

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 YidFromMonsey - 01 Feb 2017 18:23

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

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

[Singularity wrote:](#)

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?

People have spoken about opening up to rebbe & it's obvious from the rebbes response that he cannot relate with the situation at all.

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.

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

just joking

yup

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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Re: On the shoulders of those before me
Why kidding? I wouldn't suggest exactly a repository of rabbis
Posted by LifneiHashem - 03 Mar 2017 04:22

Day 180.Around a month ago I logged onto my online banking app, and as there often is, there was a photo on the login page. It was innocent enough, just a guy at a computer, and a girl looking over his shoulder. Since I've been practicing guarding my eyes, I should have just moved into the next page, but instead I lingered a bit too long... her top was revealing...good looking couple...must be great in bed together etc etc. I came to my senses and used the lessons I've learned here to snap out of it, but the picture took up residence in my mind for a day or two, causing plenty of issues in my sick head. Anyway, today when I logged on this particular picture was back, but this time I away moved right along to the next page.It's funny to write this story. This is my great success? My growth? How silly. Option 1) I've seen SO much worse than this, am I trying to pretend to be a tzadik who never sees anything remotely not tznius?Option 2) I'm such a sicko that an innocent photo can send me right back to hell If I'm not careful.I'm not really sure what the point of this post is, but mazel tov! 6 months! The first time in my entire lifetime. Thank you to all gye'ers who have made this journey before me. You have lifted me on your shoulders.LH

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Re: On the shoulders of those before me
Posted by Singularity - 03 Mar 2017 08:31

[LifneiHashem wrote on 03 Mar 2017 04:22:](#)

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was a photo on the login page. It was innocent enough, just a guy at a computer, and a girl looking over his shoulder. Since I've been practicing guarding my eyes, I should have just moved into the next page, but instead I lingered a bit too long... her top was revealing...good looking couple...must be great in bed together etc etc. I came to my senses and used the lessons I've learned here to snap out of it, but the picture took up residence in my mind for a day or two, causing plenty of issues in my sick head. Anyway, today when I logged on this particular picture was back, but this time I away moved right along to the next page.It's funny to write this story. This is my great success? My growth? How silly. Option 1) I've seen SO much worse than this, am I trying to pretend to be a tzadik who never sees anything remotely not tznius?Option 2) I'm such a sicko that an innocent photo can send me right back to hell If I'm not careful.I'm not really sure what the point of this post is, but mazel tov! 6 months! The first time in my entire lifetime. Thank you to all gye'ers who have made this journey before me. You have lifted me on your shoulders.LH

MAZELTOV LH! Very inspiring! Keep moving forward!!

I think option 2 is more accurate. It's the first sip. Like Rav Twerski's famous story. I'll share:

A recovering alcoholic was at a party and was offered a drink by his friend. He refused politely, saying he was an alcoholic, but he accepted a glass of punch. At the first sip, he realised it was spiked. He went into an absolute panic and phoned the rov. He asked, "What do I do? I'm afraid I'm going to drink! How do I fix this?!?"

After a tiny sip of a low-alcohol-content diluted punch?

This, says the rov, is the true meaning of *aveira goreres aveira*. And addicts have the *zechus* to live those words. The mussar touches them more than anything.

So don't think you're insane. Well, you may be. But at least you're being sane about it ;-)

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Re: On the shoulders of those before me
Posted by Workingguy - 03 Mar 2017 16:20

[LifneiHashem wrote on 03 Mar 2017 04:22:](#)

Day 180. Around a month ago I logged onto my online banking app, and as there often is, there was a photo on the login page. It was innocent enough, just a guy at a computer, and a girl looking over his shoulder. Since I've been practicing guarding my eyes, I should have just moved into the next page, but instead I lingered a bit too long... her top was revealing... good looking couple... must be great in bed together etc etc. I came to my senses and used the lessons I've learned here to snap out of it, but the picture took up residence in my mind for a day or two, causing plenty of issues in my sick head. Anyway, today when I logged on this particular picture was back, but this time I away moved right along to the next page. It's funny to write this story. This is my great success? My growth? How silly. Option 1) I've seen SO much worse than this, am I trying to pretend to be a tzadik who never sees anything remotely not tznius? Option 2) I'm such a sicko that an innocent photo can send me right back to hell. If I'm not careful. I'm not really sure what the point of this post is, but mazel tov! 6 months! The first time in my entire lifetime. Thank you to all gye'ers who have made this journey before me. You have lifted me on your shoulders. LH

Choice three- Not a tzadik, not a sicko- a guy who's done amazing work for recovery and doesn't want to mess it up so may focus too much on small things like this.

Just move on and take lots of pride in where you are

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Re: On the shoulders of those before me
Posted by TzedekChaim - 05 Mar 2017 18:23

Choice three- Not a tzadik, not a sicko- a guy who's done amazing work for recovery and doesn't want to mess it up so may focus too much on small things like this.

Just move on and take lots of pride in where you are

Very subtle, very deep. Really sheds a lot of glorious positive energy on this whole shebang!!
Wow, Thank you workingguy!

you should continue to have tremendous hazlacha especially at
times when you feel you don't.

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~~Ma~~al tov lifneiHashem!!!!

Re: On the shoulders of those before me
Posted by LifneiHashem - 05 Mar 2017 19:23

Thank you!

Yesterday too much eye candy. Life goes on.

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Re: On the shoulders of those before me
Posted by Shlomo24 - 06 Mar 2017 00:34

Eye candy? Wow, these candy makers have gotten inventive. Were you practicing for Purim?

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Re: On the shoulders of those before me
Posted by LifneiHashem - 06 Mar 2017 01:07

[Shlomo24 wrote on 06 Mar 2017 00:34:](#)

Eye candy? Wow, these candy makers have gotten inventive. Were you practicing for Purim?

Sure hope not

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Re: On the shoulders of those before me
Posted by LifneiHashem - 19 Mar 2017 02:47

Thought during leining today (I know it's not the pshat): when Moshe was coming down with the luchos after Hashem told him about the Eigel, yehoshua said he heard sounds of battle from the camp. Moshe said no, it's sound of "Anos"- pain. He didn't say it's sound of rebellion or debauchery or prikas ol. the sound they were making during all their sinning was that of pain.

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Re: On the shoulders of those before me
Posted by LifneiHashem - 30 Mar 2017 17:18

On business trip now. Told myself I would prepare in advance in
order avoid any challenges but didn't get around to it. Any suggestions would be great.

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Re: On the shoulders of those before me
Posted by cordnoy - 30 Mar 2017 17:53

[LifneiHashem wrote on 30 Mar 2017 17:18:](#)

On business trip now. Told myself I would prepare in advance in
order avoid any challenges but didn't get around to it. Any suggestions would be great.

There is a thread designated for this.

i forgot the name.

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Re: On the shoulders of those before me
Posted by Gevura Shebyesod - 30 Mar 2017 18:22

You probably mean [this one](#).

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Re: On the shoulders of those before me
Posted by LifneiHashem - 31 Mar 2017 10:29

All is well BH

hope I passed the test/ learned from the experience/ did what was expected of me/ seized the chance

or whatever

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Re: On the shoulders of those before me
Posted by Ihavenostrength - 31 Mar 2017 14:38

Niiiiicccccceeee!!!! You just went on business like a normal person, that's awesome! I get this feeling (of being normal) every time I do an activity which used be/is still triggering yet I don't act out my lust. Like taking a shower (used to be massively triggering B"H not so much anymore).

BTW all the above is not to say we are normal. I know some people on this forum take offense at the idea of being normal... I'm not saying you're normal. I'm not saying I'm normal. But we can have "normal moments," small steps towards sanity (which for me anyways, is what normal means).

KOT!

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