

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.

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Re: Ben Torah's 90 day journey and beyond

Posted by Workingguy - 30 May 2016 14:58

I would add that while I very much identify with what BTBH is describing, I've also seen that Una writes is true. For example, often during niddah times I'll find that we're closer than ever because we take the time to talk, spend time, and actually leave it up to building the relationship in other ways.

And then, I feel like while sex would be nice, I have no need and will feel no Lust, pulls, or anything like that- I'll be happy and content.

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Re: Ben Torah's 90 day journey and beyond
Posted by Yesodi - 30 May 2016 15:15

[markz wrote on 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?

I think that this is indeed a very serious and legitimate question! Perhaps not immediately from the onset of puberty, but certainly from the later teen and pre-marriage years. Likewise, I'd add that the issue is not just "biological," but also (and not less importantly) "emotional."

And I fully accept WG's answer that distinguishes between the "normative" scenario and the "addict" scenario.

I also tend to agree with his assessment that -- although it is indeed a very "**strong**" built-in urge and desire -- because leaving it unsatisfied will not cause **death**, it cannot fully be considered a true "**need**." This is effectively what Rabbi Manis Friedman is saying in that YouTube video.

On the other hand, I think that the *serious* emotional and psychological damage (albeit not "death") that can potentially result from totally suppressing and ignoring such strong primal urges nevertheless rules out any black-and-white answers to this question.

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Re: Ben Torah's 90 day journey and beyond

Posted by Watson - 30 May 2016 15:31

Well I started acting out well before puberty so what do I know about 'normal' desire?

I did find this thread

interesting: guardyoureyes.com/forum/17-Balei-Battims-Forum/281983-MY-FIRST-YEMEI-NIDDAH-IN-SOBRIETY

When I was a bochur I truly believed that getting married would solve the problem. In fact getting married caused my disease to progress more rapidly.

And I'm very grateful for that today.

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Re: Ben Torah's 90 day journey and beyond

Posted by cordnoy - 30 May 2016 16:31

Walks are the best!

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Re: Ben Torah's 90 day journey and beyond

Posted by mggsbms - 30 May 2016 17:45

[markz wrote on 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?

I can attest that there isn't..at least till twenty..

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Re: Ben Torah's 90 day journey and beyond
Posted by BenTorah.BaalHabayis - 01 Jun 2016 03:53

Yesodi wrote:

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?!

I do agree with Watson's point, because like him I learned this from experience. I also came into marriage thinking it would cure my acting out (which I didn't know to identify at the time as "lust"). As I've written before, this has caused me a lot of heartache over the last few years. My wife and I were caught in a negative cycle of me wanting sex and asking for it (of course, only if you want to Darling...) and then feeling let down by what I felt was her humoring me. Since I joined GYE I came to understand all this better and I have since stopped asking or expecting anything. If it comes from her, wonderful. But I wasn't really thinking about on a regular basis because I knew the only to stay clean was not to lust at all, even for my wife.

That's as far as the physiological angle goes. But I do feel a need from an emotional standpoint as I've felt that the intimacy of being together was extremely nurturing. And I think that the long absence of this since my wife conceived has had a negative affect on our relationship and by extension - on me.

un anumun wrote:

I can relate to what you write and remember having the same feelings.

But through recovery I have come to realize, that what I find often is that when having sex with my wife on a regular basis there is also that quiet uninterrupted time of talking before and after

the actual relations. These times are precious and help build the relationship. This might be what you feel you are missing.

But I got food news for you. You don't need to have sex to get those quiet one on one times. And it doesn't have to be in the bedroom. Take your wife out to a restaurant, shut off your phone and enjoy each other's company. You will see that it will jump start your relationship just as much as sex.

When we are in the business of day to day life, it becomes increasingly difficult to stop what we are doing and take time off to focus on the real important things in life. But it doesn't have to be that way. If need be schedule such a date for three days from now so you will be comfortable in stopping your daily routine to spend quality time with your wife. (Also it doesn't have to be a restaurant, it can be a park or just stam a walk)

You are spot on, as I wrote above. Thanks for the tip. I actually read an articeI recently about the importance of a regular (or at least semi-regular) date night for husband & wife. We'll have to see if it's practical.

WorkingGuy wrote:

I would add that while I very much identify with what BTBH is describing, I've also seen that Una writes is true. For example, often during niddah times I'll find that we're closer than ever because we take the time to talk, spend time, and actually leave it up to building the relationship in other ways.

And then, I feel like while sex would be nice, I have no need and will feel no Lust, pulls, or anything like that- I'll be happy and content.

That's a fair point, but I think there are 2 critical differences between Niddah times and now:

1) Niddah is only 2 weeks. Pregnancy is many months.

2) Niddah, becuase it's assur to have any physical relationship we are somewhat conditioned to shift the model and focus on building our relationship with quality time spent etc. But with pregnancy everything is muttar, just practically she's too sick at night for anything. I'm still operating in "tahara" mode and am sort of expecting the physical relationship to be there. That's why the lack of it is having more of an affect. It seems I need to shift my mindset and come to

treat pregnancy like Niddah times, to kind of expect that nothing physical will be happening.

Thanks everyone for the input!

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Re: Ben Torah's 90 day journey and beyond
Posted by BenTorah.BaalHabayis - 01 Jun 2016 04:02

How naive of me to think that I can just "officially" fall and then immediately get back on track and start my count again. What actually happened is that by making it "official" the floodgates opened and I was consumed by lust like I haven't felt in 6 months (pre GYE) and just went on a 2 day binge. I am embarrassed to say this, but I'm actually having a hard time getting back on

But something happened today. I can't elaborate on the details, but suffice it to say that Hashem showed me tremendous chesed in helping me regain some semblance of normalcy in my married life. I take that as a sign from above and I'm ready to truly restart!

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Re: Ben Torah's 90 day journey and beyond
Posted by Yesod - 01 Jun 2016 04:37

Hey btbh,

Thanx for sharing.

Hatzlacha
track because I'm finding all this porn too sweet to give up...

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Re: Ben Torah's 90 day journey and beyond
Posted by Workingguy - 01 Jun 2016 15:18

[BenTorah.BaalHabayis wrote on 01 Jun 2016 04:02:](#)

How naive of me to think that I can just "officially" fall and then immediately get back on track and start my count again. What actually happened is that by making it "official" the floodgates opened and I was consumed by lust like I haven't felt in 6 months (pre GYE) and just went on a 2 day binge. I am embarrassed to say this, but I'm actually having a hard time getting back on track because I'm finding all this porn too sweet to give up...

But something happened today. I can't elaborate on the details, but suffice it to say that Hashem showed me tremendous chesed in helping me regain some semblance of normalcy in my married life. I take that as a sign from above and I'm ready to truly restart!

You're an honest man. Not everyone on the forum is so straight up and honest about their slips, falls, or struggles. Your honesty is definitely going to help you.

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Re: Ben Torah's 90 day journey and beyond
Posted by BenTorah.BaalHabayis - 03 Jun 2016 04:37

Baruch Hashem I am back on track. My lusting has subsided and I am focusing on keeping it at bay.

I think among other things I have gained here is the fact that I was able to bounce back without feeling crushed, devastated or ashamed. Of course I'm not happy that I fell and I will need to do proper Teshuva at some point, but I was able to go on without feeling like a disgusting person inside. In addition, while it was nice to know that I'm able to go 6 months clean, I don't feel like I lost a race or something like that be needing to start my count over.

Thanks everyone for your continued chizuk!

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Re: Ben Torah's 90 day journey and beyond
Posted by markz - 03 Jun 2016 04:56

Ditto!!!

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Re: Ben Torah's 90 day journey and beyond
Posted by BenTorah.BaalHabayis - 15 Jun 2016 04:33

I really wanted to enjoy Yom Tov, but it ended up being a bruising 3 days with my eyes all over the place checking out the ladies roaming my neighborhood. Although I didn't act out, I'm not

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Re: Ben Torah's 90 day journey and beyond
Posted by markz - 16 Jun 2016 05:19

How's things doing???

Sounds like you need an oil change

OR PERHAPS ITS YOUR TIRES??

feeling good about myself with all this lusting. Need to get back on track.



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Re: Ben Torah's 90 day journey and beyond
Posted by markz - 17 Jun 2016 02:56

Brother I'm

Really concerned for your wellbeing both from a balabatishe perspective and from a bentorahdikke view

Please keep us posted.....

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