

The Road To Being Honest With Myself (and others:)

Posted by Hakolhevel - 19 Feb 2017 04:23

---

In Short I had issues for about 5 years. When I started dating I stopped, and I was clean for a few years. Well it's come to the point where I gave to start my own thread. In the last half a year everything has been coming back, and I don't think I need to enumerate here on this forum, everybody knows what its like, you struggle you fall you fell terrible yada yada yada. Just goes to show once an addict always an addict.

Anyway that's not the point. The point is that coming here and reading the forums has opened up great insight about myself, particularly reading some of Dov's long posts. So I will give you some background, and hopefully you will all help

I feel like I'm in a place right now where if I wanted to stop myself I can ( and I do much of the time). The problem is I know what will stop me and I choose not to use those tools? I guess in general that's the problem, it boils down to how much do we really not want to do it. Do we not want to do it just because it makes you feel terrible afterwards/don't like the consequences. If that is the case I think we are doomed to fail, but unfortunately that is where I feel I am right now:cry: As dov put it best in the following quote

**Warning: Spoiler!**

Anyway I know it was a long rant (for me), I guess the question how do you open yourself up and truly change the way you think? Especially when it's not a lack of knowledge but a change of perspective?

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by cordnoy - 14 Mar 2017 15:00

---

Il don't care much about core.

Change from within.

B'hatzlachah

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Singularity - 14 Mar 2017 15:00

---

[RaabosMachshovos wrote on 10 Mar 2017 12:55:](#)

When you're in the sewer you can't smell the stench!

I loved that phrase... the mashal is a guy is passing a waste management worker sitting over an open septic tank eating his lunch!! Hayitochain?? so putrid how in the world can he eat food here I can barely stop myself from puking from this stench...

the answer is... the worker cant even smell it!!

I find this to be so true for me.... when it comes to goyish music[not the soft stuff ich.. more like rock etc..]..... come ellul I turn it off because i know its wrong ....though i dont FEEL its wrong... and inevitably sometime around chanuka i relapse... work has me stressed or i need to energize myself to go exercise and im flat...the first few times i feel terrible... the music feels foreign and tamai ....and I feel the effects... i know its damaging me... but give it a few days and weeks and i am convinced nothing is wrong ... what harm is it doing... i go back to not smelling the stench?!!

I dont think its a far stretch to say tayva is the same way... when were seeped in it... and especially in the velt we live in where the oilam is mamaesh not machshiv it as being wrong at all.... it is so hard... we are all in that sewer eating that tuna sandwich..... how do we get out is the challenge ....but once we are there and we look at the tipshim sitting, feet dangling in the manhole cover, eating their lunch... our stomachs will once again cringe as the kedusha in us shines and rejects such tumah!!

Satisfying answer?? not at all.....because that doesnt feed the motivation ... "leave me alone ... fine im in a sewer but it doesnt bother me!!"

but lemaysa dont you wanna be the guy on the outside of the sewer who can smell the stench??

It depends. Is the sewer on the Red Light District?

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by GrowStrong - 14 Mar 2017 15:13

---

[Hakolhevel wrote on 14 Mar 2017 14:35:](#)

[GrowStrong wrote on 10 Mar 2017 13:26:](#)

but (if) we are not actually ready to work - It won't work.

But such is the virtue of free will.

I think the answer (for me) lies in these two highlighted quotes.

How is that an answer as to WHY you want to change? You will only work properly if the reason is sound. Please see my Post above what didn't work (for me)

Please explain.

For me, the fact that i am acting against my own will is a very big motivator to change.

Such is the *virtue* of free will.

But i spent many many years acting out... And until i was ready to really make some changes, and start on the road of sobriety, acting against my own will was just an annoying chip on my shoulder.

Everyone's why is different, we all have different reasons.

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 15 Mar 2017 03:44

---

[cordnoy wrote on 14 Mar 2017 15:00:](#)

Il don't care much about core.

Change from within.

B'hatzlachah

Sorry it was Singularity that said

"True. You gotta want to change. But why? Porn is so much fun. And it feels good. What else is there? It's a hard question to answer. But such is the virtue of free will."

When I said core I was referring to this, why do I want to change. Yes change comes from within, but if my desire to change, coming from within me, is not coming from the greatest place it won't go anywhere. Or so I understand, please enlighten me.

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 15 Mar 2017 03:46

---

[GrowStrong wrote on 14 Mar 2017 15:13:](#)

[Hakolhevel wrote on 14 Mar 2017 14:35:](#)

[GrowStrong wrote on 10 Mar 2017 13:26:](#)

but (if) we are not actually ready to work - It won't work.

But such is the virtue of free will.

I think the answer (for me) lies in these two highlighted quotes.

How is that an answer as to WHY you want to change? You will only work properly if the reason is sound. Please see my Post above what didn't work (for me)

Please explain.

For me, the fact that i am acting against my own will is a very big motivator to change.

Such is the *virtue* of free will.

But i spent many many years acting out... And until i was ready to really make some changes, and start on the road of sobriety, acting against my own will was just an annoying chip on my shoulder.

Everyone's why is different, we all have different reasons.

I see now.

Are you saying that the why you wanted to change and being ready to change are 2 completely separate things? If yes what makes you ready to change? (Of course you can't really answer that for me)

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by cordnoy - 15 Mar 2017 04:39

---

[Hakolhevel wrote on 15 Mar 2017 03:44:](#)

[cordnoy wrote on 14 Mar 2017 15:00:](#)

Il don't care much about core.

Change from within.

B'hatzlachah

Sorry it was Singularity that said

"True. You gotta want to change. But why? Porn is so much fun. And it feels good. What else is there? It's a hard question to answer. But such is the virtue of free will."

When I said core I was referring to this, why do I want to change. Yes change comes from within, but if my desire to change, coming from within me, is not coming from the greatest place it won't go anywhere. Or so I understand, please enlighten me.

My turn not to understand.

My suggestion still is: for today, do what's right and think little about itl.

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Singularity - 15 Mar 2017 07:24

---

[Hakolhevel wrote on 15 Mar 2017 03:44:](#)

[cordnoy wrote on 14 Mar 2017 15:00:](#)

Il don't care much about core.

Change from within.

B'hatzlachah

Sorry it was Singularity that said

"True. You gotta want to change. But why? Porn is so much fun. And it feels good. What else is there? It's a hard question to answer. But such is the virtue of free will."

When I said core I was referring to this, why do I want to change. Yes change comes from within, but if my desire to change, coming from within me, is not coming from the greatest place it won't go anywhere. Or so I understand, please enlighten me.

I don't know if every turnabout has to be this bold, all-encompassing approach. Could be as simple as "I know my own decisions keep landing me in a deep pit. I want to try give over my own decisions and submit to someone more experienced/learned in the program".

=====  
=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Hakolhevel - 16 Mar 2017 03:06

---

[Singularity wrote on 15 Mar 2017 07:24:](#)

I don't know if every turnabout has to be this bold, all-encompassing approach. Could be as simple as "I know my own decisions keep landing me in a deep pit. I want to try give over my own decisions and submit to someone more experienced/learned in the program".



So it all leads to the same place... Talk to someone real?

I guess there really is no good answer to why I should want to change (In other words answering the question doesn't cut it). Although I was just thinking I was coming up with something

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Singularity - 16 Mar 2017 07:47

---

Yeah. Once again, less investigation, more calmness is really what's needed.

As rav Twerski's book title aptly nails it:

"Seek Sobriety, Find Serenity"

=====

Re: The Road To Being Honest With Myself (and others:)  
Posted by Workingguy - 16 Mar 2017 14:23

---

Yeah but.....a therapist once told me that if I don't have a reason for wanting to change- if I'm changing because I think I should but not because I want to-then all the techniques in the world won't help me.

You know one of the reasons I wanted to change? Because I didn't want to be doing all the lusting anymore. It made me feel too bad and made everything more sad, depressing, and anxious. And I had worked too hard to really indulge and actually enjoy it so it was just torture-engage in something I wasn't going to engage in anyway. So I decided to stop torturing myself. It's a slow process.

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by cordnoy - 16 Mar 2017 14:46

---

[Workingguy wrote on 16 Mar 2017 14:23:](#)

Yeah but.....a therapist once told me that if I don't have a reason for wanting to change- if I'm changing because I think I should but not because I want to-then all the techniques in the world won't help me.

You know one of the reasons I wanted to change? Because I didn't want to be doing all the lusting anymore. It made me feel too bad and made everything more sad, depressing, and anxious. And I had worked too hard to really indulge and actually enjoy it so it was just torture-engage in something I wasn't going to engage in anyway. So I decided to stop torturing myself. It's a slow process.

Almost like death; I know.

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by eslaasos - 16 Mar 2017 14:49

---

[cordnoy wrote on 16 Mar 2017 14:46:](#)

[Workingguy wrote on 16 Mar 2017 14:23:](#)

Yeah but.....a therapist once told me that if I don't have a reason for wanting to change- if I'm changing because I think I should but not because I want to-then all the techniques in the world won't help me.

You know one of the reasons I wanted to change? Because I didn't want to be doing all the lusting anymore. It made me feel too bad and made everything more sad, depressing, and

anxious. And I had worked too hard to really indulge and actually enjoy it so it was just torture-engage in something I wasn't going to engage in anyway. So I decided to stop torturing myself. It's a slow process.

Almost like death; I know.

During a good moment this week (it happens) I realized that if living = dying then dying = living.

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by Workingguy - 16 Mar 2017 21:43

---

Oy if only the world would know the deep philosophy here.....big concepts like death....and life.....and

**Warning: Spoiler!**

=====

=====

Re: The Road To Being Honest With Myself (and others:)

Posted by MayanHamisgaber - 16 Mar 2017 21:47

---

[Workingguy wrote on 16 Mar 2017 21:43:](#)

Oy if only the world would know the deep philosophy here.....big concepts like death....and life.....and

**Warning: Spoiler!**

thought you was gonna say

**Warning: Spoiler!**

=====

=====