

MBJ's 90 day (and more) Journey

Posted by MBJ - 04 Nov 2012 13:48

My heart is pounding out of my chest right now as I put these thoughts on "paper". This is the first time I am being completely honest about my problem, and it is very scary.

I am writing this mostly because I think getting these feelings and thoughts out of my head will be cathartic and if by chance I can help someone else, that would be wonderful.

I have been struggling with this problem for better than 20 years. I started with these thoughts and actions at a very young age. While I can't remember exactly how old I was I am sure I was not yet 10 years old, I think that 8 is a closer approximation. When I got my first computer at age 16 with an internet connection, it got a lot worse.

I went through up and down periods sometimes falling "only" once a week, sometimes everyday. I am still not sure if I would consider myself addicted to p***, but I sure as heck am addicted to m*****. For me the p*** was always a means to an end and not an end itself. As soon as I finished being mZ"l, I would turn off the p*** because I found it disgusting. I only wished I had found it so disgusting 5 minutes earlier.

I tried to stop many times only to fail after a week, two weeks even three weeks. Maybe when I first got married I was able to hold off a little longer, but even that did not stop me forever. It is funny I never davened to Hashem to take away my urge for lust. For some reason I felt that if I didn't stop on my own my Teshuva would be imperfect and I would not be completely forgiven. This past Rosh Hashana I realized that this line of thinking was getting me absolutely nowhere. They say by Neilah, you should take on one Asei and one Lo Ta'asei to work on the coming year. Like a broken record year after year, my Lo Ta'asei was always the same. Clearly my thinking was flawed. This year I davened to Hashem to help me kick this horrible habit. So baruch Hashem, since Erev Yom Kippur I have kept myself pure. I have had 41 clean days now, and I can't believe how easy it has been. Not to say I haven't had temptations, but nothing a small slap in the face and telling myself, "I am not doing anything stupid today" hasn't stymied. In the past my hands would literally start shaking two weeks into my trying to stop with the need for physical relief.

I think I wrote enough for today, hopefully I can update more tomorrow with my 42nd clean day (6 weeks).

Kol Tuv,
MBJ

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Re: MBJ's 90 day (and more) Journey

Posted by mr. emunah - 27 May 2013 21:07

the previous message was brought to you by Nike.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 27 May 2013 21:16

[mr. emunah wrote:](#)

don't do it.

Don't worry I won't, not yet anyway. I have to make myself a bit crazier first before I fall.

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 27 May 2013 22:28

"Don't do it"? Sage council indeed! But I have yet to meet anyone who was 'saved' by good advice. People eventually do what they feel they need to do whether you or me *want* them to do it or not...but it is a very nice sentiment! And at least MBJ knows without a shadow of a doubt that you and all of us care abt him! That's a bit o' love right there. Nu, maybe being sincerely cared for *can* be a saving grace, after all. (But then, caring *in person* is so much more powerful that caring strictly behind virtual names in virtualrelationshipland...enough out of me on that!)

You wrote, "The other day I asked her when we were going to talk about us. She pushed me off again." How about giving up on that - for it is obvious that you are powerless over her choices - and instead trying to ask her when we are going to talk about **her**? In other words, leave yourself and even your marriage out of the discussion for a few weeks. You can make your interest and discussion just about one thing: her, how she feels about herself and her plans and her jobs, concerns, whatever...*just not about how she feels about you*. Let her feel you are interested in her - for when you are interested in her feelings about you (or even about your 'marriage') she knows that is just because it is about you and your needs, feelings, whatever.

If you say, "Well, isn't marriage a teamwork?! Leaving the marriage or me out is pretending she is a single girl and not a married woman! It's denial of reality!" ...well, yeah, it is.

So?

What you have there is not healthy reality, already. Pretending it should be forced into regular marriage relationship is just trying the same thing over and expecting a very different result. Goofy, no? I have done that many times and we will all continue to occasionally, for sure...but you don't need to do that now, MBJ. You can admit things are 'off' - and the solution will not come by trying to force the peg into a square hole.

The solution often comes naturally *davka* by venturing off-road a while (a few weeks). Maybe all she really needs is a space of her own in your relationship...."Well, she has a huge space already! It's all about her everywhere and nothing about us!" Not necessarily, MBJ. Maybe she feels the resistance to having a real space of her own so she keeps trying to be free - the resistance she feels to it makes her push for more evidence that you give her independence, over and over. And you find it threatening, so your heart resists it, even as you reluctantly give in. But that's not what she needs, and she senses it. So she pushes further. Is it possible that this is what has been happening? *I do not **know*** - I am just suggesting a possibility for you to consider.

By you dropping yourself out of the equation a while (at least a few weeks), she may see you have - that *life* has - room for her. Your relationship is the context of her life, so she needs to struggle there more than anywhere else for independence otherwise she feels she is drowning. Is that normal for all women? Probably not. But it may be your wife's way.

Can you give her that?

If it is what she needs, and if you can give it to her, then she will turn it around and return the favor.

Isn't that what you want, anyway? Or does what you really want have to come to you only in *the way **you want** it to come to you* for it to be accepted, in love?

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Re: MBJ's 90 day (and more) Journey
Posted by mr. emunah - 27 May 2013 23:08

sometimes people say "I want to jump" just to see if there's anybody out there who cares enough to say "Don't!"

here we like to show thjat we care enough to say "don't"!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 28 May 2013 10:46

My wife is indeed a very very independant woman. I think it comes from being a latch-key kid in a single parent home. I think for that reason she is not willing to open up and share with me or ask for help, viewing it as a kind of weakness. Of course she does need help and does want to share, but they tend to come out in explosions of frustration.

You wrote, "The other day I asked her when we were going to talk about us. She pushed me off again." How about giving up on that - for it is obvious that you are powerless over her choices - and instead trying to ask her when we are going to talk about her? In other words, leave yourself and even your marriage out of the discussion for a few weeks. You can make your interest and discussion just about one thing: her, how she feels about herself and her plans and her jobs, concerns, whatever...just not about how she feels about you. Let her feel you are interested in her - for when you are interested in her feelings about you (or even about your 'marriage') she knows that is just because it is about you and your needs, feelings, whatever.

Now what you say here is very interesting. I had mentioned that all previous attempts for me to communicate with her about this over the last several years has ended up with me whining,

because it was all about me and what I wanted. To some extent, I think that I have progressed and I am thinking about what the marriage wants, but maybe you are right and I need to go even a step further. Pamensky does mention this. He said a guy should worry about his wife, and the wife will worry about the rest. What you wrote there just helped drive that point home a little better.

I have mentioned many times that this last two years has been extremely difficult for her and I understand that and for that reason I am trying to be understanding with her. Maybe I am not communicating that enough and she does feel that I am really there for her. Although truth be told these issues have been going on for over 6 years, not just that last 2. (Of course I had
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Part of the problem is that when I ask her how she is, what is wrong whatever, I ususally get a noncomittal response ans she leaves it at that. Then if I try to pry deeper she gets angry at my intrusion. Of course it wasn't always that way. I guess I have to work on that.

One last thing, in terms of the space thing, she really has had alot of space to work in for a while. I have really tried to give her as much space as she wants. The only space I cannot give her yet is the space to get out of the house. But hopefully soon she will find a job and that one will be solved as well.

serious unaddressed masturbation and porn issues over that span as well.
I don't want anyone to get the wrong impression. My wife is really a wonderful woman, a great mother, a great friend, and I am not always fair to her. Furthermore that have been perceptible improvements in our relationship, a comfort with each other that I hadn't felt is some time. We just still have a ways to go and many times I feel that I am the only one in the room who cares.

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Re: MBJ's 90 day (and more) Journey
Posted by mr. emunah - 28 May 2013 20:13

you can call me Eli too!

i like the sound of it.

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 29 May 2013 01:30

[MBJ wrote:](#)

Part of the problem is that when I ask her how she is, what is wrong whatever, I ususally get a noncomittal response ans she leaves it at that. Then if I try to pry deeper she gets angry at my intrusion. Of course it wasn't always that way. I guess I have to work on that...many times I feel that I am the only one in the room who cares.

Dear Eli,

Wow, it is obvious that you (and the two of you as well) have made a lot of real progress. Real life is little bits - but a kernel of *real* change is worth far more than a boat-load of theoretical change or 'madreigos'.

In the quote above I want to make note of one thing. Maybe, just maybe, she gets 'angry at the intrusion' because she percieves (whether fairly or unfairly) that you are ultimately asking her about how she feels about *you*. That you really want to know what's bothering her because you figure that ultimately it might be about you, the way she feels about you, or the way she feels about being married to you right now.

In any case, that - for her - may be felt as an intrusion. For she may be feeling crappy about herself right then. Just being *herself*. Making it or bending the issue into something that revolves around her relationship with you would then (takeh) be an intrusion. Like that luxury of wallowing in GOSP (Good Old Self-Pity) is being wrentched from her. It's a rip-off, really. We want to be able to be self-absorbed somtimes. Some of us want to be that way most of the time.

And who is to say that being that way is really bad? Not you or me. Maybe it is horrible *for us*...but maybe it is precious to *her*.

Just a thought. I could see things this way becs I know I tend to be so selg-absorbed and immature than there were many times I guided the conversations to me - when they were really only about my wife. It took me years in recovery to really come to believe and trust that my wife:

1- really loves me, and

2- that she can have emotional issues that do not revolve around **me**.

She is really her own woman, like your wife is. I am not judging - just suggesting a subtle possibility. Think about it and see. If it has nothing to do with you, fine. It may not at all! Ego-centrism is a common motif for us guys, especially the long-term professional hidden, lying, frum porners and masturbaters.

In the mean time, have a great day!

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Re: MBJ's 90 day (and more) Journey
Posted by mr. emunah - 30 May 2013 21:59

Roses are red

violets are blue

I'm a scizophrenic

and so am I.

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Re: MBJ's 90 day (and more) Journey
Posted by mr. emunah - 30 May 2013 22:00

Eli I am.

(I'm in a weird mood today)

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Re: MBJ's 90 day (and more) Journey
Posted by mr. emunah - 30 May 2013 22:02

[mr. emunah wrote:](#)

Eli I am.

(I'm in a weird mood today)

he's a first cousin with Sam I Am.

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Re: MBJ's 90 day (and more) Journey
Posted by mr. emunah - 30 May 2013 22:05

(I'm actually just trying to up my post count to pass TZ.)

Sorry Eli for making dirt all over your thread.

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Re: MBJ's 90 day (and more) Journey

Posted by Dov - 31 May 2013 06:05

Go Fish.

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Re: MBJ's 90 day (and more) Journey

Posted by MBJ - 02 Jun 2013 11:51

I come back after a few days and I see 6 news posts. Here I am thinking wow I wonder what kind of intelligent discussion I misses on my own thread.

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Re: MBJ's 90 day (and more) Journey

Posted by mr. emunah - 03 Jun 2013 23:13

don't hold your breath..

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Still waiting.
