

On the shoulders of those before me

Posted by LifneiHashem - 20 Nov 2016 20:53

Hi all,

I have been reading a lot of forums and found them to be at times a source of chizuk, as well as upsetting, at times.

Like so many others here, my struggles with P&M started in my early teens and continued until now. I assumed it would stop by itself when I got married, but here I am 10 years later and obviously that didn't happen. We didn't have internet for several years, so the while always an issue, it wasn't encroaching on my life on a regular basis.

About 3 years ago we got internet. It was a relatively slow progression, but at some point it became a nightly pasttime, causing a lot of wasted time and not enough sleep. This lead to missing minyanim on a pretty regular basis. The nightly watching was not exclusively x rated. I also started watching a lot of streaming TV. (I grew up on TV but moved more to the "right" in my late teens and "officially" stopped watching TV. However, over all the years I always kept an ear open to what was going on in pop culture.)

I tried stopping a few times over the years, but never with any success. At some point I realized this is a real issue and I can't just stop on my own. It was beginning to take ovr my life, and I was no longer really connecting to my family, that I could be in the room with them, at the shabbos table, but not really *there*. This past Rosh chodesh Elul I decided to stop for good and signed up on GYE a few days later.

BH now I'm at day 77, which I'm sure is my longest ever. GYE taught me that if I want to stop acting out, first I actually have to *guard my eyes*. I know this is really obvious, but for the longest time I felt that the acting out could be an isolated issue, and there was no need to stop looking at whatever crossed my path, and of course my favorite tv shows. I learned from previous posters the importance of avoiding triggers and the slippery slope.

Things have been going pretty smoothly, & I can honestly say I that for most of the past 2 1/2 months I had minimal desire to act out. I was tempted to believe that I was "cured", but after reading so many other people's experiences, I knew not to be fooled and i needed to keep my up my gaurd.

The reason I'm finally posting now is because today I am really, really struggling, and could really use some chizuk!

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Re: On the shoulders of those before me

Posted by Singularity - 10 Jan 2017 07:51

Way to go! Big step.

Isn't it the best?

"Hey you! I masturbate compulsively!"

Ah. Feels good.

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Re: On the shoulders of those before me
Posted by gibbor120 - 10 Jan 2017 17:23

WOW! AMAZING!

I think I started a thread on that topic to give people who are considering opening up chizzuk. Markz, anyone, remember what it's called?

It's the honeymoon phase of recovery. But soon it turns into hard work again

I can't wait to hear about it.

Also, wet dreams should not be a concern. In recovery, they will occur less frequently. There is no way to reduce them directly. Work on recovery, and it will become a more rare occurrence.

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Re: On the shoulders of those before me
Posted by Markz - 10 Jan 2017 18:23

[gibbor120 wrote:](#)

WOW! AMAZING!

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No - no one gave me chizuk for that :-(

I just got into the truck and blasted my horn, so now I have contact #'s on my phone ;-)

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Re: On the shoulders of those before me
Posted by LifneiHashem - 11 Jan 2017 02:40

So I have a close friend who works in the counseling field and has exposure/ familiarity with addiction and recovery. After months of procrastinating & chickening out I finally told him about my ongoing problems. Wow, it was NOT easy to verbalize! He was super supportive and said I need to recognize how special it is to want to change and do something about it. He pointed out that regardless if I'm an "addict" or not, he knows plenty of non addicts who are content to live with porn, and it's special that I'm working on changing my life and accomplishing.

It was definitely easier to reach out to him with the intro that I'm clean since Rosh Chodesh Elul, but It feels good to have a person who knows who I am to reach out to.

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Re: On the shoulders of those before me
Posted by Singularity - 11 Jan 2017 08:06

Good fit, an addiction counsellor. Much *Hashgocha* there.

I have yet to open up to anyone close to me, ie rov, family, etc. SAA meetings are the farthest I've gone. Feels good, yeah?

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Re: On the shoulders of those before me
Posted by LifneiHashem - 11 Jan 2017 11:18

[Singularity wrote:](#)

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I was trying to say he's not an addiction counselor, but it's not something totally foreign to him because he has exposure to many people with addiction. People have spoken about opening up to rebbe & it's obvious from the rebbe's response that he cannot relate with the situation at all.

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Re: On the shoulders of those before me
Posted by cordnoy - 11 Jan 2017 11:35

Very nice
KKal hakkkavod!

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Re: On the shoulders of those before me

Posted by LifneiHashem - 11 Jan 2017 14:57

Thanks! Means a lot

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Re: On the shoulders of those before me
Posted by gibbor120 - 11 Jan 2017 22:22

Very Inspiring! KUTGW!

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Re: On the shoulders of those before me
Posted by Singularity - 12 Jan 2017 08:01

[LifneiHashem wrote on 11 Jan 2017 11:18:](#)

[Singularity wrote:](#)

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Sorry, I didn't read it quite right. Still, exposure to addiction in his field is good. Most people don't

know about it at all.

They should have a repository of rebbes who have also had lust addictions so you know whom to open up to. \

just joking

yup

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Re: On the shoulders of those before me
Posted by Shlomo24 - 12 Jan 2017 14:31

Oh, it's not a joke. This disease doesn't discriminate. A guy I know in SA met his mesader kedushin at one of his first meetings.

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Re: On the shoulders of those before me
Posted by gibbor120 - 12 Jan 2017 21:21

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Re: On the shoulders of those before me
Posted by LifneiHashem - 24 Jan 2017 15:50

I wanted to share that I'm going through extreme stress at work these days but BH my auto response of immediately going to p&m + tv for comfort is gone. In the past during such situations it was my right and even well earned reward.

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Re: On the shoulders of those before me
Posted by YidFromMonsey - 01 Feb 2017 18:20

[Singularity wrote on 12 Jan 2017 08:01:](#)

but I do feel that oh too many
rabbonim and therapists on unaware of this thing called addiction and so many people would've benefited had their rabbi, ruv, rosh yeshiva, therapist etc. know to suggest the 12 steps.... Just my feeling on this topic, not blaming anyone or suggesting a way to change this but I personally delayed dealing with my addiction 4 years because of the above....

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