

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 stillgoing - 23 Sep 2019 18:08

---

[MBJ wrote on 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.

What were the promises?

=====

Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 23 Sep 2019 19:14

---

[Dave M wrote on 23 Sep 2019 17:48:](#)

I just spent some time reading through this thread. Only got through page 10 since this is a really long one. But the give and take between Dov and MBJ is incredible. A real storybook of one's journey of highs and lows. Very inspiring.

Very commendable of you. Givin' advice without readin' the fellows story is almost as valuable as the sweet nothin's whispered in your ear by the woman in the club.

=====

Re: MBJ's 90 day (and more) Journey  
Posted by Hakolhevel - 03 Oct 2019 04:59

---

[cordnoy wrote on 23 Sep 2019 19:14:](#)

[Dave M wrote on 23 Sep 2019 17:48:](#)

I just spent some time reading through this thread. Only got through page 10 since this is a really long one. But the give and take between Dov and MBJ is incredible. A real storybook of one's journey of highs and lows. Very inspiring.

Very commendable of you. Givin' advice without readin' the fellows story is almost as valuable as the sweet nothin's whispered in your ear by the woman in the club.

In addition to being commendable, correct me if I'm wrong, reading peoples stories is one of the very powerful tools of GYE ( I think aa is into stories too)

=====

Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 05 Mar 2020 18:03

---

I had an epiphany. At least I think I did. I need to write it down because I am forgetting it and that would be a shame.

So some history:

Came to GYE, did the appropriate al chets. Blamed all problems in my marriage on myself, became a good little soldier and patiently awaited for the reward I so deserved (my wife's tender love and appreciation). But the reward never came, a year two years. I was clean of porn and masturbation mostly was mostly keeping my eyes clean in the street but still no reward. There must be some mistake here. I read all the comments how some husband would wash the dishes once a week and his wife was so much nicer. Here I was watching the kids doing laundry dishes etc etc and not pressure for sex and still no reward. So obviously I got angry at my wife, at Hashem. I mean what more could be expected to do. Since my wife wasn't keeping her end of the bargain and neither was Hashem how could I be expected to not act out, after all I have basic human needs

=====

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

---

Posted by Hakolhevel - 05 Mar 2020 19:30

---

[cordnoy wrote on 01 Nov 2016 16:27:](#)

[Gevura Shebyesod wrote on 01 Nov 2016 15:54:](#)

Sometimes the road is muddy and bumpy, it's foggy, the wipers don't work, the transmission won't get out of low gear. There's traffic backed up for miles. It looks like we will never get there. But all that matters is to drive in the right direction. The journey IS the destination.

KOMT!

It looks like we will never get "there."

The journey is the destination.

"There" is the journey.....nothing else.

There is no pot of gold waiting.

There are no 70.....whatever, not even one.

Simply put....which way is the car facing right now?

?? ???

Mbj. Great honest moment.

Sounds like you got stuck on the highway with gev and cord

=====  
=====

Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 05 Mar 2020 20:29

---

[MBJ wrote on 05 Mar 2020 18:03:](#)

I had an epiphany. At least I think I did. I need to write it down because I am forgetting it and that would be a shame.

So some history:

Came to GYE, did the appropriate al chets. Blamed all problems in my marriage on myself, became a good little soldier and patiently awaited for the reward I so deserved (my wife's tender love and appreciation). But the reward never came, a year two years. I was clean of porn and masturbation mostly was mostly keeping my eyes clean in the street but still no reward. There must be some mistake here. I read all the comments how some husband would wash the dishes once a week and his wife was so much nicer. Here I was watching the kids doing laundry dishes etc etc and not pressure for sex and still no reward. So obviously I got angry at my wife, at Hashem. I mean what more could be expected to do. Since my wife wasn't keeping her end of the bargain and neither was Hashem how could I be expected to not act out, after all I have basic human needs

Sorry.

Welcome back good friend.

My "reward" came after about three years.

It also came, I believe, after I stopped waitin'/expectin' it to come.

Godspeed!

=====

Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 05 Mar 2020 21:11

---

Yes cordnoy, you are as usual absolutely correct. While for me it has been a lot longer than 3 years, I also know that despite my saying and even believing on some level that sex is optional and that I won't die if I don't get it, but I still deep down really really wanted it and expected it.

Just keep behaving and you will get the reward. But month after month and year after year, and every so often a very awkward conversation with the Mrs and still nothing.

So I would daven for relief, daven for "shalom bayis", ask Hashem why is he punishing me so much, because the pain and frustration is very very real and very very acute. But still year after year no progress, just me and my hand sometimes less frequently sometimes more frequently, sometimes with self loathing afterwards and sometimes with apathy, but never really feeling satisfied.

But then I had a different thought. You see I always had thus nagging notion in my mind. Why daven for this. I have an issue with davening in general that I don't understand. The general amidah requests I view as affirmations that all that I have and will ever have come from Hashem, but I feel kind of stupid asking for sex, I mean if I deserved to have it, it would happen. Also the view of all this as a large unending punishment also never sat well with me. I remember I once heard someone say that it is not so healthy to take all the misfortune we have and say oh I deserve this punishment, while it might be true it is also the negative side of the coin. Better to look at the positive side.

Now after all that, I still can't say that I remember where this thought came from, but here it goes: HASHEM HAS FREED ME FROM SEX. BH I have a bunch of wonderful children so I have been mekayem the mitzva of pru urvu. My wife has absolutely no interest in Ona'ah, so I am patur from that obligation. So what that means is I have no reason anymore that I need to think about sex. Hashem has freed me from it.

Now I don't know if I am just deluding myself, but the Tefilla of "Thank you Hashem for freeing me from sex, please help me use this new found freedom to get closer to you" has a much better ring to it than any of my other tefilos. And frankly when I had this thought I suddenly had a deep peace descend on me like I haven't felt in a long time.

However I am flesh and blood and this feeling is fading, being replaced by my animal thoughts. Furthermore as soon as I thought that epiphany, it crept to my head and maybe if I behave I can have sex again. I realized that based on that one day at a time won't work, I have to truly believe and except that I am done with sex. Now of course if my wife changes her tune then mine has to change as well. (I almost erased that line, but it was just so powerful showing how I can't expunge the expectation of if I behave I will get my reward)

And all that is why I had to post it here. To give these fleeting thoughts and emotions some weight so they won't just fly away.

=====  
=====

Re: MBJ's 90 day (and more) Journey  
Posted by Changing - 05 Mar 2020 21:41

---

Hi MBJ,

Good to have you back posting, you are a true inspiration. Don't have much to say other than good to have you here!

=====

Re: MBJ's 90 day (and more) Journey  
Posted by cordnoy - 06 Mar 2020 00:20

---

[MBJ wrote on 05 Mar 2020 21:11:](#)

Yes cordnoy, you are as usual absolutely correct. While for me it has been a lot longer than 3 years, I also know that despite my saying and even believing on some level that sex is optional and that I won't die if I don't get it, but I still deep down really really wanted it and expected it. Just keep behaving and you will get the reward. But month after month and year after year, and every so often a very awkward conversation with the Mrs and still nothing.

So I would daven for relief, daven for "shalom bayis", ask Hashem why is he punishing me so much, because the pain and frustration is very very real and very very acute. But still year after year no progress, just me and my hand sometimes less frequently sometimes more frequently, sometimes with self loathing afterwards and sometimes with apathy, but never really feeling satisfied.

But then I had a different thought. You see I always had thus nagging notion in my mind. Why daven for this. I have an issue with davening in general that I don't understand. The general amidah requests I view as affirmations that all that I have and will ever have come from Hashem, but I feel kind of stupid asking for sex, I mean if I deserved to have it, it would happen. Also the view of all this as a large unending punishment also never sat well with me. I remember I once heard someone say that it is not so healthy to take all the misfortune we have and say oh I deserve this punishment, while it might be true it is also the negative side of the coin. Better to look at the positive side.

Now after all that, I still can't say that I remember where this thought came from, but here it goes: HASHEM HAS FREED ME FROM SEX. BH I have a bunch of wonderful children so I have been mekayem the mitzva of pru urvu. My wife has absolutely no interest in Ona'ah, so I am patur from that obligation. So what that means is I have no reason anymore that I need to think about sex. Hashem has freed me from it.

Now I don't know if I am just deluding myself, but the Tefilla of "Thank you Hashem for freeing me from sex, please help me use this new found freedom to get closer to you" has a mich better ring to it than any of my other tefilos. And frankly when I had this thought I suddenly had a deep peace descend on me like I haven't felt in a long time.

However I am flesh and blood and this feeling is fading, being replaced by my animal thoughts.

Furthermore as soon as I thought that epiphany, in crept to my head and maybe if I behave I can have sex again. I realized that based on that one day at a time won't work, I have to truly believe and except that I am done with sex. Now of course if my wofe changes her tune then mine has to change as well. (I almost erased that line, but it it was just so powerful showing how I can't expunge the expectation of if I behave I will get my reward)

And all that is why I had to post it here. To give these fleeting thoughts and emotions some weight so they won't just fly away.

So well said.

And by the way just because I responded to you about my reward after several years doesn't mean that I'm living the free life like you wrote above, but in reference to your initial post I responded. And yes, like always, my heart goes out to you, it's highly unusual what you're going thru and God should give you strength.

=====

Re: MBJ's 90 day (and more) Journey  
Posted by MBJ - 19 Sep 2021 15:03

---

Hello. Shana Tova to all the good people on GYE.

=====