

MY STORY...

Posted by Sasha 2 - 07 Apr 2015 21:28

---

I feel that it would help to share my basic story & hear what everyone has to say.

My story: when i was abt sixteen i once masturbated (More or less by mistake) im not sure but i think it was just that good feeling that pushed me to do it more and more and more! At one point in yeshiva there was someone who always spoke unclean and caused me to check out some sites (Porn etc...) when i got internet, and that got me hooked, there was nothing to do to stop it! (Even 6 years l8r!!!!) i just felt this need to masturbate with the porn, at one point in yeshiva without internet access i tried phone sex in place of the porn! All this warped my mind and i used to see people and think, wow they have a nice \_\_\_\_ etc. It drove me insane that i cant see normal things even like people around me, and cant think straight anymore!!

What does everyone think, is this just the enjoyment that caused this (like i think) or some underlying factor that i dont realize?

=====

Re: MY STORY...

Posted by doingtshuva - 07 Mar 2016 11:22

---

[doingtshuva wrote on 06 Mar 2016 23:19:](#)

[Sasha 2 wrote on 05 Mar 2016 18:26:](#)

I have a random question,

Am i dreaming or this addiction is harder then other ones, for e.g. smoking, i know many guys who stopped smoking and of course it was hard for the first while but eventually they have no problem. Why is it that lusting is so much more difficult then that? Is it because there are more triggers or its much more psychological then other addictions?

Anyone have an opinion?

I wrote

We can live without smoking, gambling, drugs and etc' but we can't live without food or sex.

theoretically we can live without sex, but as a yid we know that its part of a Jewish home. Maybe even the yesod of a Jewish home.

A single guy in away has it easier. Not sure.

Therefore those who are addicted to food or sex have to learn how to control themselves properly.

At the same time the alcoholic doesn't touch a glass at all, so he doesn't learn to control himself he just doesn't start with that first glass.

Instead of pinpointing my words read my full post. If you still disagree you can ask say but to laugh on others from were is this heter. I thought the litvishe have better manners?

I'm a plain person without a fancy English, but I never ever hurt someone intently here.

If being fancy or sometimes even nasty whats makes one big, then this Forum is just not for me.

=====

====

Re: MY STORY...

Posted by markz - 07 Mar 2016 11:25

---

Who was that addressed to?

Im not litvish either

=====

====

Re: MY STORY...

Posted by Mesayin - 07 Mar 2016 20:54

---

[Sasha 2 wrote on 05 Mar 2016 18:26:](#)

I have a random question,

Am i dreaming or this addiction is harder then other ones, for e.g. smoking, i know many guys who stopped smoking and of course it was hard for the first while but eventually they have no problem. Why is it that lusting is so much more difficult then that? Is it because there are more triggers or its much more psychological then other addictions?

Anyone have an opinion?

Hi Sasha!

I can deliver some sources from the gemara, rishoinim and achroinim about this question.

However, just like the mashgiach of this forum said and you agreed upon, it doesn't really matter and it might actually hurt the sobriety.

We might say "Well, it's not problem if I act out, this is a hard thing to do anyway" or "It's human nature".

The main thing we have to do is KOTTCWLWOAOW (Keep On Trucking The Chasidisher Way Litfisher Way Or Any Other Way)

=====

Re: MY STORY...

Posted by OTR - 09 Mar 2016 05:24

---

I think bc the pleasurable physical effects aee greater than the effects smoking has on the body, hence the more powerful addiction? Does that make sense? But it could be someone is just as addicted to cigs... i think mayne it depends on the person... but i believe the BAD WORD REMOVEDa of- who cares, it doesn't matter is a good one to adopt in this case, UNLESS you see it s

helping yu 2 delve into this. Agav, yu may find reviewing the steps helpful in getting your mind occupied with ssomething else in those sitches..

=====

Re: MY STORY...

Posted by Sasha 2 - 09 Mar 2016 09:13

---

I have to thank everyone for their ideas and input, i have to try some of them and see how it goes!

So far still clean taking it one day at a time, during the difficult times i just try not to think too much.

=====

Re: MY STORY...

Posted by Shlomo24 - 09 Mar 2016 16:50

---

I do not believe that any addiction is harder than the next one. If it is an addiction on the physical, emotional and spiritual level that is. Different people can have different experiences obviously, but we are kind of preaching to the choir because if we are on GYE then we obviously have a problem with lust.

=====  
=====

Re: MY STORY...

Posted by doingtshuva - 09 Mar 2016 21:07

---

[Shlomo24 wrote on 09 Mar 2016 16:50:](#)

I do not believe that any addiction is harder than the next one. If it is an addiction on the physical, emotional and spiritual level that is. Different people can have different experiences obviously, but we are kind of preaching to the choir because if we are on GYE then we obviously have a problem with lust.

It's worth listing.

[guardyoureyes.com/GYEFiles/MP3s/DC/Rabbi%20Dr.%20Twerski%20-%20True%20meaning%20of%20powerlessness.mp3](http://guardyoureyes.com/GYEFiles/MP3s/DC/Rabbi%20Dr.%20Twerski%20-%20True%20meaning%20of%20powerlessness.mp3)

=====  
=====

Re: MY STORY...

Posted by OTR - 10 Mar 2016 15:31

---

[OTR wrote on 09 Mar 2016 05:24:](#)

I think bc the pleasurable physical effects are greater than the effects smoking has on the body, hence the more powerful addiction? Does that make sense? But it could be someone is just as addicted to cigs... i think maybe it depends on the person... but i believe the BAD WORD REMOVED of- who cares, it doesn't matter is a good one to adopt in this case, UNLESS you see it s

helping yu 2 delve into this. Agav, yu may find reviewing the steps helpful in getting your mind occupied with something else in those sitches..

I see there was something in my post that was removed.. I am not sure what I had written, but I really apologize, i think i meant to write the word "Point" as that is what I meant to say. Maybe I was typing from a tablet and autocorrect put in something wrong? if I DID write something intentionally wrong, I really apologize...

=====

Re: MY STORY...

Posted by Shlomo24 - 11 Mar 2016 02:22

---

u wrote the word shil'ta it thinks its a bad word

=====

Re: MY STORY...

Posted by Shlomo24 - 11 Mar 2016 02:23

---

i have heard that before. sex and lust are different things, doesn't make the addiction harder

=====

Re: MY STORY...

Posted by Sasha 2 - 11 Mar 2016 07:42

---

[Shlomo24 wrote on 11 Mar 2016 02:23:](#)

i have heard that before. sex and lust are different things, doesn't make the addiction harder

Can you explain please?

=====

Re: MY STORY...

Posted by OTR - 11 Mar 2016 15:26

---

[Shlomo24 wrote on 11 Mar 2016 02:23:](#)

i have heard that before. sex and lust are different things, doesn't make the addiction harder

That is hilarious. I was scared for a second I thought I must have really bothered someone....  
Hope i didn't get reported for writing shi... umm... "opinion" LOLOL

Sasha, If I get what Shlomo is saying, it's that lust is the part where our internal drives and the natural desires, reproductive abilities etc.. are subjugated to filling other needs that they were never intended to.

=====

Re: MY STORY...

Posted by Shlomo24 - 11 Mar 2016 16:51

---

[Sasha 2 wrote on 11 Mar 2016 07:42:](#)

[Shlomo24 wrote on 11 Mar 2016 02:23:](#)

i have heard that before. sex and lust are different things, doesn't make the addiction harder

Can you explain please?

Sex is a god-given trait in order so we survive. Sex is good inherently. It is the union between man and woman on many levels, more then just physical. It is an act that creates, it creates bonds, connection, children etc. There is nothing wrong with sex and in fact it is a very spiritual and meaningful act.

However, just like many other survival instincts, it can be used in the wrong way. When sex is used to take, not to give, when sex is all about what I can get out of this, then it is unnatural. Selfishly using sex is called lust. Lust breaks bonds and destroys connections. I know that when

I acted out with other men, I didn't give a sh\*t about the other guy. I wanted to get the most pleasurable experience that I could get, while using him to help me get that. When I used to masturbate, I was using myself to get a pleasurable experience out of it. I was turning my own body and self into an object. Even marital sex can be lustful, if one is just using the other partner as a lust object.

So what R' Twersky says about complete sobriety, that is true that an Alcoholic can completely stop drinking. But that doesn't make a Sexaholic any worse, even if he has marital sex. Sex is not our problem, lust is. Some people can attain sexual sobriety easier than drug or alcohol sobriety and others vice versa. But I don't believe that any addiction is harder than the other. It is very subjective. Hell, half the psychological world doesn't even believe that there is such an addiction as sex addiction.

=====

Re: MY STORY...

Posted by Mesayin - 11 Mar 2016 17:56

---

Well since we are continuing anyway with this discussion.

Ayin gemara chagiga 11a

Ayin ohr hachaim parshas achrei mois perek 18 posuk 2

And plenty of other sources that this is the hardest addiction.

The bottom line is, it doesn't matter!

Let's keep on (Obvious word removed) whether it's the hardest or not the hardest.

=====