

Ninety days...

Posted by Damientweeter - 25 Sep 2015 15:40

Four days in, up last night until 2, up at 5, laying down to nap before learning with my son until ???, and thinking that masturbating would help be relax and get to sleep. Or maybe a ham a d

Laughed with the Rabbi this morning about the long lines of people waiting to show their citron and palms branches. Where were they before Yom Kippur?

Found my thoughts drifting during prayer to how cute one of my son's friends is... and let the thoughts pass through me until only I remained, talking to my King.

I could probably pleasure myself to orgasm without recalling any image or telling myself any story, my body feels ready. But I won't because it's time to move on.

cheese sandwich... that would definitely hit the spot.
If my kids can learn how to pray and believe my watching when I don't even think to teach, perhaps if I open myself up to holiness, it will be easier for them too.

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Re: Ninety days...

Posted by Damientweeter - 23 Oct 2015 18:11

It's sort of like feel in hungry. Really really hungry.

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Re: Ninety days...

Posted by Damientweeter - 01 Nov 2015 02:56

So here is where I am:

41 days in, havent masturbating or visited sites that would facilitate it.

I have however read articles and watched videos that I find arousing, and find myself fantasizing.

So I need to decide whether to risk everything by confronting the beast or just fead it untll I'm stronger...

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Re: Ninety days...

Posted by skeptical - 01 Nov 2015 03:11

Feed the beast until you're stronger?

How does making **it** stronger help you?

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Re: Ninety days...

Posted by markz - 01 Nov 2015 03:16

Hi Damien

I don't wanna sound like a skeptic asking you another personal q, but what is the "everything" you risk losing that you're taking about??

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Re: Ninety days...

Posted by Damientweeter - 01 Nov 2015 03:51

All the progress. And don't want to overreach.

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Re: Ninety days...

Posted by Moshe271 - 01 Nov 2015 10:57

Hi Damien,

I'd like to wish you lots of siyata dishmaya, and to share with you a few things that worked for me in the first 90 days. First of all, I was very clear about what I would lose if I didn't come clean: I was going to destroy my family. I was going to eventually act out with real people. I believe I would have ended up in jail. I would have ended up divorced, alone, and irreligious. These are the things that still pop into my head when taava hits me.

At this point (1 year recovery), I have some positive things on my list: continued success at work and at home. real shalom bayis. Growing relationships. A sense of wholeness before Hashem. Being honest with myself and others, which feels really good.

What I found was that at 90 days, my mind changed. I literally began thinking differently about things. It was like a fog was lifted. I became more sensitive to the subtleties of my addiction, and also (painfully so) to the variety of negative emotions I had been bottling up inside and medicating out of existence. That's where I'm putting the most energy these days - into removing the source of the desire to run away to po***raphy and mast***tion.

Finally, the piece of advice that helped me the most in the early days and works best to this day, is *surrender*. Instead of fighting the urge to lust, I acknowledge it. I own up to it. I admit I want to. I admit that it is more powerful than me (?? ???? ??), and then I turn to Hashem and surrender it to Him, offering it to Him by letting go of it, literally begging Him to take it from my open hand and save me from it.

Bracha v'hatzlacha,

Moshe

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Re: Ninety days...

Posted by Moshe271 - 01 Nov 2015 11:02

This is a very important point. We are sick. But it's also true that what we do in our sickness is bad and destructive.

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Re: Ninety days...

Posted by Damientweeter - 03 Nov 2015 05:31

Tonight has been the closest I've come to actually masturbating since I began. Before my circuit consisted of erotic stories spiced up with occasional pictures. Lately I've been fantasizing about real encounters. Today I started researching tours, and watching videos...

But I stepped back and chose not to complete the act.

So after 40 days I've actually kept my goals, which were to break my dependence on pornography and stop masturbating. But now I find myself planning more disturbing behaviors.

So now I need to think as out where I'm headed.

One thing I've noticed is while I meditate the drumbeat of lust fades away and that I need to reignite it, which tells me that in my old age its the mind that is choosing fatasy not the need at the flesh.

So now I'll get to sleep and tomorrow, I'll thiik. (And maybe edit this post its probably barely legible)

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Re: Ninety days...

Posted by Damientweeter - 03 Nov 2015 09:13

So should I consider last night a "fall"?

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Re: Ninety days...

Posted by markz - 03 Nov 2015 12:29

[Damientweeter wrote:](#)

So should I consider last night a "fall"?

My friend

According to the laws and regulations of the 90 day Chart you haven't fallen

For my own sanity, I would consider it a fall when my head is fantasizing / planning disturbing behavior

Some of us lustaholics can make it to 90 days by being chained to a wall of ~~honor~~, but deep down we're lost and on the wrong road.

Time to turn on the GPS (in my signature)

All the best!!

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Re: Ninety days...

Posted by Damientweeter - 03 Nov 2015 14:07

Thanks. Makes a difference to me actually. Gives me an indication if whether to start over (which has its own risks) or rethink the direction I'm going in.

Thinking that what I've done is strip away one layer of self deception and that I'm beginning to see clearly the impulses that have been driving my behaviour.

Kind of unfair to reach one level only to realize that it is t enough, but that is how growth works.

Going to work on developing mindfulness through meditation and prayer.

Time to bring out the big guns...

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Re: Ninety days...

Posted by Damientweeter - 03 Nov 2015 14:12

Or knives, guns are brutish horrid tools.

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Re: Ninety days...

Posted by Moshe271 - 03 Nov 2015 15:11

Daminetweeter

its the mind that is choosing fatasy not the need at the flesh.

How true!

Daminetweeter also

Thinking that what I've done is strip away one layer of self deception and that I'm beginning to see clearly the impulses that have been driving my behaviour.

This where guidance is so important. You are right. There are levels upon levels. For me, acting out is a symptom of emotional sickness, which also drives my craving for lust and fantasy. But, one step at a time. When I started recovery, I worked on cutting our mast*ation and touching certain people in any way that would cause me arousal. Then, suddenly I found myself looking a porn, but not mast-bating. I was able to rearrange my surroundings to eliminate the porn, and

then I found myself fantasizing. I carry an HD porn theater around with me in my head! There's no escape! That was when I began working on surrendering the urge to fantasize to Hashem, and I'm not always successful with that. In the White Book it says that "we have found that recovery requires increasing victory over lust." This statement is important to me because it makes it clear that recovery doesn't come all at once, just one day at a time.

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Re: Ninety days...

Posted by Shlomo24 - 03 Nov 2015 20:06

i didn't join program so i would stay technically sober. i wanted my life 2 turn around. so even if i don't finish i still lose sobriety. if i watched porn for a significant time or if i went on phone sex for a significant time, in my book it's losing it.

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