

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

=====

Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 21 May 2015 10:05

One of the benefits of the 12 steps is that when those things happen, we realize that we are indulgin' in self instead of God and life.

While I like Skep's idea and have heard it from him many times and it works, the question is for how long? how many battles can we wage and win?

yes, some will answer: just one! that's all we are concerned with.

That bein' said, I am far, far from recovery.

I just know that to 'win,' I cannot enter the arena.

don't get me wrong; it is still a helluva of a plan and ya' all should try it out.

b'hatzlachah

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by skeptical - 21 May 2015 17:31

MBJ

Do you find that it helps reduce the frequency of the thoughts?

For sure.

cordnoy

While I like Skep's idea and have heard it from him many times and it works, the question is for how long? how many battles can we wage and win?

yes, some will answer: just one! that's all we are concerned with.

That bein' said, I am far, far from recovery.

I just know that to 'win,' I cannot enter the arena.

I didn't write anything about waging battle. If anything, I wrote about getting and staying out of the arena.

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by gibbor120 - 21 May 2015 17:44

Stay busy with positive things.

Do something nice for your wife, just because.

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 21 May 2015 21:53

[cordnoy wrote:](#)

One of the benefits of the 12 steps is that when those things happen, we realize that we are indulgin' in self instead of God and life.

While I like Skep's idea and have heard it from him many times **and it works**, the question is for how long? how many battles can we wage and win?

yes, some will answer: just one! that's all we are concerned with.

That bein' said, I am far, far from recovery.

I just know that to 'win,' I cannot enter the arena.

don't get me wrong; it is still a helluva of a plan and ya' all should try it out.

b'hatzlachah

I agree that you can't enter the ring with the yetzer hara/addiction, because they are just too strong. That is well and good for my actions. But when it comes to my thoughts, then they are bringing the fight to me. What you said is exactly the problem, I can't win every battle like that, eventually I will wear down and lose.

That really was my question. I know how to stay out of the ring on my computer the street etc. But how do I do thst within my thoughts?

A related frustration. I believe that self control is a muscle, the more you excersize it the stronger it gets. But like your body has diffetent muscles and exercising your srms won't make your legs stronger. So to getting a measure of self control in one specific thing doesn't really help for other things. Every little derech for me to debase myself is its own struggle. Boy is that exhausting. But that is why we are on this Earth.

Gut yomtiv to all.

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 22 May 2015 08:25

I know what used to work by me.

When a thought entered, I would need to say that this isn't good for me.

After some time, it became a habit.

i'm not able to do that now, but it's my goal.

b'hatzlachah to you!

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 04 Jun 2015 13:51

I am having trouble getting back up after my fall.

I am starting to read the white book again. It is amazing how much it resonates with me. I am beginning to see in myself the toxic thoughts. The grudges, the hurt feelings, the episodes and conversations and what-ifs i am constantly replaying in my mind. They are just as bad as any sexual fantasy that I have. They lead me to reach for my drug to escape. I am beginning to see now that that is what recovery really is. Baruch Hashem.

It seems like everytime I fall I learn a new depth of my disease and see that my previous battle ground was really not the real one. It is like I am an advancing army goong layer by layer through my defenses. Except every layer is further entrenched and more fortified.

Each new layer makes me rip out a bigger and bigger part of myself to get healthy. It hurts so much. So empty. All my old "friends" are going away.

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by TalmidChaim - 04 Jun 2015 14:29

Great insights, MBJ. I'm not an advocate of the idea that falling is good for us, because we learn each time (not that that's what you're saying, necessarily). If, somehow, an addict started recovery and never fell from Day 1, I'd pitch my wagon in his direction every time; he's figured out something we're not getting. But, unfortunately, he's a theoretical ideal, and we, here in the pits, are the reality.

So, as I've discovered with my recovery, the process is necessarily nonlinear. I can't fathom it working any other way. Until you fall, make a mistake, analyze the mistake, and get up again, the process is just academic, just books and forums and conversations with other addicts. You're using second-hand data, and our brains don't prefer that kind of information.

Therefore, dread the falls, and avoid them with every fiber of your being, but if they happen (IF, not when), pounce on that learning opportunity like the answers to a Calculus exam lying on the floor. Before the teacher notices ;-)

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 04 Jun 2015 15:40

MBJ!

Great stuff in your realization.

b'hatzlachah

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by SamJoe - 04 Jun 2015 19:57

Hey MBJ thanks for sharing I can relate to that alot!

Hatzlacha!

=====
=====

Re: MBJ's 90 day (and more) Journey
Posted by yiraishamaim - 04 Jun 2015 20:34

[TalmidChaim wrote:](#)

Great insights, MBJ.

Therefore, dread the falls, and avoid them with every fiber of your being, but if they happen (IF, not when), pounce on that learning opportunity like the answers to a Calculus exam lying on the floor. Before the teacher notices ;-)

Well put

"To learn from our own mistakes is practical and helpful.

To learn from the mistakes of others is shrewd and wise."

=====

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

Posted by pischoshelmachat - 04 Jun 2015 20:48

MBJ,

You've done it and you can do it again. I am so encouraged by your perseverance.

May HKB"H redeem us from our own anonymous golus!

=====

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

Posted by dd - 04 Jun 2015 22:11

Hi MBJ!!!

Thank for that insightful post!!!

=====

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

Posted by MBJ - 06 Jun 2015 20:32

So powerlessness is pretty basic for me to understand. Powerless means for me, not that I have no control at all. I just have no control once I start. Meaning taking that first sip can end in nothing, or it can end in a giant fall.

Either way I am powerless to control the outcome once I start.

I do have the power to not take the first sip. I have the power to close the bottle at the first whiff of lust.

But what is surrender? What am I surrendering? Who am I surrendering to?

So I was reading the white book and now I think I understand. I used to think I was surrendering my lust. But that just doesn't work for me. After all don't they say that one of the mistakes is asking G-d to take it away so we don't have to. Removing lust has to come from us, we have to want it.

So what I understand now is that I am surrendering the right to do the bad thought or action. I say to myself or to my higher power, I have no right or entitlement to this thought, feeling, or action. It could be lust, resentment, anger whatever. But I acknowledge that this thing does not belong in me. I am not entitled. When I make that acknowledgement, it become much easier to let it go.

In other words the surrender doesn't make it go away, the surrender allows me to take it away.

This goes back to the realization that shocked me early on, that I will not die without sex, or porn, or masturbation. By the same token I will not die without lust, fantasy, anger or resentment. That surrender is such a freeing beautiful thing. I was just in a tough spot, so I surrendered several thoughts and actions even multiple times as they kept repeating themselves. It was so incredibly liberating. It just made me smile.

=====

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

Posted by hwhap@gmx.com - 07 Jun 2015 04:39

Interesting. What role do you think phone calls play?

=====
=====