

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 cordnoy - 26 Jun 2018 00:50

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[mzl wrote on 25 Jun 2018 23:44:](#)

If I want to meet some frum sex addicts face to face is there like a yearly GYE sex addict convention?

Or there is a way that many of us chose; become friends with other guys on the forum.

I feel terrible that I'm not so available to make new friends, but I still have plenty; some inl my

own city and many when I travel.

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 01:30

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I can understand that, there's only so much time in one day.

At any rate I was asking about just seeing people in the flesh, making friends with anyone would be pretty tough for me. As an example, I have a pretty good friend at work. He knows I had a nervous breakdown years ago and I found him a therapist when his wife died. But I never seek him out, never ask him how he's doing. I never chat.

It's been like this since I was a little kid. I think it's basically reactive attachment disorder. It hurt too much when people rejected me as a young child so I keep a distance.

When people engage me I'm pretty generous with my time and efforts, I just keep to myself. I think being frum makes it much worse, seeing as deep down I get off hurting women.

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 02:08

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I've been reading more posts by Dov (8 pages out of 666 ...) It's amazing how different we are. I think he's a lot of things but I think what I like the most is that he's an artist, especially in his humor. I think it's a waste that people cannot know his last name.

I also think that he uses language in a modulated way, like women do. There is a message modulated on the message. If you know a little science you know what means.

My mother used to schmooze me like that. A long speech chips away at your brain until you think that deep down you are a goooooood person, a beautiful flower. She got me to divorce my first wife that way ...

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Re: MZL on the 90-day highway  
Posted by Markz - 26 Jun 2018 02:23

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[mzl wrote on 26 Jun 2018 02:08:](#)

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The comparison ends somewhere near the beginning...

I believe Dov has saved many marriages

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 02:39

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I don't doubt it.

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Re: MZL on the 90-day highway  
Posted by lionking - 26 Jun 2018 03:16

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[mzl wrote on 26 Jun 2018 02:08:](#)

... I think it's a waste that people cannot know his last name.

How would knowing his last name be any beneficial to me or you?

Try to speak to him. He is a master artist, but not the con artist type you are describing.

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Re: MZL on the 90-day highway  
Posted by cordnoy - 26 Jun 2018 04:03

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[mzl wrote on 26 Jun 2018 02:08:](#)

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I know his last name, and so do many others. Many people know my last name as well.

Vulnerability

Humility

Honesty

Humility (yes, again)

Those are the traits that can lead one to recovery. I'm still learnin'.

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 10:00

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I don't think he's a con artist at all. I think he's a real artist. I was just describing what I saw in hie writing.

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 10:02

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I was saying that he'a an artist that everyone would appreciate, so it's sad that he has to be relegated to the sex addiction world.

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Re: MZL on the 90-day highway  
Posted by lionking - 26 Jun 2018 10:09

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[mzl wrote on 26 Jun 2018 10:02:](#)

I was saying that he'a an artist that everyone would appreciate, so it's sad that he has to be

relegated to the sex addiction world.

**Spoiler Alert:**  
**Warning: Spoiler!**

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Re: MZL on the 90-day highway  
Posted by grateful4life - 26 Jun 2018 16:45

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[mzl wrote on 26 Jun 2018 10:02:](#)

I was saying that he's an artist that everyone would appreciate, so it's sad that he has to be relegated to the sex addiction world.

I'm not sure why you feel sad. Perhaps it is because you view this whole community as "the (lowly) sex addiction world".

I have a totally different view point. This community is **a community of recovery**, comprised of great people that are taking the herculean steps to recover from their overpowering struggle/addiction with lust.

Dov inspires so many thousands of people around the world via GYE that would otherwise "be left to the curb". How many artists/authors/rabbonim etc. have had such a direct and profound impact on people's lives as he has?

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 18:18

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I think it's sad that healthy people don't get to enjoy his good posts. Hope that makes sense.

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Re: MZL on the 90-day highway  
Posted by mzl - 26 Jun 2018 23:59

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I've been reading more of Dov's posts (page 10 so far.) It's pretty interesting, and like I sort of already mentioned, refreshing writing.

Fortunately he rehashes a lot of the same concepts over and over again for the benefit of different people, which makes his culture not as large as it might otherwise have turned out to be.

Some of his concepts that I noticed recently:

1. Website forums are dangerous because unlike meetings they really are anonymous.
2. Not everyone is an addict by his definition, which will probably turn out to be hard to pin down, but basically I get it.
3. He spends a lot of effort and skill dangling something in front of people that may turn out to be happy in face to face meetings, but that's as far as he can go, which must be frustrating sometimes.
4. He only gets his victory when the candidate chooses to use the behavior of going to the face to face meeting, because everything flows from the behavior.
5. He can't really go past the point of describing what to do (show up at a meeting.)
6. He's a true citizen of his culture, more than most of his proteges can appreciate.

I think that a lot of different consequences must flow from the behavior of going to face to face meeting. These are some that I can think of so far:

- When you go to a meeting you watch yourself reject your desire. You watch yourself (and others, presumably) say "this is not *really* who I am."
- You can get help with a lot of practical issues that come up. It's teamwork.

- Encouragement.
- You can whine when you feel like doing it.
- You are ashamed to throw in the towel because you'll be letting your buddies down.
- You remind yourself that you have a problem, which your "real" life makes you forget about. Biofeedback. The physicality of the meeting makes it impossible for you to minimize or disqualify your mental health problem.

It's an interesting concept to hammer into yourself that your true nature is good. You would never know if you are right because there's no such thing as your true nature. But people hang their sense of self on whatever they want, and there's no reason why this shouldn't be so.

Luckily for me I still have a lot left to read ..,

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Re: MZL on the 90-day highway  
Posted by lifebound - 27 Jun 2018 01:05

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I hope you don't mind me asking, and perhaps you've answered this already: Have you gone to any meetings?

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