

Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 20 Dec 2015 05:44

Okay Chevrah, I wanted to start this thread 2 weeks ago but didn't get around to it. B"H I'm already 17 days clean and would like to post updates about my journey in this thread.

Iv'e been reading many many threads in the forums over the last 2 weeks and Iv'e gained a lot insights. For one, I really need to thank Hashem for allowing me to find GYE at this stage in my life, when 1) I'm still young and only married a few years, and 2) Although Iv'e been struggling for years with porn and masturbation it nevertheless has not went beyond that to worse things and for the most part did not affect my normal functioning as a Father/Husband/Breadwinner. With Hashem's help, along with the wonderful Chevra here I will succeed in breaking free permanently of my current struggles too.

Another point I'd like to make is that for the bulk of the 17 days Iv'e been clean my wife & I have been mutar to each-other. Some may say that's a crutch and therefore my current clean streak is not really a sign of progress. However I noticed a remarkable difference in a different way. Because in the past even if being mutar to each-other helped me to not act out for a week or 2 I nevertheless struggled a nightly basis with hirhurim/ fantasies. In other words, the lust was there but it simply had a mutar outlet. But in the last 17 days Iv'e B"H been able to go to sleep at night for the most part with a clear mind and without lusting. To me that's a HUGE difference and I like to think it's a real sign of progress.

I'm still trying to work out what has affected this change. So far I haven't really used any tools besides the forum and Chizuk emails.

=====
=====

Re: Ben Torah's 90 day journey and beyond

Posted by BenTorah.BaalHabayis - 29 May 2016 06:36

Thanks everyone for the chizuk. L'maaseh, I've been feeling for a few days that I borderline fell. I can't continue my clean streak like this, I need a new start. In addition, I was laying in bed and
So that
makes it official. I fell, and will be starting again IY"H.

I really only spent a few minutes on these old sites. I think the last 6 months have done good for me in the sense that I'm still somewhat repulsed by all that garbage and it wasn't helping my mood. As long as I'm still feeling that way I hope it will make it easier to start over. It's almost like I went on there specifically so I could say I fell and truly start over.

Now I just need to make a plan how to get out of the rut I'm in and how to deal with difficult periods like this in the future. I need to do chazara on the Handbook and think about this seriously.

Any chizuk and eitzos are still appreciated!

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by Watson - 29 May 2016 08:32

[BenTorah.BaalHabayis wrote on 29 May 2016 03:05:](#)

a big part of this is because my wife is in her first trimester. We haven't had sex for a month and I don't know when to next time will be.

Your wife is not your sex doll. If you're relying on sex with her to keep you sober your sobriety's in big trouble.

Women can be a little irritable when they're pregnant (sometimes when not pregnant too. As can men). Is there anything you could do to make her life a little easier?

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by rebyid31 - 29 May 2016 09:26

regarding not falling asleep after a hard day and therefore feeling the need to letout... I have sometimes the same problem, if there is any help on this site please refer

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 29 May 2016 12:05

Sorry to hear.

Some good advice up there.

I was up till after four (and on phone with others).

B'hatzlachah sir.

It will be good.

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by Workingguy - 29 May 2016 14:23

[Watson wrote on 29 May 2016 08:32:](#)

[BenTorah.BaalHabayis wrote on 29 May 2016 03:05:](#)

a big part of this is because my wife is in her first trimester. We haven't had sex for a month and I don't know when to next time will be.

Your wife is not your sex doll. If you're relying on sex with her to keep you sober your sobriety's in big trouble.

Women can be a little irritable when they're pregnant (sometimes when not pregnant too. As can men). Is there anything you could do to make her life a little easier?

Easy there. I don't think he thinks she's his sex doll. And while a very necessary tool to recovery might be realizing that it doesn't depend on whether you're having sex or when the next time is, there's no doubt that pas besalo makes things easier for some people.

BTBH,

Would be happy to shmooze whenever you want; it was great talking last time. I keep decently late hours and it would probably be good for me too to talk to someone.

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by Watson - 29 May 2016 14:34

[Workingguy wrote on 29 May 2016 14:23:](#)

And while a very necessary tool to recovery might be realizing that it doesn't depend on whether you're having sex or when the next time is, there's no doubt that pas besalo makes things easier for some people.

With genuine respect for your point of view, I think that so long as someone 'needs' sex, they are not in recovery. The problem is lust, not masturbation or pornography. That's just this sex-drunk's opinion.

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by rebyid31 - 29 May 2016 21:51

by the way I have heard once from a chusheve yid that it says in zohar hakodosh that when a person is being with his wife, there is a certain holy spirit that goes in to the husband which helps him with his nisyonos and thats the pshat "ishto meshamarto min hachet"

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 29 May 2016 22:48

[Watson wrote on 29 May 2016 14:34:](#)

[Workingguy wrote on 29 May 2016 14:23:](#)

And while a very necessary tool to recovery might be realizing that it doesn't depend on whether you're having sex or when the next time is, there's no doubt that pas besalo makes things easier for some people.

With genuine respect for your point of view, I think that so long as someone 'needs' sex, they are not in recovery. The problem is lust, not masturbation or pornography. That's just this sex-drunk's opinion.

And a Hell of an opinion it is.

=====
=====

Re: Ben Torah's 90 day journey and beyond
Posted by BenTorah.BaalHabayis - 30 May 2016 02:49

Watson, I appreciate and agree with your point completely. I recognize that lust is my issue, especially because I know that before Pesach when I had this more under control I could go for a while without even thinking about sex.

However, I believe that my main issue with the lack of sex is not so much about the sex in and of itself but rather because of what I feel is lacking in my relationship with my wife. Now granted, my relationship with my wife should also not be dependent on sex. But the reality is that I'm feeling disconnected from my wife over the last few weeks and the lack of sex is one of the ways I'm seeing it manifest itself. And it's not only sex which is missing but the entire physical dimension of our relationship.

Ultimately I think this serves to make me feel lonely and needy and it has allowed lust to creep back in and slowly over take me again. And at this point I recognize that sex is not going to solve my problem. I think what I need is to jumpstart my relationship with my wife, to fill the void in my heart. Sex will (hopefully) be a natural outgrowth of that once the relationship is where it should be (and when she's not feeling so nauseous...)

=====
=====

Re: Ben Torah's 90 day journey and beyond

Posted by markz - 30 May 2016 03:06

that 4 letter word (plus 'fully') in brackets can do with careful reconsideration

=====

=====

Re: Ben Torah's 90 day journey and beyond

Posted by Yesodi - 30 May 2016 08:12

[Watson wrote on 29 May 2016 08:32:](#)

[BenTorah.BaalHabayis wrote on 29 May 2016 03:05:](#)

a big part of this is because my wife is in her first trimester. We haven't had sex for a month and I don't know when to next time will be.

Your wife is not your sex doll. If you're relying on sex with her to keep you sober your sobriety's in big trouble.

[BenTorah.BaalHabayis wrote on 30 May 2016 02:49:](#)

Watson, I appreciate and agree with your point completely. I recognize that lust is my issue, especially because I know that before Pesach when I had this more under control I could go for a while without even thinking about sex.

Sorry to intrude into this conversation, but: BenTorah, do you *really* agree with Watson's point completely? Is there not room to claim that a married man has a legitimate, biological, **need** to be with his wife?!

By the way, I saw an extremely interesting interview with Rabbi Manis Friedman ("**An Interview on a Sensitive Subject with Rabbi Manis Friedman**") in which he claims "There is no such _____). Although I absolutely love all of his talks, when I first saw this one I became almost infuriated ("How can anybody say that?!"). Later on I

started thinking: "maybe he's right." But as I go through my own ups-and-downs along my journey (as of now: at 263 days), I still undecidedly flip-flop between these two opinions.

Curious what both of you have to say, within this latter context.

=====

Re: Ben Torah's 90 day journey and beyond
Posted by markz - 30 May 2016 11:29

A regular Jewish boy that gets married at 23, does he also have a biological need from puberty till his marriage?

=====

Re: Ben Torah's 90 day journey and beyond
Posted by Workingguy - 30 May 2016 11:29

[Yesodi wrote on 30 May 2016 08:12:](#)

[Watson wrote on 29 May 2016 08:32:](#)

[BenTorah.BaalHabayis wrote on 29 May 2016 03:05:](#)

a big part of this is because my wife is in her first trimester. We haven't had sex for a month and I don't know when to next time will be.

Your wife is not your sex doll. If you're relying on sex with her to keep you sober your sobriety's in big trouble.

[BenTorah.BaalHabayis wrote on 30 May 2016 02:49:](#)

Watson, I appreciate and agree with your point completely. I recognize that lust is my issue, especially because I know that before Pesach when I had this more under control I could go for a while without even thinking about sex.

Sorry to intrude into this conversation, but: BenTorah, do you *really* agree with Watson's point completely? Is there not room to claim that a married man has a legitimate, biological, **need** to be with his wife?!

By the way, I saw an extremely interesting interview with Rabbi Manis Friedman ("**An Interview on a Sensitive Subject with Rabbi Manis Friedman**") in which he claims "There is no such [need](#)". Although I absolutely love all of his talks, when I first saw this one I became almost infuriated ("How can anybody say that?!"). Later on I started thinking: "maybe he's right." But as I go through my own ups-and-downs along my journey (as of now: at 263 days), I still undecidedly flip-flop between these two opinions.

Curious what both of you have to say, within this latter context.

I think it's important to separate two things in this conversation. Recovery, and whether sex is a "need" or whatever you would like to call it.

I think what is being confused here is how someone who is trying to recover from addiction is supposed to deal with sex, Lust, urges, and desires, and what the usual and natural situation is when one is not an addict or struggling. [need](#)" (and likens it to cravings for "potato chips"

Sex is one of the strongest biological urges that exists. It may not be a need like food (you won't die) but it is a built in desire and urge.

See for example chazal's statement that without a yetzer Hara no one would marry, have kids, or even build a home or plant a field.

Also see Chazal that when they got rid of the yetzer Hara for arayos they couldn't find any fresh eggs.

See also the Chazal that says that no one is able to be saved from a little inappropriate thoughts, and see also the way Chazal celebrate Boaz, Palti Ben Layish, and Yosef HaTzadik for living with women when they weren't able to have relations with them.

It's clear that this is a huge and powerful urge. It is also very natural for sex to be an outgrowth of a relationship, and for a man to desire his wife especially if they have a good relationship. Dr Feuerman in his beautiful lectures on this site points out that sex is a vital and integral part of a married relationship.

Denying the above to me is impossible to swallow.

But let's say you're an addict, struggle with Lust, or are in a marriage where for some reason you can't have physical intimacy? Will you die? Can you live without sex, and can you be happy without it? Can you learn to deal with Lust and desire? A hundred percent, and if you're a twelve stepped then you believe that HaShem can help you with it.

So if you're waiting for your wife or any other external solution, you're missing the point bc you're not dealing with it yourself. And one can deal with it themselves and be successful. That is the point- that if you want to recover you have to take responsibility, do whatever is necessary, and stop looking at sex as the solution bc practically that will keep you in the problem of thinking sex will solve it.

That's how I think you out the two together. Sex is a need but like many needs, if you can't have it you can learn to deal with it.

=====

Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 30 May 2016 11:52

Another "need" is to read the above post by wg, especially the last few paragraphs over and over again.

=====
=====