

BackToBasics - My battle begins

Posted by yesodos12 - 12 Jul 2009 14:25

Hi everyone,

I have just joined the group. Writing this brings tears to my eyes because I have never been able to ask for help in this area before. This is the start of breaking an 11 year habit, something that makes me both proud and humble, as well as very, very ashamed. I've always been too embarrassed of my addiction to ever get any help face-to-face, and deep down I've lost the belief that I can make a lasting change in this area.

I saw the website for the first time on shiva asar betammuz, and I was amazed that there was so much help available to me, to get out of my crushing addiction, as well as kindhearted people who are building this site and building the participants along with it. It has kindled the hope inside me that I can face down this challenge, overcome it, and eventually destroy it.

I guess, if I'm honest, my main motivation to break the habit is the fear of somebody finding out about it, especially my wife. I'm scared that it will cause me to lose my job, reputation, marriage and children. I'm even scared that she is somehow going to read this post, find out that it's me writing, and get the shock of her life that she is married to a porn addict. The fact that I would consider losing everything I hold dear for the sake of some stupid, cheap thrill, amazes me. I am amazed at my own stupidity. I guess this proves that I'm an addict - I never thought of myself that way until now, I've just been in denial.

I'm four days clean now. It's been easy so far, but I know what happens. I get overconfident, I get uninspired, I forget everything I've fought for, and

BANG, I'm back in my stupid self imposed prison. How do you instill belief in change after so so many times of falling?? This is especially problematic for me, as I generally don't spend hours on end looking at porn. I just do a 30 minute escape from reality, and then resurface as if nothing ever happened, and get on with my life. I have no problem being a tzaddik for 95% of the time, but it's the 5% of misbehaviour that makes me an addict and a fool.

Every single Rosh Hashana and Yom Kippur has been filled with regret for my addiction, and yet still nothing has changed yet. I've improved in many different areas, but I actually feel that in this area I've sunk in recent years. I would love this year to be different - perhaps you guys can help me ensure that it will be?

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Re: BackToBasics - My battle begins
Posted by Noorah BAmram - 26 Jul 2009 14:01

17 = tov ;D great fantastic!!!!

May you get to "meod meod" = 90

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 26 Jul 2009 18:50

Today has been hard work, and still is hard work. I really am feeling the urge. I know that it is totally mindless, but there is a part of me (called the yetzer hora) that just doesn't care and wants mindless stimulation. It's at times like these that I really am certain that I am dealing with an addiction. Thank God I haven't fallen, but its been a close call. Sometimes I wonder if I'm addicted really - but I guess I just have to think of the tough times in order to realise how enslaved I have been to lust. I still am enslaved, but I am committed to breaking free.

The torah say that Vayivoser Yaacov Levado, Vayeovek ish imo ad alos hashachar.

A number of observations - they may be original but I doubt it...

1. The yetzer hora attacked him davka when he was alone. Letaava yevakesh nifrad.

2. The yetzer hora attacked him at night, in the dark. Lust glows in the dark.

3. The yetzer hora wanted to disappear when day broke, as it doesn't like being held up to the light of day.

4. R Chaim Shmulevitz says that the yetzer hora answered yaacov's question as to the yh's name by saying 'why do you ask my name?'. This answer signifies the fact that the yh doesn't really have a name, because a name signifies essence, and the yh has no essence, it is purely smoke and trickery, nothing substantial.

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Re: BackToBasics - My battle begins
Posted by the.guard - 26 Jul 2009 21:13

We're with you Tzadik! Keep strong!

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 26 Jul 2009 22:10

I can't fall asleep..the lust won't let me fall asleep....I've been reading stories of tzaddikim to try to relax my mind...

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Re: BackToBasics - My battle begins
Posted by Chaim - 27 Jul 2009 07:35

You sound tense.

I am sad that you can't sleep, and admire your fierce tenacity.

I have recently thought about how what fuels my lust is often a desire to relax. To get out of this seemingly endless chain of fighting and denying myself pleasure - just relax. To fall into a soft, warm, loving embrace...

But **really**

I see that I have instant access to all of that - and more:

This very thought is a tikun!

Let Go and Let G-d

When I say this to myself - I relax!

I no longer have to fight

I no longer have any pressure

I am at ease

I am no longer lusting for something I can not ever have.

I am reveling in the warm, loving embrace of G-D

I am protected

I am cuddled

I am consoled for all the pain

???? ????? ???? ?

There are many such psukim in Krias Shema al Hamita

think about them

and

go

to

sleep

with

out

fear

Pleasant comforting dreams

My dear Yesodos

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Re: BackToBasics - My battle begins

Posted by yesodos12 - 27 Jul 2009 12:14

Thanks a lot for that, Chaim. Its really true. I've gotten into a terrible habit of acting out in order to release tension, and I'm not doing so well at relaxing without it.

I've not fallen yet, but I'm very close to falling.

I am feeling tense and unhappy. I'm going on holiday in a few days, so Im really busy now dealing with stuff. Also, a few of my friends are moving away soon, which makes me sad. :-\

What would you guys tell me? Take it one day at a time. Ask God to relax me. Read the handbooks.

I am demotivated, but hanging on.... :-[

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 28 Jul 2009 20:04

In a funny sort of way, this addiction is a gift. Its a huge opportunity to grow spiritually. In order to overcome this challenge I realise I am going to have to really really dig deep within myself and uncover powers of the spirit that I do not yet have.

The addiction is a blessing, not a curse.

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Re: BackToBasics - My battle begins
Posted by Dov - 28 Jul 2009 21:12

[yesodos12 wrote on 27 Jul 2009 12:14:](#)

I've not fallen yet, but I'm very close to falling.

I am feeling tense and unhappy. What would you guys tell me? Take it one day at a time. Ask God to relax me. Read the handbooks.

I am demotivated, but hanging on....

Heligeh yid,

See Tehillim 38:18,19 (parentheses are a suggested possible "drash teitch" for addicts graciously provided by you and me):

18 - *ki ani l'tzelah nachon*: "For I am ready/prepared to slip/fall over" (

I've not fallen yet, but I'm very close to falling
)

umach'ovi negdi tamid: "and my illness is regularly/always before me" (

I am feeling tense and unhappy, I am demotivated
)

19 - *ki avoni ageed*: "When I relate my avohn/sin" (as long as I speak freely of the things my illness "tells me to do" - avohn=**intentional** - this is putting step 1 into *action* for the rest of my life)

ed'ag meichatosi: "I will worry/fear from my cheit/mistakes" (then all I will fear is my typical misjudgements - cheit=**mistakes**, like **in**appropriate shame, hiding, and self-righteousness, because they lead me to end-up lusting. This is the role of steps 4-10 - for the rest of our lives).

In a similar way, the rest of kapitlach #'s 38, 39, and 40 speak to me a great deal. I like to do what Rav Nachman says and darshen/interpret the Tehillim for the chizzuk I need today. I do not ever mean to imply that Dovid Hamelech was *anything like* an addict, chas vesholom.

[BTW, some meforash explains that since "z'donos na'asin shegagos" with teshuva meyir'ah, Dovid Hamelech says "avoni agid", meaning "I'll do viduy: the basic teshuvah", and then there will be no more avonos, only shogegs, hence "ed'ag mai[b]chatos[/b]i"]

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Re: BackToBasics - My battle begins
Posted by Chaim - 29 Jul 2009 07:20

Yesodos

You ARE growing, with every post, and with every time you become aware of your thoughts and control them.

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just stay away as much as possible from different sources of your temptations. No need to check on them...

they'll do fine without you.

You mentioned a vacation - whar type of place will you be in?

Will you be in places or situations that no one knows you and might be tempted to take advantage of the anonymity?

Will you have accesss to computer without filter?

Try now when you are far away to imagine the different types of temptations that might present themselves, and imagine actually carrying out **your plan for success!** Look the other way and spend time with your family

Please tell us about your various ideas and your successes!

We are rooting for you!

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Re: BackToBasics - My battle begins

Posted by Noorah BAmram - 31 Jul 2009 02:28

Yesodos holy Warrior,

That was a really beautiful insightful interpretation of the verse "vayivoser Yaakov Ivado...."

Please keep em coming!

With this kind of Torah inside U, U might consider starting a thread in the Bais Medrash section of GYE.

Noorah

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 03 Aug 2009 13:00

25 days, still in, thank god.

THings have become a little easier now, but i know i still have to be really careful.

On vacation, so not much time to post. thanks everyone for all the encouragement, especially dov.

speak soon.

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Re: BackToBasics - My battle begins
Posted by Chaim - 05 Aug 2009 08:52

What special nisyonos have you overcome on vacation?

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Re: BackToBasics - My battle begins
Posted by yesodos12 - 11 Aug 2009 11:19

> >

Very annoying.

I was doing really well...

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Re: BackToBasics - My battle begins

Posted by Noorah BAmram - 11 Aug 2009 11:55

Holy holy sweet yid who goes by the name yesodos,

Here is a small dose of your own Torah;)

"Vayivoser yaakov lvaado" @ the end of the day Yaako v beat the angel of esav the YH - siman lbonim.....

@ the end of the day u 2 holy Yesodos will be "vayivoser Yaakov Lvado" and beat the angels of Esav the menuvel the YH!

Now is the real battle! Don't let the bas**rd win!

)

My love and my prayers

Your friend

Noorah

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