

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 Pidaini - 11 Nov 2013 14:52

WOOHOOOOOOO!!!!

May you be zocheh to many many many multiples of 90 days, of being clean today!!!

KUTGW!!!!

You're an inspiration to all of us!!!

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Re: MBJ's 90 day (and more) Journey
Posted by Gevura Shebyesod - 11 Nov 2013 17:00

Continued hatzlacha and KOMT!!

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Re: MBJ's 90 day (and more) Journey
Posted by needtoquit - 12 Nov 2013 09:17

Mazel Tov on each and everyone of those 90 days! Especially on the hard days. I'm now working toward my 3rd 90 and getting through those days makes the whole thing worth it.

Hatzlacha on all your future days,

NeedToQuit

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Re: MBJ's 90 day (and more) Journey
Posted by chulentking - 12 Nov 2013 09:18

[MBJ wrote:](#)

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

Nice work! Keep it up.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 21 Nov 2013 12:36

I was talking to TZ and he said something that took me aback. He said it was Hashem's fault that he had an addiction. My first reaction was how could I blame my mistakes on Hashem. I was the one who watched porn and masturbated for years until it took on an emotional dependence. Then I thought about it for another second. I was EIGHT when I started getting involved in the stuff (ok maybe 9, I really don't remember) I was definitely hooked by the time I was a bar mitzvah. Even though I knew it was wrong (I remember as a little kid promising I would stop if Hashem would make my dad better) I was still definitely not bichlal mitzvot. So basically I became a bar mitzvah with a lust addiction either in place, or almost there.

Then next question is why. Why would He do this to me? Why set me up with this disease that I would then have to struggle with for the rest of my life and cause my marriage to fall apart?

Of course there is only one answer, because this is what is best for me. But what does that mean? I think that it means that it gives me the wonderful opportunity to bring Hashem into my life in a way that I never appreciated before. I need His help and intervention EVERYDAY. This is not just some abstract thing either. I need Hashem for my parnasa, but I get a monthly paycheck. I need Hashem for health, but I am a young healthy guy, etc. With this addiction I need Him each and every day, because if He is not helping me, I will be quick as a snap in the bathroom masturbating again.

Thank you Hashem for giving me this opportunity to bring You into my life.

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Re: MBJ's 90 day (and more) Journey
Posted by Pidaini - 21 Nov 2013 14:03

WWWOOOOOOOOHOOOOOOO!!!!!!!!!!!!!!

GO HASHEM GO!!!!

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P.S. why does all of oink have your number except for me?

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 21 Nov 2013 15:06

No one has my number, it was at the OINK meeting, just before it got underway that we spoke about it.

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Re: MBJ's 90 day (and more) Journey
Posted by Pidaini - 21 Nov 2013 23:52

oh ok, now i feel better.....phew.....ahhhh.

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Re: MBJ's 90 day (and more) Journey
Posted by Lizhensk - 22 Nov 2013 00:46

[Pidaini wrote:](#)

oh ok, now i feel better.....phew.....ahhhh.

Better now? self-esteem ok? if not, we're gonna need an extra meeting for u

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 08 Dec 2013 13:51

Last week was a weird week. I was busy with my kids, I was busy with Channuka, I was busy with work. All that busyness with real life gave me little time to obsess about my addiction, about the sex I am not getting, about GYE, etc.

I was quiet here last week, and it was beautiful. It was calm. I would highly recommend to anyone to get as busy as they can with real life, because there, after all, is where life is.

I am not saying I am done with GYE I still need this place, but I remember reading when I first started here about Realsville. I didn't understand it at the time, but now I do, and it is a great place to live.

Eli

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

Posted by MBJ - 05 Jan 2014 15:24

145 clean days, very close to 0.

Have been living in my head too much last few weeks. Almost fell last night. I used the chat with a friend lifeline and B"H the urge went away.

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

Posted by MBJ - 05 Jan 2014 16:57

just came across this blog post by a minor league pitcher on [ESPN](#)

The important part is here

I was embarrassed. Embarrassed that I had allowed myself to expect so much. Embarrassed that I had failed again and that my reputation was forever stained. Embarrassed that I couldn't hang on for another three days so that I could see my wife. Life, it seemed, was telling me at every turn that being hopeful was a useless emotion. That the moment I allowed myself to hope, to expect, in something good, the opposite was sure to happen. So I went back to Colorado Springs, tail between my legs, determined to expect nothing from here on out.

It seems pessimistic, I know. That expecting nothing is preferable to expecting success. But the problem I had, the problem I assume most of us have, is that I had substituted expectation for entitlement. I felt as if I had earned some sort of success. As if the work I put in and the price I paid had secured for me some cosmic balance wherein some good things would balance out the bad things. I was playing this eternal game of tug-o-war against a brick wall, determined to

pull hard enough to tear it down. The words "fair" and "unfair" kept trickling from my mind to my tongue. ...

Well said is all I can add to it

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 05 Jan 2014 18:32

mbj...great stuff on both posts

keep it up!

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 06 Jan 2014 06:32

Holy moly that was awesome!

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