

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 mzf, 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 ploni.almoni@gmx.com - 08 Oct 2013 17:57

Hi MBJ, that's pretty clear. It sounds like what I understood before, namely that you remind yourself that it's irrational to *count* on your wife's changing, but you need her to change to be happy. I hope it all works out, I think for some people this happened. I think I am biased against the wife changing because mine was never really interested in having a relationship with a man, she really just wanted children. So I may be jumping to conclusion. In case it helps, people desire good things that they don't have. So if you really want her, play happy and hard to get, and let her come to you. When men ask women for affection explicitly it typically turns them off.

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Re: MBJ's 90 day (and more) Journey
Posted by Pidaini - 08 Oct 2013 18:41

ploni.almoni@gmx.com wrote:

Hi MBJ, that's pretty clear. It sounds like what I understood before, ... **but you need her to change to be happy.**

I'm really sorry, but where did you see that in MBJ's post?

It seems that he is very content on living the life that Hashem gives no matter what that be. There is nothing wrong with being happy when we have a lolipop as long as we are not living our lives in order to get it, and we do not explode when we don't get it.

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Re: MBJ's 90 day (and more) Journey
Posted by reallygettingthere - 08 Oct 2013 18:56

ploni.almoni@gmx.com wrote:

When men ask women for affection explicitly it typically turns them off.

This is only true if the woman thinks that it is a veiled request for her to be used as a lust object.

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Re: MBJ's 90 day (and more) Journey
Posted by ploni.almoni@gmx.com - 08 Oct 2013 23:12

He asked her to go to the mikveh.

I think we are arguing about happy in the sense of "at peace" and happy in the sense of somebody loves me. I think MJB said that the validation he gets in other things pales in comparison to what he could get from his wife.

I think what I am writing is a little obscure, I am sorry I am not doing a better job expressing myself.

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Re: MBJ's 90 day (and more) Journey
Posted by reallygettingthere - 08 Oct 2013 23:54

ploni.almoni@gmx.com wrote:

I think what I am writing is a little obscure, I am sorry I am not doing a better job expressing myself.

Uh, yeah man. *no entiendo*

If she thinks that he is asking her to go to the mikvah because he wants to have sex then yes, It will turn her off.

I can imagine though that a woman who has not experienced affection from a male before, might be turned off by a male asking for affection, thinking that he has an agenda, which is why she is assuming the worst when he asks her to go to the mikvah.

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

Posted by MBJ - 09 Oct 2013 00:01

If I play hard to get I will simply not be gotten. Besides, I have to be the best husband for her regardless.

The whole point of this exercise is as Pidaini just said. Will I be happier if I get what I desire? Probably. Will it keep me from being happy if I don't get it? No! That is the point.

I asked her to go to mikvah so we can function as a normal couple, not so that I can use her as a sex object. I knew that was not on the menu.

What is happiness besides being at peace? Different things can bring about that peace. Love, friendship, laughter, satisfaction. I am choosing satisfaction. In that satisfaction I feel the love and the friendship. I have said it many times, it is about bending myself to His will and being happy with it, as opposed to trying to bend Him to my will. (Hint: You can't succeed in doing that)

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

Posted by ZemiroShabbos - 09 Oct 2013 00:17

Eli, that post about acceptance was moiredig!

thank you very much for sharing

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 10 Oct 2013 21:43

It's so sweet when ppl here just use their real first names to eachother, even if their usernames r different. I think it is the most important thing going on here at GYE. Far more important than any good information being shared or 'chizzuk' being given.

Far more.

Boruch Hashem for you guys!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 14 Oct 2013 11:17

There is something that I don't understand. I don't understand how I was able to stop the first time. I was reading over my thread again to see if I could get any insights and I really don't remember. When I started on GYE forum I was already clean for over a month.

I want to give people chizzuk and encourage them when they are first starting out. I want to try to give them practical advice, but I have none. I know now after being sober (mostly) for a year how to look for pitfalls and avoid them. I am able to monitor my moods and thoughts and keep them in the right place. I am able to do the things I need to do to stay sober. Now that I know how beautiful sobriety is, and how wonderful real life is when you let it in, I don't want to let myself go back to that place.

But I did not have these thoughts when I first started. I didn't know about sobriety because I had been lust drunk for 20 years. I didn't know about real life, I was too busy being resentful for what I was "missing". So I still don't know how I got going.

The only conclusion that I can come up with was Hashem. I was fed up with my falling and my lack of will power. I was fed up by the state of my marriage. I was fed up that no matter how many times I said that this was the last time, I was back at it a few days later. So I asked Hashem to please help me stop, because obviously I was unable to stop on my own. And son-of-a-gun I stopped. I have no filters. No accountability software. I didn't stop watching movies, although they hold less interest for me now. The only thing I did different was I became so fed up with my situation that I really wanted to change, and I asked Hashem to help me.

So I still don't know what to say to newcomers who want help. The only thing I can say is good luck and inform them of the unfortunate reality that if they don't really want to change nothing they do will help. But I am not sure that is what they need to hear now, so I mostly stay quiet.

I know there are some of you who are always on the front lines, always trying to bring people in. How do you do it?

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Re: MBJ's 90 day (and more) Journey
Posted by ploni.almoni@gmx.com - 14 Oct 2013 14:24

I can't speak for the people who are always bringing people in, but I think the answer is that a lot of the time people, even when they post on this web site, don't really want to stop, they just want to stop feeling guilty. I think one way that a forum or support group helps is that you can see that people who have stopped are happy. If you are on your own then usually it's a zechus. Once you are doing the wrong thing you need a zechus to be allowed to turn it around.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 14 Oct 2013 14:53

ploni.almoni@gmx.com wrote:

I can't speak for the people who are always bringing people in, but I think the answer is that a lot of the time people, even when they post on this web site, don't really want to stop, they just want to stop feeling guilty. I think one way that a forum or support group helps is that you can see that people who have stopped are happy. If you are on your own then usually it's a zechus.

Once you are doing the wrong thing you need a zechus to be allowed to turn it around.

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Re: MBJ's 90 day (and more) Journey
Posted by ploni.almoni@gmx.com - 14 Oct 2013 15:08

Are you Nederman back to life?
What's that?

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 14 Oct 2013 15:35

Never mind. He is someone who used to post here. You remind me of him that is all.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 11 Nov 2013 13:27

So here is to third times the charm. Today I finished my 3rd trip up the 90 day chart. With the help of Hashem (and of course all of you) may this be the last time I have to climb up the 90 day chart.

One day at a time.

Eli

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