

I AM HIGHER THAN ALL THIS!!!

Posted by higher - 01 May 2019 14:39

---

High!

I have been on and off/lurking/etc... this site for a while. ive been struggling with erotic audio, erotic reading material, and looking for inappropriate websites, occasional mb but no p. (one exception when there was a really bad break in the filter but i only saw muted previews bh) either way i wanna quit all this garbage! this is really not ME. this stuff is fueled by being starved for intimacy and my wife is disgusted by it. in addition, there are heavy duty shalom bayis issues. so since i feel starved, its hard for me not to act out...i am working on the last two issues and iyh things will improve. for now, i feel like i can use the chizzuk as well as accountability that a thread like this can give me. thus begins my 90 day program. awaiting the gye's welcoming committee's response...

=====

Re: I AM HIGHER THAN ALL THIS!!!

Posted by Ihavestrength - 14 May 2019 11:34

---

[higher wrote on 13 May 2019 19:17:](#)

[Ihavestrength wrote on 13 May 2019 11:21:](#)

[higher wrote on 12 May 2019 17:40:](#)

#11

didnt "fall" but no good...

**No life for this dude here**, so I'll weigh in. Of course a healthy sex drive is a normal thing which. However, nothing will happen if you don't act on these natural urges. **amou I find that when I convince myself that I need some nt of sex in my life** , it's much harder for me

because I feel "starved". Best of luck, and peace the heck out

i believe this yid (thats an assumption, i know) means well and thats why im responding to the points i put in bold.

1. not sure what you mean by me not having a life but i guess i should just keep quiet on things i have no clue about. i guess you meant to say that im in alot of pain, correct?

2. i never **convinced** myself that i **need** sex. i have, to qoute an observant jew, (darn assumption but what can i do), "á healthy sex drive" which is a "normal" thing. so it hurts when im in a locked up situation where i am deprived of a normal urge when it technically is permissible for me etc. etc. coupled with the regular shmiras einayim nisyonos and hard to hope for an outlet. (shomer atzmi min hacheit type of thing).

as a side note, thanks for reaching out and all well meant feedback is appreciated.

Yo, I wasn't saying you didn't have a life. In your post you mentioned that no one had responded to your post. You said this was likely because people had lives outside GYE so they had no time to respond... So, I opened my post by stating in jest that being that "I don't have a life" I will respond.

Re the point I was making about not needing sex. I wasn't saying that you won't die without it. I was saying that Hashem created the world in such a way that you can be healthy psychologically without having sex and feeling that you are deprived. That is my opinion.

Anyways, best of luck and sorry for not being clearer.

=====

=====

Re: I AM HIGHER THAN ALL THIS!!!  
Posted by higher - 15 May 2019 04:16

---

[lhavestrength wrote on 14 May 2019 11:34:](#)

[higher wrote on 13 May 2019 19:17:](#)

[lhavestrength wrote on 13 May 2019 11:21:](#)

[higher wrote on 12 May 2019 17:40:](#)

#11

didnt "fall" but no good...

**No life for this dude here**, so I'll weigh in. Of course a healthy sex drive is a normal thing which. However, nothing will happen if you don't act on these natural urges. **amou I find that when I convince myself that I need some nt of sex in my life** , it's much harder for me

because I feel "starved". Best of luck, and peace the heck out

i believe this yid (thats an assumption, i know) means well and thats why im responding to the points i put in bold.

1. not sure what you mean by me not having a life but i guess i should just keep quiet on things i have no clue about. i guess you meant to say that im in alot of pain, correct?

2. i never **convinced** myself that i **need** sex. i have, to qoute an observant jew, (darn assumption but what can i do), "á healthy sex drive" which is a "normal" thing. so it hurts when im in a locked up situation where i am deprived of a normal urge when it technically is permissible for me etc. etc. coupled with the regular shmiras einayim nisyonos and hard to hope for an outlet. (shomer atzmi min hacheit type of thing).

as a side note, thanks for reaching out and all well meant feedback is appreciated.

Yo, I wasn't saying you didn't have a life. In your post you mentioned that no one had responded to your post. You said this was likely because people had lives outside GYE so they had no time to respond... So, I opened my post by stating in jest that being that "I don't have a life" I will respond.

Re the point I was making about not needing sex. I wasn't saying that you won't die without it. I was saying that Hashem created the world in such a way that you can be healthy psychologically without having sex and feeling that you are deprived. That is my opinion.

Anyways, best of luck and sorry for not being clearer.

sorry!! your totally right- i misunderstood! i guess people in a bad mood should think before they post a disgruntled response! sorry!

in regards to your second point, i think i understand you but i feel that its a big madreigah not to feel in pain and deprived, especially for a *non-addict* like me. (aright, bring it on boys!) so right ~~whoops!!~~ how what i need is 1. chizzuk 2. good advice how to achieve a positive state of mind (**that works for me**) 3. validation

feels ichy to spell this stuff out, not ur fault,

but i want to be clear as well, i guess.

=====

Re: I AM HIGHER THAN ALL THIS!!!

Posted by Realestatemogul - 16 May 2019 03:05

---

Hey Higher!

Can I recommend a dose of Veggies everyday? I think doing it might be a good start to getting some positivity and happiness in an otherwise extremely rough situation, that many of us may not appreciate how hard it is.

It is called Veggies because you do your V's and your G's (VeG's). Every night try and write down 3 Victories you had that day (V's) and three Gratitudes (G's). Victories can be as small as I didn't look at a girl walking in the street (even if you did 50 other times you still count the victory of not looking once), sitting an extra minute to learn, or having a bit of extra kavana. Gratitudes are anything you want to thank Hashem for that day. I could go on explaining but I am sure you get the point.

I'll kick it off:

V's

1- I did one thing I was afraid to do, and called someone I was a bit scared to talk to.

2- I stayed clean another day

3-I bentched out loud a full bentching (when no one was around)

G's

1- Thank you Hashem for GYE

2-Thank you Hashem for giving me clothing that I need

3- Thank you Hashem for enabling me to learn with someone who is less affiliated

It's really very helpful to spend some time actively thinking about VeG's because it forces us to realize both how amazing we are doing and how we should be grateful for everything.

We are all rooting for you!

=====

Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 16 May 2019 03:33

---

[Realestatemogul wrote on 16 May 2019 03:05:](#)

Hey Higher!

Can I recommend a dose of Veggies everyday? I think doing it might be a good start to getting some positivity and happiness in an otherwise extremely rough situation, that many of us may not appreciate how hard it is.

It is called Veggies because you do your V's and your G's (VeG's). Every night try and write down 3 Victories you had that day (V's) and three Gratitudes (G's). Victories can be as small as I didn't look at a girl walking in the street (even if you did 50 other times you still count the victory of not looking once), sitting an extra minute to learn, or having a bit of extra kavana. Gratitudes are anything you want to thank Hashem for that day. I could go on explaining but I am sure you get the point.

I'll kick it off:

V's

- 1- I did one thing I was afraid to do, and called someone I was a bit scared to talk to.
- 2- I stayed clean another day
- 3-I bentched out loud a full bentching (when no one was around)

G's

- 1- Thank you Hashem for GYE
- 2-Thank you Hashem for giving me clothing that I need
- 3- Thank you Hashem for enabling me to learn with someone who is less affiliated

It's really very helpful to spend some time actively thinking about VeG's because it forces us to realize both how amazing we are doing and how we should be grateful for everything.

We are all rooting for you!

the REALestatemogulDEAL. he gets a zero on the BS scale (b=big s=sheker). full of good stuff and empathy over here. thanks for reaching out and your great suggestion.

im really bad at consistency and i guess if i keep this up then thats a "v" in itself.

=====

Re: I AM HIGHER THAN ALL THIS!!!

Posted by Ihavestrength - 17 May 2019 15:29

---

[I'll wrote on 15 May 2019 04:16:](#)

[Ihavestrength wrote on 14 May 2019 11:34:](#)

[higher wrote on 13 May 2019 19:17:](#)

[Ihavestrength wrote on 13 May 2019 11:21:](#)

[higher wrote on 12 May 2019 17:40:](#)

#11

didnt "fall" but no good...



**No life for this dude here**, so I'll weigh in. Of course a healthy sex drive is a normal thing which. However, nothing will happen if you don't act on these natural urges. **amou I find that when I convince myself that I need some nt of sex in my life** , it's much harder for me

because I feel "starved". Best of luck, and peace the heck out

i believe this yid (thats an assumption, i know) means well and thats why im responding to the points i put in bold.

1. not sure what you mean by me not having a life but i guess i should just keep quiet on things i have no clue about. i guess you meant to say that im in alot of pain, correct?

2. i never **convinced** myself that i **need** sex. i have, to qoute an observant jew, (darn assumption but what can i do), "á healthy sex drive" which is a "normal" thing. so it hurts when im in a locked up situation where i am deprived of a normal urge when it technically is permissible for me etc. etc. coupled with the regular shmiras einayim nisyonos and hard to hope for an outlet. (shomer atzmi min hacheit type of thing).

as a side note, thanks for reaching out and all well meant feedback is appreciated.

Yo, I wasn't saying you didn't have a life. In your post you mentioned that no one had responded to your post. You said this was likely because people had lives outside GYE so they had no time to respond... So, I opened my post by stating in jest that being that "I don't have a life" I will respond.

Re the point I was making about not needing sex. I wasn't saying that you won't die without it. I was saying that Hashem created the world in such a way that you can be healthy psychologically without having sex and feeling that you are deprived. That is my opinion.

Anyways, best of luck and sorry for not being clearer.

sorry!! your totally right- i misunderstood! i guess people in a bad mood should think before they post a disgruntled response! sorry!

in regards to your second point, i think i understand you but i feel that its a big madreigah not to feel in pain and deprived, especially for a *non-addict* like me. (aright, bring it on boys!) so right **whoops!!** how what i need is 1. chizzuk 2. good advice how to achieve a positive state of mind (**that works for me**) 3. validation

feels ichy to spell this stuff out, not ur fault,

but i want to be clear as well, i guess.

I'll say one final thing about this, and to be honest, I'm writing for myself a bit, but maybe you will find it helpful as well. I'm not saying that people can live without without sexual feelings and urges. As humans, we are all sexual beings. However, how you view those feelings and urges is up to you. You can look at it as a PROBLEM, thinking hey, if I feel these things I should have a way of expressing these feelings, or you can say it's ok to have these urges and feelings, I'm human, but it doesn't mean I need to jack off or look at porn if that goes against my values.

=====

Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 19 May 2019 02:35

---

recently. i had alot of stress, pain and loneliness in my life.

i broke.

i had a fall.

a little bit better then my old falls but a fall nonetheless.

i felt almost positive in the middle of the fall (after i got upset) because i had fought the y"h successfully until then. (for around 17 days.)

im in alot of pain now and hope my situation will get better. i feel that the fight for me is complicated because there is far more then just desire that pushes me to act out.

p.s. REM, i didnt do any "veggies" yet and i def dont feel like ding now even though i should be proud of every success etc.

i dont even know what i need any more. but im still working on my situation.

=====

Re: I AM HIGHER THAN ALL THIS!!!  
Posted by higher - 19 May 2019 16:33

---

feeling really horrible.

just saying.

=====

Re: I AM HIGHER THAN ALL THIS!!!  
Posted by Markz - 19 May 2019 19:36

---

[higher wrote on 19 May 2019 16:33:](#)

feeling really horrible.

just saying.

feeling for you.

just saying.

=====

Re: I AM HIGHER THAN ALL THIS!!!  
Posted by ColinColin - 20 May 2019 02:07

---

Higher

Stress, pain and loneliness.

Three triggers at once can be overwhelming.

There are ways to combat stress - exercise and reading and sleep can all help.

There are ways to combat loneliness - visiting friends and family can help, even speaking on the phone.

There are ways to combat pain - mindfulness can help.

=====

Re: I AM HIGHER THAN ALL THIS!!!

Posted by higher - 20 May 2019 04:11

---

positive development!

i dont want to elaborate but bh!

"a little bit of light, just a little bit of light, doche doche, harbeh choshech"...

just saying.

wanted to share with anyone who is worried about me and would like to hear good news.

PLEASE keep on davening though!

i cant wait to post after several months that my issues are solved.

for now i need siyata dishmaya, tefillah, and my hishtadlus.

thats all folks.

=====

Re: I AM HIGHER THAN ALL THIS!!!  
Posted by higher - 20 May 2019 04:12

---

and by the way i am back in the ring!

im ready to fight!

=====  
=====  
  
Re: I AM HIGHER THAN ALL THIS!!!  
Posted by GrowStrong - 20 May 2019 04:42

---

Good luck with that.It took me nearly 35 years to realize i would never win and decided to leave the ring.

=====  
=====  
  
Re: I AM HIGHER THAN ALL THIS!!!  
Posted by Hashem Help Me - 20 May 2019 11:04

---

Happy to hear you feel more confident, and sorry to hear about the fall. Yes, the guys here care about you and are following your journey... Just to reword or refocus a bit, maybe consider not viewing this as a "fight" (despite the fact that Chazal do term this as milchemes ha'yetzer). At least for most of us it is more of an issue of education, understanding, and healing (rewiring the brain). Once we are "normal" (if we iyh get there), then the term "fight" might be appropriate;

=====  
=====  
  
Re: I AM HIGHER THAN ALL THIS!!!  
Posted by GrowStrong - 20 May 2019 16:57

---

[Hashem Help Me wrote on 20 May 2019 11:04:](#)

Happy to hear you feel more confident, and sorry to hear about the fall. Yes, the guys here care about you and are following your journey... Just to reword or refocus a bit, maybe consider not viewing this as a "fight" (despite the fact that Chazal do term this as milchemes ha'yetzer). At least for most of us it is more of an issue of education, understanding, and healing (rewiring the brain). Once we are "normal" (if we iyh get there), then the term "fight" might be appropriate;

that's probably what Chazal were referring to. Just saying...

not to get into my whole hasgachic discussion and understanding of these things which is very limited, i think theres a very big deep secret here in the word 'surrender' which works for the craziest sex addicts out there on a daily basis to overcome the most powerful yetzer there is that literally overtook their lives and brains.

Can a way to 'beat' the yetzer hora really have come from a bunch of goyishe drunks???

Well i like to compare it to ikvasa d'meshicha and what chazal say about how David Hamelech came into being.

It definitely asks for more iyun, but what do i know im just another sex drunk in recovery and for sure i am not a learned one... just a theory...

and knowledge didnt help me to stop acting out on my lust.

Surrender (quitting to fight) did though :-)

=====  
=====