

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 MBJ - 22 Aug 2015 20:54

I had a fall last week. Just stupid stupid stupid stuff. I should know better by now.

Been clean since then b"H.

My marriage is a strange thing. So beautiful and yet completely the opposite of what my lust fantasies would dictate. Oddly enough that is exactly what I need. Of course. The real miracle is that I can see that it is exactly what I need. (At least most of the time.)

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Re: MBJ's 90 day (and more) Journey
Posted by shlomo613 - 22 Aug 2015 21:33

Thank you. I completely get every word of what you wrote. Hatzlacha going forwards.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 23 Aug 2015 07:34

[MBJ wrote:](#)

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Nice attitude

No way to share with others beforehand?

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

Posted by MBJ - 23 Aug 2015 08:29

You are right of course. I felt the slight dip which led to a sharp plunge but b"H I got up very fast this time. I tried to address the dip myself. I should have shared my dip, perhaps I could have avoided the plunge.

Thanks cordnoy.

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

Posted by Changing - 24 Aug 2015 09:40

Just read this thread! Wow wow wow! You have givin me so mich chizzuk! Wishing you much hatzlocho!

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

Posted by MBJ - 25 Aug 2015 11:15

I am sorry for posting this here, but I can't think of anywhere else to place this. All thise who don't care feel free to ignore.

I have another addiction that may be even worse than my lust one. This one for food. (Also a lust, I know.) I find myself eating when I am stressed or just bored. I hide my eating from others.

I eat until I am nauseous sometimes and then still keep eating. The thoughts, feelings and actions are extremely familiar with my sex addiction. However, I find myself struggling to apply the lessons I have learned from my struggle with lust addiction to my food addiction. I feel just as clueless and helpless as I ever felt with my struggle against masturbation, maybe even more so. I want to lose weight, but more than that, I am sick of eating without control and feeling sick and bloated all the time.

Does anyone have any experience with dealing with more than one addiction. Is there anyway of applying information from one to the other, or is it a whole new ballgame?

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 25 Aug 2015 11:26

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They are similar.

The obsession is there.

The majority of the steps have nothing to do with sex or alcohol.

B'hatzlachah to you

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

Posted by MBJ - 25 Aug 2015 13:26

You are right. I just hate the feeling of starting from square one not knowing at where to go. It seems absurd, and yet here I am. Truth is I don't really expect a good answer, I have to find my Rosetta stone to make the translation. Just looking to vent. I do some of my best thinking while typing these posts.

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

Posted by neshamaincharge - 25 Aug 2015 15:59

[MBJ wrote:](#)

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of applying information from one to the other, or is it a whole new ballgame?

Check out soveya.org

It changed my life. Much Hatzlacha to you

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

Posted by MBJ - 02 Sep 2015 19:16

I was just thinking about a time I was in sleep away camp around age 12 when my counselor was talking to us about nasturbation. He said how when he realized that masturbation was just having sex with your hand he stopped. I remember thinking two things at the time. One was I don't care if I am just having sex with my hand, it feels great. The other was you can't just stop. I always go back to it at some point.

First interesting point was kol hakavod to the counselor for bringing it up with us. The second was I already at 12 assumed that masturbation was just something guys had to do.

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

Posted by cordnoy - 02 Sep 2015 20:34

[MBJ wrote:](#)

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was I already at 12 assumed that masturbation was just something guys had to do.

I was a bit younger than that when our giant of a counselor used to come to each bed and kiss the boys good night. As a lemechel from Fargo, I knew nothin' of this stuff, so when it was my turn and he bent down to me, I ~~had phrases and actions deleted~~ gently, and I told him, "I don't know what you're doin', but my lips are sealed as long as you stay away from my bed."

In hindsight, I am impressed with that, but obviously, much more should have been done.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 03 Sep 2015 05:21

[cordnoy wrote:](#)

[MBJ wrote:](#)

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That's disturbing. Kids know when things are wrong. It is good you had the strength to stand up to him.

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 03 Sep 2015 18:14

There is a new idea I am working on.

I have approached my sobriety on the concept that if there is a lust of mine that Hashem has not given me, it means I don't need it and it is harmful for me. Therefore I can give up that lust by trusting in Hashem.

Now what happens when it is provided to me. Like my wife when she is mutar or the food that is in my own home for the food addiction. It is there, G-d has provided it. So what do I do?

The idea I am working on is the impropriety of being a ??? ?????? ??????. That becomes a very different problem indeed. It is far more extreme in the levels I have to delve into my problems to correct. This is an idea that runs through so many aspects of my life. It is scary to think how many things will need to be uprooted to get a handle on this. I am not even sure I fully understand where this is going to lead me to. I do know that I have to pursue it if I want real recovery.

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Re: MBJ's 90 day (and more) Journey
Posted by neshamaincharge - 04 Sep 2015 10:40

uote="MBJ" post=263223]There is a new idea I am working on.

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Good work!

Take a look at what the ??? ???? quotes from the ??? at the end of ????? ????? ?????? ??????

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