

MZL on the 90-day highway

Posted by mzl - 17 Jun 2018 19:53

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Day 9.

I think I need to make myself at home in the 90-day topic.

Today I'm really upset because my wife is shopping all day again and I'm watching the kids.

I ate way too much, it's the only thing I could think about to do something nice for myself.  
Pathetic, I guess.

Does G-d really deserve me living next to her and not even masturbate? The worst part is that I have annihilated most of my desires so the thought of masturbating is like watching paint dry.

I guess tomorrow will be better. It's already 3:53 pm.

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Re: MZL on the 90-day highway

Posted by Dov - 03 Aug 2018 03:51

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[mzl wrote on 02 Aug 2018 12:35:](#)

[lionking wrote on 02 Aug 2018 12:04:](#)

Hi mzl,

You must be going on a high speed train. I missed your train of thought, a long while back and can't jump back on. But hey, I'm addicted (at least to reading!). I still read every single word you write. Keep them coming, if it helps you.

You should be zoche to rule over your addiction like a lion.

1- Its hard for me to understand what u wrote above, that you are 'a true yid because you upset the recovery bigshots or 'barons'. Your comment seems petty, at least at first blush. But more importantly, you are again doing what I referred to earlier in an email that I don't feel you dealt with fully enough: you are writing in a way that is designed to get under people's skin. I believe you know this full well and bet that it's the way you deal with most people in your life. By giving people titles ('the barons of sexual recovery') you are more likely to annoy someone. That's not nice and it's not a great way to learn new things, either. Furthermore, coming back to earth a bit, I doubt you pissed *anyone* off. You just expressed a few controversial opinions - that doesn't upset most basically mature people, especially if it's not about *them*. Only when you begin giving names and silly titles to people, do you usually 'piss them off' as you put it. You're entirely entitled to act like a kid, but I'm just calling you on it here because I'm sure that an intelligent and analytical man such as yourself will hear these simple suggestions and take them to heart.

But more important to me than all that stuff, is this:

In your post quoted above, you are using the term 'addiction', but I think you don't really mean addiction. I think you really mean 'desire'.

Now, why do you keep doing that, chaver? Addiction is not equated with desire, on many levels. I know that GYE literature and members often interchange them, but that's not what 12 steps literature says, it's not the experience of the addicts I know, and it just muddies the water.

We can clarify some differences between addicts and non-addicts if you don't know any, if you want. We can also demonstrate many differences between tayvoh/desire as it is described in yiddishkeit vs. addiction as it is described by addicts who use 12 Steps (and by experts in the field of psychology), if you want.

So I suggest that when you mean 'bad/sinful desires', you just *call* it that. And also that when you *mean* 'not masturbating/using porn in order to keep halocha' then you would be clearer just calling it *that*.

2- Your discussion about the halachik status of masturbating is apt to get lots of attention but is unhelpful for addicts nor even for most non-addicts among this crowd. It is also misleading. This is because our overwhelming problem *isn't sperm-wasting*. Every chronic, fantasizing, masturbater is really aware of this (or can easily be helped to admit it). The 'sperm coming out' is actually the *least* of our problems...it's just that it's the most hurtful part for many of us because of two reasons:

1- it is incontrovertible proof that we really screwed around and acted out our lust fantasies: stuff came out, **something actually happened** that we can't just ignore or pretend didn't, the way that we swept our porn use under the rug so many times ('click', "Whew, I'm glad *that* mistake is over!");

2- The ejaculation and orgasm *end a cycle* for us! "The only way we knew to really be free of it was to do it," as SA's white book puts it so well. That being the case, **we miss it**. We *know* it's over...at least for a bit. We have bittersweet relief that is mostly bitter.

Our basic problem is behaving idiotic and childish. We know it's so, because we hide our behavior so deeply. Practically all the married guys among us are even hiding it from our own wives - the person who is supposed to be our most trusted confidant...and who usually thinks she *is*! We who hide our adventures and failures from our wives and all others, do it for two main reasons:

1- We are terribly embarrassed by the stupidity and childishness of our behavior and of our amazing failure at stopping it;

2- We are sub consciously aware that if she or anyone close to us would find out just what we are doing and how we are doing it, that publicity would *severely jeopardize* our access to our past-time...it is very, very precious to us, even more than we realize. So we fiercely protect it, all Teshuva gemura-hopes notwithstanding.

The guys here who are in some form of recovery (whether 12 Steps or others) and are clean, are always here to help those GYE posters who are finally ready to get **real** help for their problem. Hiding behind a username and being 'open' with other people who are also hiding behind usernames, is of no long term value. It's essentially like being fully open and honest to a cow. "I'll be honest and open to you because you can't figure out who I am," is not the way to get real help for any *real* life problems, especially one that involves deeply entrenched, long-term habits. Especially ones that are connected to a thing as deep and confusing as sexuality

is!

The way that most non-addicts who are frum deal with this type of problem is often based on Torah, for theirs is essentially a religious issue. But most addicts who are frum do not succeed based on Torah, for their problem is essentially a derech eretz one. And 'derech eretz kodmah laTorah', as chazal tell us. The 12 Steps isn't Torah, but derech Eretz and, as such, it can help many addicts whether they are frum, or not. And they need to be worked in the proper *culture*, with true openness and honesty together (in-person) with other safe people who truly understand and are clean. This is obvious to serious people who have any real, serious living-problem...they know that they can't get the best help on the phone or from a book, and they try to meet in person with the best people. This is true in yiddishkeit as it is in health, business, or mental health. And addiction is no different. For people who are serious, this is dealt with in a real way, of course.

Hatzlocha considering some of these ideas, and all the best to you, chaver!

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Re: MZL on the 90-day highway  
Posted by mzl - 03 Aug 2018 13:32

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Happy to give you a reason to stay clean today.

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Re: MZL on the 90-day highway  
Posted by mzl - 03 Aug 2018 15:53

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I had written a long post which was full of dangerous truths. It disappeared as I posted it. I want to say that it's better this way because the forum is not a place of truth. Some things are better left unsaid. However it still has value because it's a place where you can rescue other people from despair.

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Re: MZL on the 90-day highway

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Posted by Markz - 03 Aug 2018 16:45

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Re: MZL on the 90-day highway  
Posted by mzl - 03 Aug 2018 16:54

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[Markz wrote on 03 Aug 2018 16:45:](#)

[mzl wrote on 03 Aug 2018 15:53:](#)

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Oh, so "I had written a long post which was full of dangerous truths" maybe never was written...

Think whatever you want man.

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Re: MZL on the 90-day highway  
Posted by Markz - 03 Aug 2018 17:23

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[mzl wrote on 03 Aug 2018 15:53:](#)

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People like myself that call and text others on the forum, use the forum as extension of truthful shares

Im not sure what you're trying to accomplish on the forum with your unusual perspective...

I'd ask you to elaborate, but then again, how do I know which reply of yours is honest and which not, if you say this isn't a place of truth?

Too confusing for a simple guy like me...

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Re: MZL on the 90-day highway  
Posted by mzl - 03 Aug 2018 17:35

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[Markz wrote on 03 Aug 2018 17:23:](#)

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I mean that what you think is true isn't. And it's not good if I see that and point it out to you. As long as you are staying clean, that's what matters.

I have no interest in saying anything which I know to be false. And when I don't know if something is true I usually add a disclaimer.

I'm not going to leave the forum just because you have a personal dislike for me. Sorry.

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Re: MZL on the 90-day highway  
Posted by Markz - 03 Aug 2018 17:51

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I don't have a personal dislike to you, and just was asking what you're trying to accomplish here  
- nothing more than that

**And I humbly disagree with "as long as you're staying clean, that's what matters". A man is not his penis. The Talmud calls it an "ever katan" for good reason**

Have a nice shabbos, besides for all the other nice dishes, I may have given you some more food for thought :-)

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Posted by mzl - 03 Aug 2018 19:13

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Maybe your wife cooks a lot of Shabbos foods. My wife usually has something else to do. She thinks making kugel is like climbing a mountain.

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Re: MZL on the 90-day highway  
Posted by mzl - 05 Aug 2018 02:23

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Day 58

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Re: MZL on the 90-day highway  
Posted by Markz - 05 Aug 2018 02:51

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[mzl wrote on 03 Aug 2018 20:19:](#)

Big yasher koach for saying what everyone was thinking but which was not okay to say. And there are other things on that list of things that it's not ok to say here....

...nuts.

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Re: MZL on the 90-day highway  
Posted by mzl - 05 Aug 2018 03:06

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You sound hostile Markz. But you are not advocating well.

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Re: MZL on the 90-day highway  
Posted by Markz - 05 Aug 2018 03:24

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You had a list of things not ok to say. It sounded to me like they are complaints against gye.  
Maybe not...

No system in the world is perfect.

What Shlomo24 brought up is different. He's a positive guy, but was hurt by something specific,  
so he was right in pointing it out...

If you're hurting about something spell it out

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Re: MZL on the 90-day highway  
Posted by growup - 05 Aug 2018 05:14

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[Markz wrote on 03 Aug 2018 17:51:](#)

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Maybe your wife cooks a lot of Shabbos foods. My wife usually has something else to do. She thinks making kugel is like climbing a mountain.

I think i mentioned this before but ill do it again it sounds like you are missing connection with your wife, markz says a nice things and right away you dis' your wife - i ch"V dont judge you for what your feelings are about her, i dont know her or you, i just think the "out of place" of that comment went to backup what had previously said. just my opinion.

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