

MBJ's 90 day (and more) Journey

Posted by MBJ - 04 Nov 2012 13:48

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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 Markz - 18 Dec 2016 03:00

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[Dov wrote on 18 Dec 2016 01:47:](#)

No, no, do not be mistaken, sir. You are indeed the only insane person here.

Dov you are mistaken

**Warning: Spoiler!**

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Re: MBJ's 90 day (and more) Journey  
Posted by Dov - 18 Dec 2016 03:51

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Ok, yeah. Maybe him too.

Sorry, forgot.

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Re: MBJ's 90 day (and more) Journey  
Posted by YidFromMonsey - 19 Dec 2016 18:58

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[MBJ wrote on 13 Dec 2016 15:07:](#)

How can I feel like, literally, the luckiest guy in the world, who had been showered untold gifts by

Hashem and also feel needy and longing at the same time? Why the disconnect of being so content and yet wanting to act out?

I have been engaging in very dangerous thoughts, potentially triggering internet searches and ill advised actions the last week. I have done this dance enough times to know where it ends if I don't change something.

The question is what? (I am not looking for answers per se, I probably won't listen to them anyway.) What do I need to do to make me feel in my kishkes what my head is telling me. Because the longing is in my kishkes and the contented feeling in my head.

I love my wife. I don't want to hurt her, but I still lust after her very strongly, but she might as well be on the other side of the world. I also don't want to go there. I don't want to be that person any more. I hate that person. I hate who he is and what he stands for. But something in me just can't let him go.

Wow! So well written. I'm wondering though how you got into my head and knew exactly what I

Thanks Dov for your wisdom, and yeah, I totally agree with you about acceptance, I'm currently working on my step 1 and going thru all that.....

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 10 Aug 2017 16:53

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Been a really long time. A busy and tired time. Exhausting in fact. I have been doing not so good not so bad. Going about 3 weeks and then falling a few times then going another few weeks. No crazy falls. No crazy long streaks either.

Still feeling much much lust and tons of resentment. Not a fun combination. Also feeling very far away from Hashem. Just really really tired all the time. No energy to do anything.

Hope to start posting here again with some more regularity. It has been way too long.

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

Posted by MayanHamisgaber - 10 Aug 2017 18:29

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Welcome back

Maybe give us a brief update about yourself for those of us that were not here before and are to lazy to read thru your thread (like me)

Thanks

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

Posted by MBJ - 10 Aug 2017 19:42

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[MayanHamisgaber wrote on 10 Aug 2017 18:29:](#)

Welcome back

Maybe give us a brief update about yourself for those of us that were not here before and are to lazy to read thru your thread (like me)

Thanks

About me?

ok. Struggling with masturbation for over 20 years. Been on GYE for almost 6 years. Had some huge success in that time. Had some huge failures in that time. I probably am not an addict. I am also probably an addict.

A shame to skip my thread, has some real gems in there. At least they seemed that way at the time. Probably a bunch of crap.

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Re: MBJ's 90 day (and more) Journey  
Posted by gibbor120 - 10 Aug 2017 21:09

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Welcome back! Good to hear from you again.

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Re: MBJ's 90 day (and more) Journey  
Posted by Gevura Shebyesod - 10 Aug 2017 21:19

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Hi Dilbert! (or is it Dogbert?)

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 11 Aug 2017 06:29

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[Gevura Shebyesod wrote on 10 Aug 2017 21:19:](#)

Hi Dilbert! (or is it Dogbert?)

Most of the time it is dogbert. Nice to see old "faces" again. Maybe even meet at few new ones.

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Re: MBJ's 90 day (and more) Journey  
Posted by Hakolhevel - 14 Aug 2017 01:32

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[MBJ wrote on 10 Aug 2017 19:42:](#)

[MayanHamisgaber wrote on 10 Aug 2017 18:29:](#)

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A shame to skip my thread, has some real gems in there. At least they seemed that way at the time. Probably a bunch of crap.

Your thread is one of the first I read and helped reel me in to gye. great to see you back and hoping to see more gems.

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

Posted by dont give up - 14 Aug 2017 07:20

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The Big Book (pg 44) gives 2 clear criterias for someone to be defined hopeless/alcoholic.

*We hope we have made clear the distinction between the alcoholic and the non-alcoholic.*

*If, when you honestly want to, you find you cannot quit entirely,*

*or if when drinking, you have little control over the amount you take,  
you are probably alcoholic.*

***If that be the case, you may be suffering from an illness which only a spiritual experience will conquer.***

What does your experience tell you;

can you stop lusting **entirely**(i.e. for good, permentaly, not just for a stretch)?

can you control how much you lust (watch open for 10min a day and hen switch the computer)  
or will you say "just 2 more min" and then "just another 2 min" etc?

if both of the above are not possible, perhaps you are suffering from an illness that **only** a spiritual experience can conquer (i.e. all human techniques, resolutions and restrictions don't work).

but, if you have the choice and can control, then you're not powerless - instead, just your choice and control to regulate it.

G-D bless and have a great day!

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 14 Aug 2017 19:33

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[dont give up wrote on 14 Aug 2017 07:20:](#)

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G-D bless and have a great day!

I don't really want to get to deep down this particular rabbit hole because at the end of the day it don't really matter.

While I can say that there are many times when I have a strong desire and I feel I just can't stop, how many red blooded males are out there that can? I don't have the answer to that question. My personal situation is such that I have an enormous amount of pressure. I question whether it I had a even slightly more normal situation I would struggle quite so much. An answer to that I may never have and therefore it is all academic. What is important is what works and what doesn't. Right now for me it doesn't. But I know that GYE does work for me. So I will try that again.

Cheers

Eli

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Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 22 Aug 2017 12:16

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Just got back from vacation. Shmirat eynayim disaster.

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

Posted by Dov - 22 Aug 2017 15:49

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Hi Eli!

First, it's unclear to me: what r u referring to when you write "it's not working for me"? What isn't, and what is? I guess asking w that has to come the q "what do you mean when you say 'working'... definition? Many here use that to mean that they are too uncomfortable to use it. But I don't think you mean that here....so, I ask. Second, I don't know what a shmiras einayim disaster looks like (no pun intended!). You mean a lusting disaster - or a seeing disaster? I'm not sure what would be disastrous in seeing, if a lust-fest never ended-up happening in my heart...and if I'm losing my brains out, then that's the disaster. Even without seeing anything at all.. do you experience it differently, and have shmiras einayim disaster w/o lusting being the entire point of it?? Please explain so I understand. Thanks old chaver!!

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