

Singularity's Journey

Posted by Singularity - 12 Jul 2016 09:18

Well here I am, aaaagain! Actually this is the first time I've posted in this forum but I've decided to give it a 90-days go. Again. Oh boy.

BH married, 2 wonderful kids and a good job. Good learning and constantly striving for closeness to Hashem. Now have to kick this habit.

I'm in two minds. One one hand, it's good to track progress and discuss your falls and high moments. It gives chizuk for the long haul ahead. However is there not also an idea that the less attention you give something, the less of a problem it is? Any ideas?

Well here I am on day 1. The bulk of Shavuot to Rosh Hashonah is about passed. We're in Bamidbar - a desolate stretch of Torah (from Beha'aloscha at least) where we as a nation fell gravely and were beaten time and time again, due to Ta'avah and Kavod. All put to an end by Pinchas's sole act of zealousness, the seal to all the impure outflow. And I feel it reflects in the time of year. Nothing's happening! No Chagim. Worse, 17th of Tammuz, 9th of Av. It's the Yetzer Hara's playing ground and I always get knocked down strongest here. It's a *metzi'us*. So I wish to be a phoenix rising from the ashes of a downtrodden nation. And let's all be that together iyH.

Elul will be a lot easier I feel. It's the desolate months of Tammuz and Av that pose the real challenge. But let's see how it goes. Day 1!

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Re: Singularity's Journey

Posted by Singularity - 09 Feb 2017 12:25

I help myself. To her. I admit it. What a monster.

but 70 days clean nevertheless! BH.

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Re: Singularity's Journey

Posted by MayanHamisgaber - 09 Feb 2017 12:39

not a monster just a normal person with big things to overcome

personally I feel that in these situations and with a loving wife who understands this is one situation that she can be matzle m'chet

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Re: Singularity's Journey

Posted by cordnoy - 09 Feb 2017 13:20

[bb0212 wrote on 09 Feb 2017 07:24:](#)

[Hashem Help Me wrote on 09 Feb 2017 06:56:](#)

[Markz wrote on 08 Feb 2017 14:09:](#)

Thank GD for gye I'm porn free for a year and a half - no second looks, no "random " google searches, no non kosher YouTube vids

But when natural instincts are awakened to be intimate with ones wife it's a different story.

It's something I'm working on

But I don't buy the idea of waiting for her to initiate. You're going to an opposite extreme.

There has to be love and open communication. Husband is the initiator. BUT it has to be

communicated clearly that "I don't need it. Don't do it for me. It's for us. You have to be ok with it. If you are not able tonight for whatever reason, we won't".

My wife was surprised when I told her that.

she was like "are you sure? I need to be available for you, else maybe you'll do porn" and I said "nope" I'm not gonna die if I don't get my fix

Sometimes some abstention is necessary to break the hyperfocus on having sex. But that is not the ultimate. There should be intimacy and if both are interested it should continue to healthy sex. If she isn't interested, nobody will die from not continuing. It will be hard the first few times but after a while you can be completely in control. Your wife will appreciate you so much for this mehalech and when you do have relations it will be so much more enjoyable - and you will feel great and proud afterwards - the way a husband who treats his wife well feels.

I'd imagine that's true to a point - if somebody's wife isn't interested in sex for two years, what then?

Howbout over 20?

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Re: Singularity's Journey

Posted by cordnoy - 09 Feb 2017 13:21

[MayanHamisgaber wrote on 09 Feb 2017 12:19:](#)

then you ask your' loving and supporting wife for "help"

No, you don't.

Shel is not your sperm collector.

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Re: Singularity's Journey

Posted by cordnoy - 09 Feb 2017 13:23

[MayanHamisgaber wrote on 09 Feb 2017 12:39:](#)

not a monster just a normal person with big things to overcome

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Not her job.

Especiallyl for us fellows.

And besides, she won't be there four times a day/night.

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Re: Singularity's Journey

Posted by cordnoy - 09 Feb 2017 13:25

[Singularity wrote on 09 Feb 2017 12:12:](#)

[will Succeed Beh wrote on 09 Feb 2017 11:09:](#)

[Workingguy wrote on 08 Feb 2017 14:42:](#)

2) It's very true that you will live if you don't get your fix, and in today's day and age it doesn't seem to work that often that a woman is interested in being her husbands protection from sin and you're for being intimate with him.

As an *addict the white book* says "**sex is optional**", it is hard for me to agree with it, but i know that if sex is not optional, then it means its lust for me, and having sex with my wife even though its Muter will only feed my lust!!!

When i want to show love to my wife, there is dozens of other ways to show it... not by pressuring her emotionally in to something she isn't in the mood of right now!

With that being said - there is a Mitzveh of pleasuring the wife (not yourself), and Piriyeh Verivyeh, and a person that purely means G-d's will, wont get agitated if his wife dosent want it now!

Protecting me from sin... i know as an *addict* - for me having sex with my wife **will not** keep me off porn...

I agree that no matter how much I get from the Mrs, it will help nothing against porn and stuff. but in a *matzav* of being very aroused to the point of no control, what do ya do?

Rape her.

Il took an alternative route.

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Re: Singularity's Journey

Posted by Singularity - 09 Feb 2017 13:37

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Re: Singularity's Journey

Posted by Workingguy - 09 Feb 2017 13:52

Don't cry. Cordnoy is answering in a very strong manner, but I think it's important to clarify what he's saying.

There's no doubt that a wife can be your "wall" and if that works for her and you, that can be beautiful. For normal people, chazal definitely say there is a concept of being with one's wife when "yitzro misgaber alav".

Also, if you're working hard and you might have a fall and this can stop you from worse consequences, I'll weigh in and say that you should allow your wife to help you, probably contrary to what most people here would say.

Absolutely not relevant to me because my wife doesn't relate to intimacy that way at all, and it would hurt our intimate life.

However, if you're an addict and it's not going to help and instead of being mechazek you, it will just allow you to indulge more, you're wife will be feeling used and you'll end up acting out tomorrow or the next day anyway, and you're looking at all sorts of stuff anyway, then what's the point? You're feeding your Lust, you're not making an effort anyway, so why do it? But if you are working hard and need a little help and want to prevent worse consequences and she doesn't mind, why not?

And I think one more thing- it's easy to confuse the concept of a woman being available and interested for her husband to "keep him safe" in this crazy world before he's been all over the map. That's a very admirable trait on her part, but not something HE should really ask for. It's HER Rambam, as they say.

But for so many of us, we have this ideal of our wives protecting us after we've become the

problem. So that won't really work.

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Re: Singularity's Journey

Posted by bb0212 - 09 Feb 2017 13:54

[cordnoy wrote on 09 Feb 2017 13:20:](#)

[bb0212 wrote on 09 Feb 2017 07:24:](#)

[Hashem Help Me wrote on 09 Feb 2017 06:56:](#)

[Markz wrote on 08 Feb 2017 14:09:](#)

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There has to be love and open communication. Husband is the initiator. BUT it has to be communicated clearly that "I don't need it. Don't do it for me. It's for us. You have to be ok with it. If you are not able tonight for whatever reason, we won't".

My wife was surprised when I told her that.

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Sometimes some abstention is necessary to break the hyperfocus on having sex. But that is not the ultimate. There should be intimacy and if both are interested it should continue to healthy sex. If she isn't interested, nobody will die from not continuing. It will be hard the first few times but after a while you can be completely in control. Your wife will appreciate you so much for this mehalech and when you do have relations it will be so much more enjoyable - and you will feel great and proud afterwards - the way a husband who treats his wife well feels.

I'd imagine that's true to a point - if somebody's wife isn't interested in sex for two years, what then?

Howbout over 20?

Exactly. Then what?

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Re: Singularity's Journey

Posted by Hashem Help Me - 09 Feb 2017 14:11

[Singularity wrote on 09 Feb 2017 12:12:](#)

I agree that no matter how much I get from the Mrs, it will help nothing against porn and stuff. but in a *matzav* of being very aroused to the point of no control, what do ya do?

There was a point in my recovery where I felt that if that would happen, then better to allow the zera to come out (of course without any hand assistance) rather than "use" my wife. This of course would really need a psak of horoas sha'ah from a big posek. BH it never got to that. I forced myself to stay in control even when very intimate. Now I feel I graduated to the extent that if it came to such a matzav I would explain to my wife the situation. Doing the act, although somewhat inappropriate, would not at this point undo what I have trained myself to expect of myself. Fortunately my wife is an incredible person and would be very understanding. (She put up with much much worse from me in an extremely gracious manner.....) I would make it up to my wife in some other way and do my utmost to not allow myself to get to such a point of arousal. I don't know if this answer would be appropriate for a true addict. I am answering for those of us who are retraining ourselves from very ingrained/obsessive bad habits.

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Re: Singularity's Journey
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Exactly. Then what?

Then your work on yourself.

?You stop cryin' over the situation you've been dealt and do what you can to change.

Don't lay the blame elsewhere.

That is what I did.

It was, and is tough.

It was not andl is not always rewardin', but the cherry at the end of the tunnel is not whether or not I will have sex tonight.

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Re: Singularity's Journey

Posted by bb0212 - 09 Feb 2017 14:19

[cordnoy wrote on 09 Feb 2017 14:12:](#)

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My question was theoretical. What does one do if his wife isn't never interested. 0 sex for two years, 5 years, "just because". I don't know what that's like, but it can't make for a very healthy relationship. Also I'm not an addict (at least I don't think I am), so my question may be different than what you're understanding it to be.

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Re: Singularity's Journey

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Your question may have been rhetoric, but my answer was not.

B'hatzlachah

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Re: Singularity's Journey

Posted by Hashem Help Me - 09 Feb 2017 14:33

[cordnoy wrote on 09 Feb 2017 14:12:](#)

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That line from Cordnoy "the cherry....is not whether or not I will have sex tonight", has to be the axiomatic guiding light for those of us who have had to retrain and refocus ourselves. So many of us were subconsciously driven by that very sour cherry. We spent hours **without realizing it** planning, manipulating, arranging that there be sex that night. Very well said.

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