on the site was about that. You can view it by [clicking this link](#).

I stated reading the handbooks. Thanks.

I know that I am sick. In fact I am very sick. But this leads to major self esteem issues, depression, lack of motivation, loss of purpose in life. This eats me at the core. Yes, partially because my Jewish obligation. But right now that is my big picture issue right now. I have thoughts that haunt me day and night. I am in high stress and anxiety problems. It is very difficult to feel good about oneself after a major relapse and fall after fall after fall. I am so distant from society. And this was all a matter of weeks where I spiraled down like crazy. Most of my day I feel like doing nothing else but indulging in porn and phone sex. I don't feel like a human being anymore. I have become so unproductive. Like i mentioned above, there is a heavy rock sitting on my heart that is paralyzing me. And my wife is worried.

I will continue to read the handbooks.

Thanks for caring.

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 04 Jul 2010 07:10

Good morning to all my Israeli chevra. And to my American chevra, I hope you are shuffling nicely.

Today is my third clean day. I am just at the start of the day. Wish me hatzlacha in remaining clean.

There is slogan in AA that I learned in 12 steps called "One Day at a Time". I am sure the chevra here heard about it. It just means to not always focus on the big picture of recovery (at least in the initial stages of recovery) and just focus on today as your goal. Firstly, this means in

terms of sobriety. I am going to remain clean today. That does not mean that I have in my head that tomorrow I won;t be clean. In fact, if you try to tell yourself just today stay clean, well then, at least for me, We tend to fall right back into tomorrow. And that is what happened to me over and over again. Rather, we don;t focus at all on tomorrow. We will focus on tomorrow, tomorrow. Tomorrow has its set of goals, which happen to be the same as today. This takes the heavy weight off.

Another application of "One Day at a Time" is terms of accomplishments. It is important in recovery to not only focus on what we Jews call "sur merah", staying away from negative behavior, but we need to implement "Aseh Tov". Practically, we can;t make our only goal day to day simply to remain sober. There needs to be goals outside of that that will enable a big picture recovery. For some that would be to read through the big book, a fine read for anyone trying to recovery. Or, you can find tons of books on porn addiction out in the bookstores and amazon. I just started reading the Guardyoureyes handbooks. Also a good choice. Thank you guardyoureyes for this simple and organized material. I also started a new program for myself over candeocan.com. They have a great program. It is based on science. They see this addiction as a biochemical issue. It gives me great insight into my own behavior. This takes the edge of self confusion and can boost self esteem. With "One day at a time" we make each day a new goal in terms of what we accomplish in this reading.

OK, so today is day number 3. Please Hashem, help me through this day. I take upon myself that whenever I feel weak today, I will turn to this site and forum as my saving grace. Thanks for creating this safe haven. I also take upon myself not to open wife's computer at least for today.

"One Day at a Time"

destructive cycle, seeing the wheels of destruction begin to slow down

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 04 Jul 2010 13:18

Hello all,

So far, Day #3 is going well. I easily could have given in to the sexual and lustful impulses for porn, masturbation and phone sex. I had all the opportunity in the world. I am resolved to break free. I try not to let the thought that I failed in the past, bog me down. Bottom line is that I was free for close to a year, and I need to look at my success as my potential for eternity, not as proof that if it didn't work the first time, it won't work again. The problem was that I just never took things to the next level. And I hope to get that plateau again and begin searching for the next peak. Because as long as we are living, there is always more climbing to do.

I have been reading through the [SA white book](#). I have skimmed it in the past, and this time I am going through it more carefully. There is lots of great insight in the book, which I hope to share with my readership.

Allow me to quote a bit:

[quote="SA white book, page 8]

Like alcoholics, we can be "dry" without being sober in a deeper sense. We don't even claim that sexual sobriety will make one feel better immediately. We, like other addicts, can go through withdrawal symptoms when we give up our "drug." Nonetheless, in spite of the questions, struggles, and confusion that we have gone through, we find that sexual sobriety is truly "the key to a happy and joyous freedom we could otherwise never know."[/quote]

Herein lies the secret to my success the first time, last year, and I hope this attitude will once again jolt me into full recovery. The idea is simple. There are fantasies we all expect from sobriety. We tend to think that all the problems of our lives stem from our addiction; be it depression, lack of concentration, irritability, finance issues, social issues, etc... You name it. Firstly, we should realize that it is probably the above that fueled the addiction. So removing the addiction will not remove those things. And it is true that addiction was probably a catalyst for the above, but once it there, it doesn't go away from the removal of addiction. But...an honest look at things will tell us that having the addiction will make it much harder to deal with the above. And once we remove the addiction, then and only have we begun to pave the path to work on those issues. But it will come with hard work.

More to come. In a bit

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 04 Jul 2010 13:36

[quote="SA white book, page 26]

I see now that in all my religious striving and psychotherapy I was waiting for the miracle to happen first, that I should somehow be zapped or "fixed," unable ever to fall or be tempted again. I thought that if a person just had the right religious belief, he was automatically "a new creature; old things are passed away; behold, all things are become new." That all thought of lust would be removed, much as a tumor would be excised by a surgeon. The "religious solution" was one of the subtlest strategies in my arsenal of denial.

I didn't realize that the essence of being human is to have free choice. God doesn't want to remove from me the possibility of falling; he wants me to have the freedom to choose not to fall. I'd been praying self-righteously all along, "Please God, take it away!" not realizing my inner heart was piteously whining, ". . . so I won't have to give it up." There was belief in God without surrender. That belief availed nothing! I had never died to lust.[/quote]

This was another driving principle for my sobriety. The quote speaks for itself. I know for myself that I was looking for that magical moment. We will daven enough and it will gone. But it only goes away when WE DECIDE to make it go away. This means that we make a conscious to STOP LOOKING AT PORN. We have to believe that it is possible. And like the quote says, we won;t die. Hashem does not simply remove it from us. If you look at my prayer above, you will see me struggling with this principle. I know it to be true. I know that surrendering to Hashem does not mean to allow Hashem to remove my lust, but for me to decide to do his will and decide on my own to stop looking for porn. The fascinating thing is that Chovos Halevavos in Shaar Habitachon discusses this principle. He discusses how people put bitachon in Hashem to help them decide to do mitzvos. And it does not work that way. The decision must come from within. However, the strength will ultimately come from G-d. So we need to daven for that strength.

OK, enough for now.

Please, my dear friends, wish me hatzlacha in continued growth. The journey is still young. I am still close to start line and I never want to trick myself into thinking I am free. One step at a time, One day at a time. And we will all get there.

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Re: And the wheels keep turning, it just keeps coming back...

Posted by destructive cycle - 05 Jul 2010 06:40

Beginning My fourth day of sobriety.

I hereby Reaffirm my strong commitment to remain clean for today (and for the rest of my life, but we need to focus one day at a time, at least at the start of the journey). It makes no difference what challenges come my way, Porn is never the answer. It offers me nothing but death. Death in this world and death in the next world. It makes no differences what impulses and urges I get. I must remain clean.

But, on top of that, I must continue to grow one day at a time. I will continue to read SA literature.

I do not have much time to write, I need to run. But here are a few quotes from SA white book.

[quote="SA White Book, page 3]

The sexaholic has taken himself or herself out of the whole context of what is right or wrong. He or she has lost control, no longer has the power of choice, and is not free to stop.[/quote]

This for me, defined perfectly my problem. It is plain and simple: A lack of self control. And at its base, that is what addiction is. I know this sounds so simplistic, but for me to define my problem in this simplistic way is what I need to break free. It helps put a definition of "the sickness". Later on in the white book, the author goes in depth in defining lust and TRULY understanding the behind-the-scenes of our problem. I am having a very difficult understanding those chapters. I hope after I absorb it, to write a bit about it.

[quote="SA White Book, page 18]

What I needed was not more knowledge about my psychology or God, but power to stop what I was powerless over and obey the little light I already had.

[/quote]

And here defines the goal: The get (back) my power back. I know what is right and what is wrong. And for many reasons (including religious, social, work ethics, sanity, etc...You name it)

this is wrong. But, the knowledge of right and wrong is not what we need. However, a good friendly reminder to ourselves on a daily basis is important, because it is our MOTIVATION to break free. But the tools to break free is something else. Our goal is get our power back, and "obey the little light I already had".

That is all for now. I wish you all a wonderful day. I hope to return in the next few hours.

Oh, and by the way, feel free to comment.

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Re: And the wheels keep turning, it just keeps coming back...
Posted by Haleivi76 - 05 Jul 2010 13:45

DC,

Know this:

Despite your troubles and your pain

You are here and **CAN** refrain

from all the shmutz and ghastly stain

and then you will be clean again

Like us , you've had a troubled life

the shame can cut just like a knife

but for freedom from this strife

look no further than your wife!

Turn your focus to her - see
thats the greatest way to be
she'll help you from the drek to flee
I pray that this will work for me!

For G-d has put us in this place
to learn precisely not to chase
those empty images with no face
and save us from complete disgrace

The salvation - here is close at hand
give and take with our merry band
use the forum to expand
on feelings that you cannot stand

we in turn, we do our bit
try to lift you with our wit
but mostly encourage you not to sit
and wallow in a ghastly pit

We are all in this with you
each and every saintly Jew
lest we forget where we're going to
Moshiach's coming soon - Phew

some may say my rhyme is cool
but between the lines - there is no fool
as one who will ignore this rule:
"watch out the Y"H wants to make you fall"

DC, I think you're a real gem
we could be 2 thorns from a single stem
so my words - if you appreciate them
why not send me a short PM?

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 05 Jul 2010 19:04

Halavey,

Thanks so much. That poem was beautiful. I read it three times. Please visit again. I will prepare some tea for you next time.

Did you get a chance to read my poem, it is on page 1 of this thread. Scroll back and read it.

-DC

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Re: And the wheels keep turning, it just keeps coming back...
Posted by 1daat - 05 Jul 2010 23:22

DC, Shalom uvracha. You just went from unmanageable, chaotic, and helplessness to 3, maybe by now 4, Bezras "H, days clean. This is a gigantic step. Listen to bard, "fell shmell". You picked yourself and did the nearly impossible. Do you think your prayers go unheard, unanswered? Mazel Tov.

If you look around, you'll see plenty of stories about guys struggling with the issue of whether or not to tell their wives. If I can find one, I send it to you. You might think about going over to the "Breaking Free" forum and starting a thread asking guys to post about telling or not telling their wives.

Filter. Period. You could tell your wife you're feeling urges (which is true), and want to protect yourself from the yetzer.

Ask some guys for their phone numbers. They'll pm you with it. Your getting clean matters to all of us, to "H, and to all klal Yisroel. Getting out of isolation is critical. You will find that we're all in the same boat. Posting to your thread helps us too.

You and Halaivi76 are peas in a pod. Haleivi's a powerful man. From the last stanza of his poem, he sends to you an amazing invitation. Take it.

At the end of the day, as you well know, it's you and "H and people who care about you. I have found it very helpful to follow Rebbe Nachman's urging to spend time alone, outside of davening, to just sit and talk to "H. Quietly have a good talk. 7up, the "mother" of this site suggested having such conversations frequently during the day. It has become important to me. Maybe it will be helpful to you too.

So, as the bard says, "keep on truckin". "fell shmell". day one...fellshmell. today do something from the handbook. post. day one again. fell shmell. do something today from the handbook. post....day one again. fell shmell. do something from the handbook post.day one...day two AHAA!! mazeltov. and Yshcoiach because we all rejoice at your victory. ...day three. Hoo Hah. don't think about tomorrow. Just keep the blinders on and finish today. You Gadol! Do something from the handbook. post.

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Re: And the wheels keep turning, it just keeps coming back...
Posted by 1daat - 05 Jul 2010 23:31

Hi again. I found a thread about the telling your wife issue. Go to the Breaking free forum. there's a thread there, "Is it necessary to tell our wives".

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Re: And the wheels keep turning, it just keeps coming back...
Posted by destructive cycle - 06 Jul 2010 06:20

1daat,

Thanks so much for your post. I will address your helpful points one at a time.

Wife: In SA, they suggest not telling ones spouse at the initial stages of recovery. They say it is detrimental to recovery. As I mentioned, my wife knows I used to be an addict. It was a very painful experience for her. I do not see any advantage right now of telling her about my relapse. It will derail my sobriety and recovery process. Currently, there is lots of junk filled in me that needs to get cleaned out. This is what SA 12 steps is all about - clean house. I need to focus on my sobriety and recovery as it affects me, and at the same time try to maintain a very calm atmosphere at home. As it is, things have been very difficult as my wife knows I have been going through depression and anxiety. I have ADHD which contributes greatly to the general picture and has always been a piece in the puzzle of my addiction. I did open up to my wife about some of the crazy things that go on in my head, regarding my incapability of dealing with frustration. She knows that sexuality is amongst the most difficult things for me, as well. At this point she does not need to know about the relapse. She finally said to me yesterday that she sees that I need a therapist/psychologist to help me deal with my issues and she is willing to help me find the right person.

Filters, filters. Yes, I know I have to encourage my wife to install the filters. I can't be impulsive about it. Feel free to kindly remind me to install one on my wife's comp. As far as my computer goes, B"H, I am completely protected.

I PM'ed Halevy. Did not hear back from him yet.

Thanks for your advice from Rav Nachman. This is very important, but in the long run this will not remove you from your addiction. At least for me, my addiction is rooted in detrimental behavior patterns programmed in the psyche in the brain. We can fool ourselves that we are recovering by being "close to G-d" and in the end we are still sick addicts. So while I think this is a great thing to do anyway, in the scheme of the addiction, this is not where the recovery rests.

Thanks for the encouragement about fell shmell. B"H, I am up to five days now. I had mentioned in the prev posts, that prior to my relapse, over a month ago, I had close to one year clean. The relapse brought devastation to me and since that point, this is the longest I have gone. B"H, I am feeling my old muscles of "surrender" come back to me. "surrender" is an SA/AA term. It means the capability of exercising control over the powerful addiction to whom you are powerless. It is a very strange notion. But basically, as the book describes and as I have been taught it recognizing the true bechira within us. Recognizing we have a choice. Sex is a choice. Porn is a choice. We will not die if we do not have porn. It is not about the struggle. We do not struggle with it anymore, we just surrender it. We kindly refuse the offer, as I like to say. SA encourages calling a sponsor, which I have none now. But I should get one. Anyway, I hope in the coming days to elaborate more on the SA white book as I have been doing, and soon I will get into the steps themselves. IT is a very insightful book.

Once again, thanks for stopping in here and keeping me company.

Destructive Cycle, the cycle is almost to a halt

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