

Ben Torah's 90 day journey and beyond

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

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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 stillgoing - 25 Nov 2018 20:37

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[BenTorah.BaalHabayis wrote on 05 Sep 2016 17:47:](#)

[Markz wrote on 21 Aug 2016 03:30:](#)

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Hows life???

I mean, overall life is great. I get to be in Yeshiva part time, and I have a stable Parnassah B"H. My family is healthy and we are expecting another child in about 3 months. Shalom Bayis is not bad (although physical intimacy is almost non existent). What more could I ask for? (Well yeah, maybe improved physical intimacy. But in the grand scheme my life is very good.)

And it's precisely because of this that I have this thick cloud of guilt and shame hanging over me because of all my acting out. I feel like such a ???? ????.

Even if I could manage to get over the guilt I still cannot handle the ever present lust which is my driving me crazy. After reading different things, particularly from Dov, I think I've come to the realization that I'm indeed an addict and my life is unmanageable.

Not sure where to go from here. I'm exploring various 12 step material.

*"BenTorah.BaalHabayis" post=296296 date=1476346133 catid=19*

I seriously am considering beginning to attend SA meetings, but ...

*"BenTorah.BaalHabayis" post=295115 date=1473886719 catid=19*I'm seriously exploring 12 steps now.

*"BenTorah.BaalHabayis" post=294971 date=1473604491 catid=17*Thanks for your update, Yesod.

I've been contemplating getting involved with a 12 step group.

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Re: Ben Torah's 90 day journey and beyond  
Posted by stillgoing - 25 Nov 2018 20:39

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BenTorah.BaalHabayis, did you join the 12 step group, or are you still contemplating? Either way, let us know. Your fans are still rooting for you!!!

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