

laughingman tries to count to 90.....

Posted by laughingman - 14 Mar 2013 16:01

as of today all my posts are here as far as my own topics are concerned

i have had 2 falls but i am now a week into a new streak

i have had success in breaking some previously unbreakable habits

not m***** habits ...thoses i have dealt with somewhat but even farther

as a result of the rules that i follow through the 90 days and though i have slips about once in 2-3 days every day foward breaks that tooo down so that it becomes less frequentand eventually non-existent

i recently got the s3 and i have had soo far Thank G-d no desire to sttempt to use it for searching ****

i personnaly dont use software barriers for myself (for my kids i do of course)

i can break them too easy ...the only way out is personal honesty

as all of these things are for now personal actions

and it is working ...hopefully it will continue though im sure the real war is coming

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Re: laughingman tries to count to 90.....
Posted by laughingman - 16 Apr 2021 07:25

I come here to unload my feelings on how I continue to have porn addictionfull blownI can't get away sometimesI dont m***** but there is still effects from the porn usage

Today it started to dawn on me the sheer impact the negative that porn usage unleashes in the form of my feelings of anxiety, how my mental capacity and accompanying issues are probably affected by that usage as brought down by various jewish leaders in commentaries throughout the millenia

And how much chesed we are given to live in a world where often a person with diminished capabilities can rely on assistance so that they might focus on getting out of the muck

And tthe fact that my feelings on. This are amplified by the same forces that I am involved in with my usage

Meaning its all the sasame smoke

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Re: laughingman tries to count to 90.....
Posted by Grant400 - 16 Apr 2021 17:49

[laughingman wrote on 16 Apr 2021 07:25:](#)

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Meaning its all the sasame smoke

See you again in 6 months when reality hits you once again...

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Re: laughingman tries to count to 90.....
Posted by OivedElokim - 28 Apr 2021 02:42

How are you doing buddy?

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Re: OivedElokim- I'll never give up
Posted by OivedElokim - 28 Apr 2021 03:27

[yehoshua wrote on 30 Sep 2015 08:35:](#)

Yesterday, this helped me. It is all for the future, not now. But now it gave me hope. All the best to you brother

The Twelve Promises

We are going to know a new freedom & a new happiness.

We will not regret the past, nor wish to shut the door on it.

We will comprehend the word Serenity &

We will know peace.

*No matter how far down the scale we've gone,
we'll see how our experiences can benefit others.*

That feeling of uselessness & self-pity will disappear.

We will lose interest in selfish things & gain interest in our fellows.

Self-seeking will slip away.

Our whole attitude & outlook on life will change.

Fear of people & economic insecurity will leave us.

We will intuitively know how to handle situations which use to baffle us.

We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not.

They're being fulfilled among us - sometimes quickly, sometimes slowly.

They'll always materialize if we work for them.

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Re: laughingman tries to count to 90.....

Posted by OTR - 29 Apr 2021 19:57

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Hey LM long time no speak. what do you mean by this ? Do you feel you are less smart bec of porn?

I have some trouble with understanding that. A lot of the world watches porn and those people who don't have religious anxiety about it don't feel a noticeable diminishment of their cognitive faculties.

I am asking bec to be honest, for a good while I thought I was feeling the same way. I realized this was bogus though. My real problem with porn is that it is wrong. Religiously it is wrong, and even without religion as a married man watching it is wrong. But this nuance you mention from the Rishonim- I don't see it although I very much used to. I think it was more about the anxiety for me rather than that I was really experiencing any diminishment. There are plenty (as we know) big time talmidei chachamim who have problems with porn. They are able to learn quite well.... I believe it happens because, the Rishonim were much more sensitive to these things than we are. But I believe it is more subtle than waking up and not being able to read a blatt gemara.

Let me know if I misunderstood you (and consequently divulged how I used to believe my brain was turning into vanilla pudding causing me even greater pain and angst leading to lashng out at others as well ... because of porn for naught.)

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Re: laughingman tries to count to 90.....

Posted by OivedElokim - 29 Apr 2021 23:47

Now everyone knows OTR's deepest darkest secrets.

Its a shame we don't know anybody named OTR...

Warning: Spoiler!

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Re: laughingman tries to count to 90.....

Posted by OTR - 29 Apr 2021 23:54

[OivedElokim wrote on 29 Apr 2021 23:47:](#)

Now everyone knows OTR's deepest darkest secrets.

Its a shame we don't know anybody named OTR...

Warning: Spoiler!

Lol.. we interrupt the normally scheduled in sanity to bring you some great spontaneous insanity....

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Re: laughingman tries to count to 90.....
Posted by laughingman - 06 Aug 2021 05:29

I haven't been here in a whileagesfor a while now I have been steadily whittling down my various problems but more arrive

Me and my wife are in totally different places in belief

I do and she doesnt

Our marriage is based on mutual concern for each other and caring for the kids and the fact that separation is not really possible and is further complicated by her illness as she is disabled but not receiving any benefits

Another issue is the car

As of this writing I have to return the car on ??? ?????

And have no way of getting another that fits my actual needs

I am still in bankruptcy

i am at a phase where i mostly only literally have guarding my eyes issues i.e. i frequently turn to p*** as an outlet for frustration

When I do I immediately go to the mikveh and several other thingsto note I dont ma*****te and I literally just lookstill horrible

Also my wife will be niddah for the foreseeable future with no mikveh or alternative available or that she is willing to deal with or able to

As far as the ma*****ion there was yesterday after a actually decent and fun day at a water parkI was sooo frustrated at night that again I turned to po** and then ma*****d till the endI feel devastated and disgusting.....

I have more support but for various reasons I have to wait now 2 weeks to see my therapistoh well

I feel like i just cant get up the levels I want to

I have been trying here since 2013and made EVERY error imaginable

Time is running out for meI cannot beat thisthere is a sa group in Haifa i never checked on.....wonder if thats a way to go

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Re: laughingman tries to count to 90.....
Posted by Hashem Help Me - 17 Aug 2021 20:36

First thing is to learn how to write out the words masturbation and pornography. They are not monsters. They are exactly what they are and nothing more. Don't be afraid of them. Take them out of the closet and dissect them....

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Re: laughingman tries to count to 90.....

Posted by laughingman - 21 Sep 2021 21:43

I actually thought I was doing that for others as I try not to trigger othersI have no problem spelling it out

And they are monsters

Me and my wife are at or near a junction in life

We are different people than we were when we started out and we have alot of real issues

Many of which i created but i am not my problems.....and i need a partner in life one way or another

Everyone deserves as many chances as they need

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Re: laughingman tries to count to 90.....

Posted by laughingman - 17 Jul 2022 16:31

I haven't been here in a looong while

Soo me andand my wife are sorta seperatd

I am living in fear of everything

I dont masTecate but i watch ridiculous amounts of porn sometimes

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Re: laughingman tries to count to 90.....

Posted by sleepy - 19 Jul 2022 04:29

[laughingman wrote on 17 Jul 2022 16:31:](#)

I haven't been here in a looong while

Soo me andand my wife are sorta seperatd

I am living in fear of everything

I dont masTecate but i watch ridiculous amounts of porn sometimes

welcome back ,i hope everything will work out with your wife,hatzlacha raba!

since you havent been here in a while just letting you know that there is a great program here
called flight2freedom, its great ,check it out!

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Re: laughingman tries to count to 90.....

Posted by Hakolhevel - 19 Jul 2022 12:56

Welcome back. Dont be a stranger

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Re: laughingman tries to count to 90.....

Posted by laughingman - 24 Aug 2022 06:06

As I write this I trembleI hope to Hashem with all my blazing thoughts I can get this down right and convey what I meanI spent the last hour having this in mind because the most incredible things have happened,

Let's go back several years,I started off here simply trying to control my last addiction issuesI really thought that was as simple as it seemedbut back then I couldn't even agree amongst my own personalities what the name of my struggles wassoo in tandem I wrote down my thoughts, my feelings, and my experiences here and in other places,....ok good great whatever

I started reaching out to some of the OG mods here like DOV (shout out to dov BTW!!) And started a dialogstarted to peel back the layers of dirt that were the barriers to my truer selfthe broken child who simply could never accept what happened to him in his childhood and wanted the whole world and its mother to pay the price instead of the price he thought he was paying

Anyway we started talking, on the phone as well, and I remember having a particularly difficult argument with my wife, leaving home, calling dov and in describing what had occurred he says "soo what your saying is you have been emotionally abusing your wife for years"I was soo taken abackI couldn't believe itI didn't believe it ...I mean I prided myself on being born of an enlightened generation that had women voting and equal rights and all that junkI never slurred people I never stereotyped (that's not really true either but hopefully ill get to that)but it stuck in my head, that and him saying something about going to study from the bnei yissachar cause he liked to get that in sometimes at night, (by the way I recently randomly came across a bnei yissachar several in synagogue andwow lol)for the longest time I wouldn't accept my flaws and faultsIm not sure I do yet correctly....but I do now more than then.

Suddenly my world was all kinds of upside downanyone who has followed me has seen the storm of my posts that are all over the place

I was losing everything I held near and dear to me like i was trying to get rid of it all

I was hurting my family in all sorts of wayssure I was also trying to help and as usual I was

almost always the one stop for everything being the only one who could drive or move the way I can or think the way I do or work or anythingbut I was still denying away because I couldn't accept the consequences, nor deal with the aftermath or anything....(I'm getting sleepy writing this i didn't sleep enough last night, got up super early ...but this is important to get down)

And I kept spiraling out of control until I was constantly threatening all kinds of nonsense all the time and unable despite the treatments to regulate my emotions at all

then it all came to a head on feb 5I attempted, despite all my learning, despite everything I know and believe in, despite my family needing me to just pretend to have a semblance of normal, to end it all

I went to a local supermarket, bought a set of knives, and drove to a remote enough location at the edge of the local wildlife area, and slit through my wrists and tried to stab myself in the heart, thinking that even if I didn't hit it I would at least bleed to deathI was completely willing to deal with the pain, which frankly in my hopelessness barely feltand as my good white pole turned bright red and I weirdly tried to NOT bleed all over the car (ha it got everywhere!) I made what I assumed to be my last call to my wifebecause I didn't want her to find out about my death from the news (fyi I had a job lined up for that time periodof course I never showed upits ok though)

Within 30 min instead she had called local emergency services and, because of my location and the many extremely similar but equally remote locations took them a little while to find me even though I had allowed the system to track my phone....albeit reluctantly....while simultaneously and equally reluctantly guiding them by phone to my location as only someone in my line of work could even do.....

Within an additional 1/2 hourI was in an ambulance on my way to the local hospital, and all I could think of honestly was that my wife was attempting to hoof it out on foot towards me ...and despite the relatively close proximity to our residence the area is extremely hilly....more specifically it goes down hill towards where I was and then up hill towards where I was going.....and she is in no physical condition at all for that kind of activityshe can barely move most of the time so I spent the whole time without my phone since it had been taken from me momentarily to deal with my conditions, to explain to whoever was around me to have someone drive my wife to where they were taking me from wherever she had gotten too ...I was truly afraid she might kill herself trying to protect and support me despite everything I had up till and including that point done (I really hope I can get ALL THIS DOWNits a book lol

anyway I get to the hospital and within literally an additional 1/2 hourI had a ct that showed i missed my heart or anything vital despite my extensive knowledge of physiology and they patched up and I was awaiting transfer to a mental health facility in acco

what followed was 2 months of mental rehabilitation and therapies and medication changes

When i got out, I moved immediately in with (my phone which im using to write all this was at like 85now its 65% lol) other and last relative available to move in withand basically seperated unofficially at the time from my wife and children

What followed were 5 months of just helping my family from a distance and focusing on rebuilding my businesses

still arguing here and there but not the same, still learning the full extent of my vile actions of the past ,

Until I started to break even farther

And i started to talk to Hashem (G-d for those who don't know this word literally translates to "the name"), I talked about my hopelessness, I talked about my true desires, including my desire that he grant me said desires even if they were supposedly specifically forbidden, I explained that I didn't fully understand my wants or desires but I just felt that at this point as a proper "villain" what was the difference

But then strangely....I started accepting,

accepting what i had done wrong

Accepting the consequences

Accepting my responsibilities in my actions

accepting my responsibility to those I had hurt, forevermore as a result of my actions

Accepting the things that seemed to go wrong at all times...all of the things that were going wrong ...or difficult, like having to prove i was still a competent driver, dealing with the authorities, going to therapies, taking my meds on time, eating to keep my strength up

I focused on prayer and studying, on my usual gaming distractions, but also started making new friends from remote places to learn people's experience on both sides of what I had been involved in

And I slowly accepted that me and my wife truly did need the separation...and in a funny way we are now closer and more family than we ever were as a "proper married couple"

I accepted my true role as a father of three of the most remarkable people I have ever metand im not saying that because they are my kids

And I accepted that it was A PRIVILEGE AND AN HONOR to guide them and be there for them

And I accepted my role in my step daughters life as she wanted it or notnot how I felt or wanted.....I started to respect her feelings and wishes and the effects of what I had done but also to separate what I had done from what I had not done and from her own personal struggles that were not all my fault but at least interconnected with the experiences

Recently ...things happened that in the past I would have in the past....and even as late as last Sunday still did at least at first gut reaction, just freaked out about and not been productive about

But I locked down my ego and got to sensible work at what solutions and results we needed to accomplish....all the while

Through my new contacts and friends I started to learn what it truly means to respect people especially women....how to not be a condescending jerk, I have begun to learn how to properly (although judging from today I have ways to go on that lol) plan and execute said plans and to manage myself and time

how to respect and even love myself without being full of myself

And to be there for my family and as many people as possible professionally and altruistically

Last shabbat (Saturday) I had one of THE most meaningful and restful shabbat of my life (I'm soooo tired right now and I have work right after I post this lol) and I was able to sit with my children and start to impart with them my knowledge and experiences in a loving and healthy and non weird way

I recently had another argument with my wife and that same day was able to take responsibility and just deal

I still am very much a work in progressbut today after I got ready early and prayed early and got more done in my mind than in a long time I felt I MUST WRITE THIS DOWN it might help others

There was probably mmore I wanted to say bbut I got a call for work like 10 minutes ago and my brain is melting lol soo thank you made it this far and I hope this has impacted you in some meaningful way

Ps because i am reposting this all over my socials im giving a shout out to those of you whom i follow who without whom allt of my recent growth would have been impossible

Thank you all and I wish you all whats yours and double that

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