

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 Dov - 30 Jul 2018 20:05

mzl, you wrote:

"since he says it hurts when she rejects him that tells me that her rejecting him doesn't make sense to him"

Then Cordnoy wrote that before writing comments based on judgements, the decwnt thing to do is to read the thread for context.

You resonded that you think what he wrote is dead wrong and made a further judgement saying *your impression of Cordnoy is not too good so far.*

I'm suggesting a pattern here that may give you some insight into yourself. You suggested that the fact that MBJ didn't like his wife's behavior **indicates** that there's a problem of some kind (some of your suggestions included moral judgments about her possibly nepharious intentions).

And here, Cordnoy writes something you don't like and you have 2 responses that I think might be linked:

- 1- you posit that he's all wrong;
- 2- you express your poor opinion of him.

Have you considered the possibility that when you don't like what someone's doing, your response is that they are bad? In other words, maybe there is no coincodence here and the truth is that your feelings are quite possibly guiding your perceptions - though you are adept at dressing them up in 'analysis'?

This would explain a couple of other posts you've wrotten that got under somebody's skin. Look back please and think it over, if you like.

Patterns mean a lot.

You have a lot to share and to teach us but when judgments are involved it just exposes the fact that emotions are behind it to a greater degree than we like to admit. In my own case, facing that first and admitting it openly helps me remain a a little more objective. It also helps me in other ways.

Good luck with that, chaver!

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Re: MBJ's 90 day (and more) Journey
Posted by mzl - 30 Jul 2018 20:13

Artfully written as usual but doesn't ring a bell. However I register from you wrote that I actually got under somebody's skin, which is news to me (but hard data.)

Cordnoy doesn't sound to me like he is in a good place. Sorry. And I resent his targeting me.

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Re: MBJ's 90 day (and more) Journey
Posted by cordnoy - 30 Jul 2018 21:12

Cordnoy ain't runnin' a popularity contest.

There is a common decency and a basic semblance of respect to another that one - if he truly wants to help another - would take a few minutes to read up on the history of the fellow he's really tryin' to help. Just to ask questions, insinuate thin's, use your own perspective, decide what it is the other guy needs or wants is just plain haughtiness. It's the difference between a basement dwellin', pajama-clad blogger, and a concerned, carin', ??? ?? ????? ????? ??? type of guy.

Cordnoy has not been targetin' you. As a matter of fact, he has been consistently raisin' your karma. (Sadly, it seems you have ruffled some feathers, and it's difficult for the positive side to gain traction.) Take a look at your last 15 posts and see who clicked "thank you."

And if Cordnoy is in a bad place or not, he welcomes all comments. I believe he has three threads in the most recent posts section (past three or four pages).

Godspeed to all!

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 30 Jul 2018 21:33

Cordnoy, you know I love you and I always will.

Dov, thank you for the point. You are right in your diyuk, between making her happy and doing right by her. I actually was thinking something like that on my drive home today. I can't control her, nothing at all. However, I made a commitment to her by taking her as my wife. And as long as I continue to have her as my wife then I have the responsibility to be the best husband that I can be, regardless of her she treats me. So I need to do the best that I can. The rest is out of my hands.

It was after that thought that I was finally able to say, "thank you Hashem for my wife". No qualifications

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 30 Jul 2018 21:41

[mzl wrote on 30 Jul 2018 16:22:](#)

[MBJ wrote on 30 Jul 2018 13:09:](#)

Still I have been pulling away from her recently, tired of getting smacked down and rejected. I realize now that has been a mistake. It goes back to a lesson that I had learned a while ago but forgot. It is my job to make her happy, not necessarily the other way around. Still it's lonely.

Why do you think she's doing that? Is she angry and being vindictive? Do you turn her off because you are old or overweight but she doesn't want to hurt your feelings? Does she not love you but thought you would be someone to lean on? Does it bother her that you need it so badly because if she doesn't give it to you that implies that she's a horrible person?

Sorry, none of that rings true. The best answer that I can come up with is that when she became a mother, I took a back seat. Certainly our sexual relationship did, but so did I. Still years later and still having little kids that has not changed. Just a radical shift in priority. I don't know this for sure, because she won't talk about it.

My biggest fear is that one day there will be no kids in the house to take care of and then there won't be a marriage left either. Another thing I can't say to her.

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 30 Jul 2018 21:51

[MBJ wrote on 30 Jul 2018 21:33:](#)

Cordnoy, you know I love you and I always will.

Dov, thank you for the point. You are right in your diyuk, between making her happy and doing right by her. I actually was thinking something like that on my drive home today. I can't control her, nothing at all. However, I made a commitment to her by taking her as my wife. And as long as I continue to have her as my wife then I have the responsibility to be the best husband that I can be, regardless of how she treats me. So I need to do the best that I can. The rest is out of my hands.

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Wow. Look at the first sentence you quoted in the footer under your posts. You're bringing it to life!

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Re: MBJ's 90 day (and more) Journey
Posted by mzl - 31 Jul 2018 02:51

Sorry, none of that rings true. The best answer that I can come up with is that when she became a mother, I took a back seat. Certainly our sexual relationship did, but so did I. Still years later and still having little kids that has not changed. Just a radical shift in priority. I don't know this for sure, because she won't talk about it.

I just listed some examples. You are the world's greatest expert on yourself. And the answer doesn't have to be easy. But feeling better about it once and for all depends on internalizing exactly where she's coming from.

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Re: MBJ's 90 day (and more) Journey
Posted by i-man - 31 Jul 2018 03:57

MBJ you are very inspiring, you describe a difficult matzav yet ,you reach out to Hashem , try to make things work , and do what you feel is the right thing . most of us have various

challenges and nisyonos and reading about the good work you do gives me a feeling of strength in my life,

Hatzlacha!

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Re: MBJ's 90 day (and more) Journey
Posted by elul - 31 Jul 2018 17:30

I just want to apologise for enjoying the back and forth.

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Re: MBJ's 90 day (and more) Journey
Posted by Dov - 31 Jul 2018 20:21

Why apologize, chaver? Of course it's fun. Even if loose threads are left hanging, good questions eventually help *someone*.

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Re: MBJ's 90 day (and more) Journey
Posted by Hashem Help Me - 02 Aug 2018 02:34

I hope everyone reading this forum realizes that Dov and Cordnoy have dedicated enormous amounts of time helping many many people - on the forums, on the phone, and in person. Nobody has to agree with anyone's opinions here, however we have to respect each person's right to have an opinion. And the wise person will do even more than just respect the opinions of those who have successfully steered so many strugglers to safety.....

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Re: MBJ's 90 day (and more) Journey
Posted by Workingguy - 02 Aug 2018 04:08

[Dov wrote on 30 Jul 2018 15:31:](#)

You wrote:

It goes back to a lesson that I had learned a while ago but forgot. It is my job to make her happy, not necessarily the other way around. Still it's lonely.?

Just a comment on that for you, based on our experience and the suggestions of some wise people in and out of Program:

It is never our job to make our spouses happy. We believe it is our task to do right by our spouses. To 1- be honest with and true to them, to 2- put them first in our lives ahead of our children and all other people, and to 2- be good to them.

Learning what's truly good for them and how to do those 2 other things often takes us some time. And the rest of our lifetime includes working to improve our performance.

But whether they are happy, is 100% their choice and not our task. And that's an important fact for us because when we cross that line of taking responsibility for someone else's feelings onto ourselves, things get confused and fake. Blame ensues both ways. It's just a dumb way to live, for us.

That's not to say that we don't *care* about how the other person feels! But there's a fine line of codependency here.

I think people use the term make her happy as in “Vesimach es ishto”,

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Re: MBJ's 90 day (and more) Journey
Posted by MBJ - 23 Sep 2019 07:53

I guess this is my new procedure. Come once a year and post how things are going. And once again nothing good to report.

I do my thing, and I really have no guilt about it. No pleasure either, but no guilt. Tha is why I won't stop, because I don't care. One day I'll go to a therapist. But chances are that day will never come.

Not even sure why I am posting here. I still feel cheated. Inferred promises made but not kept.

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

Posted by Hashem Help Me - 23 Sep 2019 11:34

If you didn't care you would not have posted buddy. People who don't care laugh at GYE or deny its existence. Guys that come onto the site and especially those that post are hurting and care very deeply. Maybe they don't know how to proceed, maybe they feel yi'ush, but boy do they care - deep in their gut. A post like yours, to me, looks like a cry for help. I am here and so are many others. Grab on to our hands. May Hashem give you true yishuv hada'as.

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