

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 - 19 Jan 2016 15:29

[BenTorah.BaalHabayis wrote:](#)

I was at another wedding tonight. I danced the Chosson most of the way from the Chosson Tish but I decided not to follow the Chosson into the Badeken. I kind of feel like that's entering into the proverbial "Lion Cage" with all the women standing around watching the men marching in the Chosson. I wasn't sure if I did the right thing, to be the only one not going in. Am I being too extreme? But then again, my recovery is fragile and I would like to avoid unnecessary triggers. Maybe I could have gone in and looked at the floor. What would you have done?

I've done both, and it really depends on your situation at the time.

When I've been doing badly, of course I went in- it's a party! But seriously, when I was doing well and felt that I can go in I did and it was ok. When I felt too locked up and was feeling like the same feeling you described with the filter- that I'm creating a Yetzer Hara, I also went in. And there is a logic to that- I believe that R Dessler says that sexuality is like a spring- the more you push, the more it pushes back.

But both of those feelings I described are, at least for me, less ideal for a very simple reason. If I am being a Ben Torah (as your name says and as I sometimes aspire to) it is not "farfrumt" not to go in to a room full of ladies dressed to the nines. It's a simple Shmiras Einayim issue- if you don't need to be there why go? When I'm holding and feeling more like the Ben Torah that I'm supposed to be, I don't go in bc no one that I look up to as a Talmid Chacham would go in for no reason. When I've been at weddings with the true Bnei Torah that I'm friends with, they don't even go close. And they're wonderful people who aren't fanatics.

So I'd say that it's situational, but there's nothing wrong with aspiring to not need to go in and also not feeling locked up or fanatical about it. (Although the shmorg is MUCH better at the men's section, and if you're already working on you taavas nashim at the wedding, can we at least get some good sesame chicken, carving station, sushi, and some spare ribs?!!

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Re: Ben Torah's 90 day journey and beyond
Posted by Bigmoish - 19 Jan 2016 15:36

I usually don't go in to the bedeken. It's usually fairly easy to do it without looking "farfrumt." I usually just catch someone who's not interested in getting stomped on and shmooze with him on the men's side.

[Workingguy wrote:](#)

Although the shmorg is MUCH better at the men's section

I need to go to the weddings that you go to...

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Re: Ben Torah's 90 day journey and beyond
Posted by Shlomo24 - 19 Jan 2016 21:06

If it's legitimately triggering for you then I don't believe that it's too extreme. I am friends with a decent amount of guys from a yeshivish background and they don't dance with him once the ladies are gathered around.

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Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 20 Jan 2016 00:25

Once the women push too close into the men's circle I stop dancin'.....I back off and simply gaze at the women.

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Re: Ben Torah's 90 day journey and beyond
Posted by Workingguy - 20 Jan 2016 02:41

[Bigmoish wrote:](#)

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Mistake! Meant to write at the women's- we're at the same weddings. Seriously, when I'm after the spare ribs sometimes I don't even notice the women. Not sure if that's a good thing.

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Re: Ben Torah's 90 day journey and beyond
Posted by Bigmoish - 20 Jan 2016 14:17

[Workingguy wrote:](#)

[Bigmoish wrote:](#)

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Re: Ben Torah's 90 day journey and beyond
Posted by Workingguy - 20 Jan 2016 15:47

[Bigmoish wrote:](#)

[Workingguy wrote:](#)

[Bigmoish wrote:](#)

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Look for the guy who came early to fill up his plate from the main room and THEN is hanging back. Wishful thinking; that was the single days. Now not usually on time enough to go into the main room before it's mobbed. But yes, we'll hang out at the chosson's tish. Save me some sponge cake!

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Re: Ben Torah's 90 day journey and beyond
Posted by Shlomo24 - 20 Jan 2016 21:37

The women's section is where all the action is. Even by my brothers weddings I was barely by the chosson tish. (Agav, why do they serve hot dogs by the chosson tish)? Same thing by

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Re: Ben Torah's 90 day journey and beyond
Posted by stillgoing - 20 Jan 2016 21:50

[Workingguy wrote:](#)

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The first women was made from a spare rib...

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Re: Ben Torah's 90 day journey and beyond
Posted by cordnoy - 21 Jan 2016 01:29

[stillgoing wrote:](#)

[Workingguy wrote:](#)

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The first women was made from a spare rib...

That's a good line.

All of mine were censored.

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Re: Ben Torah's 90 day journey and beyond
Posted by Workingguy - 21 Jan 2016 03:15

[cordnoy wrote:](#)

[stillgoing wrote:](#)

[Workingguy wrote:](#)

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Aren't you a moderator? Can't you just slip you lines in!

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Re: Ben Torah's 90 day journey and beyond
Posted by Gevura Shebyesod - 21 Jan 2016 03:18

Quis custodiet ipsos custodes?

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Re: Ben Torah's 90 day journey and beyond

Posted by markz - 21 Jan 2016 03:20

[Gevura Shebyesod wrote:](#)

Quis custodiet ipsos custodes?

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Re: Ben Torah's 90 day journey and beyond

Posted by cordnoy - 21 Jan 2016 03:24

[Workingguy wrote:](#)

[cordnoy wrote:](#)

[stillgoing wrote:](#)

[Workingguy wrote:](#)

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Yes

I can

Wise mind censors the addict part.

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