

My own personal journey

Posted by wants2succeed - 03 Dec 2014 00:46

I have had this site bookmarked for several months already by now. Today I actually signed up. I don't know why I have been so hesitant to sign up but I think it may be that a certain part of me is afraid. Actually, I am definitely afraid. Really afraid.

I am a 27 years old yungerman, married for nearly four years, with two cute boys (oldest will be three be"n in a few months!), and learning pretty well in kollel. I first viewed porn when I was in 8th grade and was on and off for a few years (mostly depending on availability). However, as I got older, I came to rely more and more on porn and I always found a way to make it available. To be honest, I am actually shocked that I haven't been "found out" yet (at least to the best of). Oh, the fear of getting caught!! (I am still petrified of being recognized/found out!) I really wanted to break out of it and I have tried many times to remove my access. The problem was that I would always leave myself backdoor access, you know, for "just in case". Some times, I actually did slam the door shut, but sooner or later, another form of access presented itself (or rather, I sought out).

This intensified especially while I was learning in E"Y where I had a dira that had unfiltered internet and an internet-enabled device. I eventually got rid of the device as well as left the dira, but by that point I was already relying heavily on porn. I don't think I want to go into specific details right now because I am embarrassed by some of the things I would do in order to get "my fix". Suffice it to say that I thought of myself as a real bad person. Even after coming back to the States, I would go to some extremes to be able to get access to unfiltered internet (or even "filtered", there is always a way around if you want it bad enough).

And then I got married. I thought all would change then. I thought I would be able to control my urges now that I had a wife (isn't that what everyone always said would happen? That your wife will save you from using your desires inappropriately?) I even spoke to someone (well-known chosson teacher) about two months after I was married. I had not yet acted out but I guess I kind of felt it coming. He asked me if I thought I was addicted and I said no. He thought that I would be OK. I didn't but I trusted his opinion.

Turns out, I probably am addicted. I even went to a therapist for a couple months (that was a party trying to explain that to my wife!) but it has not seemed to help much.

Which brings me to today. I took the plunge and signed up for the 90 day challenge.

To be continued...

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Re: My own personal journey

Posted by wants2succeed - 18 Mar 2015 01:08

I guess what is really bothering me is that many times I see people doing things but I usually see a lot of the "background" motivations. i.e. someone is helping me - but I see the person's insecurity and them trying to ingratiate themselves to overcome this insecurity. point is that it always seems to me that all our actions come from somewhere and when that somewhere is addressed, the action is no longer necessary i.e. as soon as the person becomes more secure, they stop needing to help you as much. The same seems to me the case with addiction. The acting out is there to cope with a negative feeling and if someone can learn to deal with the negative feeling in a more appropriate way, they wont have a need for the acting out. Obviously one doesn't break that association as easily as that, but it would help them overcome the urge by having a better way of coping.

However if that is the case, what does it mean to "give it all up to Hashem"?

Shouldn't we be trying to figure out how we can react more appropriately?

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Re: My own personal journey

Posted by cordnoy - 18 Mar 2015 11:33

[TalmidChaim wrote:](#)

However, "normal" is a tough thing to define, at least for me. The 12-step guys want addicts to see themselves as different, forever; it's one of the foundations of the program. Our powerlessness is never going to disappear. Rather, through giving ourselves over to HaShem, we're going to learn how to cope with our condition. Through this, and only through this -- if you really subscribe to the 12-step model -- will we be able to lead "normal" lives, that is, lives free of lustful behavior.

I'm no expert, but let me comment on 2 thin's.

1. I don't think the 12-step guys want addicts to think anyway, and certainly forever. If one realizes he is an addict, he will know that he is different, and perhaps, it will be forever...that is up to him.

2. This one is important, and I'm not certain i am right...will know more as I grow in the program. Givin' ourselves up to Hashem will not teach us how to cope with the condition. If one gives himself up to Hashem completely, he will remove his defects. One who has complete faith/trust in Hashem has no anger, frustration, stress, resentment, etc. for life is good. As we were readin' the big book last night, my chavrusah/mentor said that he is not copin' with his issues now, for when he is in the proper zone, he has no issues. And that is how one can lead a normal life.

I point out this second thin', for people think that there is a magic cure for this disease, and that is God. That is not true. While God can do anythin', He doesn't. It is you, my friend, who holds the reigns. Put your faith and trust in Him, so that you won't be angry, frustrated, stressed, etc. and then the need to act out won't be there. As Dov said on the call the other day.....(I wrote it elsewhere).

b'hatzlachah

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Re: My own personal journey

Posted by TalmidChaim - 18 Mar 2015 15:46

[cordnoy wrote:](#)

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And gladly, I might add. It's a very uplifting take on this, and if you're writing it, well-founded and supported by experience!

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Re: My own personal journey

Posted by gibbor120 - 18 Mar 2015 16:32

I think what you are referring to is surrender. Much of our stress comes from trying to do things "my way". That leads to frustration. Which leads to an urge to act out. Surrender means, I "let" Hashem run the show. He is in charge. He knows what's best for me. He loves me more than (). If I keep those things in mind and "surrender" my "right" to "expect" things, I will not be angry, frustrated etc.. So, "giving it up to Hashem" **is** the way to react more appropriately.

Make sense?

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any person can (even my mother

Re: My own personal journey

Posted by wants2succeed - 26 Mar 2015 15:34

I have been really busy this last week but I just wanted to say thanks to all of you for explaining this to me. I have been thinking about it a lot, trying to understand it. I don't yet, but I am working on it. I am trying to learn more about the 12-step program but it seems like a lot of weirdness to me and I really just want to be normal.. (I am sorry if that offends anyone, it is probably coming from my ignorance..)

As an aside, I have also realized that 2 big triggers for me are when:

- 1) I feel like I made a fool of myself
- 2) I feel like I am being deprived of something

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Re: My own personal journey

Posted by gibbor120 - 26 Mar 2015 19:54

Those working the 12 steps say you do not need to understand it. In fact, it may prevent you from getting better. You just need to follow the steps simply.

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Re: My own personal journey

Posted by wants2succeed - 27 Mar 2015 14:00

I don't know how I can do that, thinking is a big part of who I am, I don't know if I can do something that seems like hokum to me without at least understanding what I am trying to do. Am I the only one that feels like this? It seems like everyone here believes in this, *someone* has got to understand it, no? And, if I try to understand it, "it may prevent you from getting better"?? What does that even mean?? I have to be like some dumb robot doing something that doesn't make sense? I don't beleive that I am *that* different that I need to act brain-dead...

And I am really sorry if I offend anyone, that is really not my intent.

I am not trying to be offensive or anything I am really just frustrated and want to understand better (if that is allowed;))! Anyone's input is greatly appreciated!! After all, if I can't ask you guys, who can I ask!

TIA!

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Re: My own personal journey

Posted by gibbor120 - 27 Mar 2015 16:13

I can't explain it. I can just relate what I've heard from people who have done it. Many report that as long as they were trying to understand it, they could not get better. Only when they gave in, and just decided to do what they were told did they start to recover. Take it or leave it. I'm just relating an observation from those who are in recovery.

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Re: My own personal journey

Posted by cordnoy - 29 Mar 2015 04:13

[wants2succeed](#) wrote:

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I am not trying to be offensive or anything I am really just frustrated and want to understand better (if that is allowed;))! Anyone's input is greatly appreciated!! After all, if I can't ask you guys, who can I ask!

TIA!

What is it exactly that you're tryin' to understand?

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Re: My own personal journey

Posted by wants2succeed - 30 Mar 2015 16:22

I am trying to understand what I am doing exactly and why I am doing (i.e. how it is going to be helping). I am sure this isn't important to everyone but it is to me...

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Re: My own personal journey

Posted by cordnoy - 30 Mar 2015 18:25

[wants2succeed wrote:](#)

I am trying to understand what I am doing exactly and why I am doing (i.e. how it is going to be helping). I am sure this isn't important to everyone but it is to me...

i am assumin' you are referrin' to the 12 steps, so I'll explain a little bit - the little that i know.

By the way, are you doin' it with a sponsor?

The first three steps are the introduction.

1. I admit that I am a lustaholic and my life is unmanageable (and I am powerless). [If not, then take control of your life.]
2. I believe that there is probably no human alive that can relieve me of this (for if there is, go to him/her).
3. I believe that God could help me and would help me if He was sought.

Now that I know this, I can begin the steps of makin' my life more about God and less about me. many of us addicts realize that this entire addiction is based upon "self." Self-gratification, self-seekin', self-confidence, pride, resentment, fear, shame, etc. The closer we are to God; the more we realize that He is the Director, and we need to play a part and give our life to Him, the more we will realize that this addiction is not necessary, and perhaps, even when it is, we can surrender the desire to Him, in the same way we surrender the rest of our life to him.

I might be off here and there, and perhaps a lot, but that's a startin' point.

What you say?

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