

Moshe's thread

Posted by MosheF - 25 Jun 2010 14:23

I am a regular frum 30 years old guy, married with kids b'h. I started masturbating at 16, I remember acting out for years as a bochur promising and trying to stop every single time and was convinced that marriage is the solution to the problem. I got engaged, masturbated through my engagement and not long after I got married I was at it again. I started working for a company and had my own office with 56k dial up internet, for about two years I didn't dare go on the internet but then one day I broke that line at work and watched something dirty and from that day on, I must of spent 3 or 4 hours a day, sometimes even the entire day at work slowly downloading images and videos over the internet. We finally got high speed internet with a filter, so I spent hours finding sites that the filter didn't block. The reasons and excuses were plenty, if only my wife were better looking, much skinnier, if only she wore something a little more slinky, if only I had a job where I wasn't give my own room the whole dam day etc.

Over 9 years of marriage, breaking many red lines and continuing to spend my days on the internet and acting out, obsessed with women and fantasies. I made charts to try curve the acting out pattern, promised not to act out a certain hour of the day, ripped up money every time I acted out, tried waiting 10 minutes before acting out, tikkun klali, mikva, made a thousands of different kabbolos, not one worked even once. I went to 3 different therapists, 2 rabbonim and finally SA over a period of almost 3 years and I was only getting worse, never better.

Fast forward to today, I act out a lot these days, more than I ever did. I just can't stop. I still go to SA meetings and talk one therapist, the only one that understands addiction well. I have come to accept that I have an addiction, a real problem. Call it a disease or illness or whatever but it ain't my fault anymore. I am dying to stop doing this to myself, I have had some period of sobriety, a month, a week here a week there and they are so delicious, so full of life, full of energy. I spent time with my wife, my kids, get some real work done, I give my wife the attention she needs, it feels so good. But then I dump everything for I have by acting out again and again, it would be so funny if it wasn't so sad. How I trade masturbating, some stupid boring porn that I don't even enjoy anymore for living real life. It just doesn't make sense, yet I do it over and over again.

If going to SA and talking to this therapist has helped me at all, it is the realization that sex is not my problem, I have heard it many times but finally came to accept it. My problem is facing life, I have an inherent fear of life, fear of real feelings and a fear of facing them. By now, I know what some of those fears are but many I don't. Because of this fear, I have an extremely strong need to isolate all the time, I spend almost all of my evening hours in my office, not to work, just because I want to get away from life. I would rather watch a movie alone in my office alone than at home with my wife because I need the isolation, I feel comfortable in my office, with my

computer and internet. I can't tell you how many times I've told my wife I need to leave early for night seder just because I wanted to run to my office. I have a very special wife who is extremely good to me (yes, she is not perfect and also nowhere near as skinny as I would like her to be), beautiful children ka'h, my own new business that has lots of potential if only I didn't spend all my time on the internet. There is nothing going wrong in my world, everything is going really well thanks to hashem, but I am so full of running away all the time from everything, I wish I knew why.

My therapist claims, that acting out is my lifeline, I have been using it for years as a means of controlling my fears, as a way of managing and I can't just give it all up, it's pure survival for me. He says I need to stop focusing on acting out and begin focusing on how I feel, on my fears on trusting life and the acting out will eventually stop.

Anyway, enough shame and embarrassment for now. I never share in SA, I never talk at meetings either, I walk in and out. I have a problem opening up to other people, afraid what others will think etc.

I will bli neder post my feeling every day on this forum, focusing on honesty and what is going on in my life that day and not thinking about what you strangers think of me.

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Re: Moshe's thread

Posted by ur-a-jew - 30 Jun 2010 23:04

[MosheF wrote on 30 Jun 2010 17:31:](#)

My life is so unmanageable by my acting out that I can no longer act as a husband or father. I ignore my family, run away from them whenever possible and hate to hang around my house because my computer is not at home but in my office. I do not look forward to being with my wife in bed because acting out is so much simpler, I don't need to give my porn star any attention, she doesn't ask for me to listen and doesn't get upset when I interrupt her. I can just act out and shut the computer. I can't look forward to my wife when I act out three times the same day.

My life is so unnamable that I start a business but instead of working with the challenges that

every new business faces, I sit on my computer for hours on end watching porn, videos and wasting time because I can't face a challenge, and then I cry that I'm losing money.

My life is unmanageable because my acting out has led me to drop almost 100% of my ruchniyus and he guilt is killing me.

Moshe, I almost cried when I read this. Whether we admit to or not, I (and its probably safe to say we all) know this feeling unfortunately too well. B"H we have taken the steps to . . . (I'll leave the blanks for Dov) (I was going to say "taken the steps to turn to Hashem with the recognition that He is the only one who can guide us out of this mess"). What's scary is that there are so many other frum people out there who feel this same way but have no clue about this site, the program or are too embarassed to admit it even if they do.

I guess that notwithstanding the unmanageability of it all we should consider ourselves lucky at this point.

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Re: Moshe's thread

Posted by MosheF - 02 Jul 2010 14:44

Ever heard of the fat guy, skinny guy phenomenon.

Fat guy wakes up one morning, decides to go on a diet, he is all motivated, gets right on the treadmill, runs for an hour, wow, a full hour!! He has a healthy whole-wheat, fat free breakfast, and starves the rest of the day. Two days later he gets on the scale, lost two pounds. An even more motivated person gets back on the treadmill, eats vegetables and vitamins for a week and loses another five pounds, amazing. The guy dreams about the day where he loses 100 pounds, imagines himself playing baseball again and winning the marathon. That day is not too far off, he thinks, it's actually happening. Then one day he wakes up and opens the fridge, starts with a yogurt, then a ice cream, forgets about the treadmill and within a week he gained seven pound back.

What happened to his motivation, to his dreams, to his success? Was he not real? Was he not legitimate? The answer is that the motivation inside of him was the skinny guy talking, the skinny guy inside of him that wants to be productive and healthy. The skinny guy was going to

win the marathon and he was serious.

But after a few days, the fat guy inside of him woke up, the fat guy is a different person inside of him, the fat guy was never motivated, he was just asleep but when he woke up he wanted nothing the skinny guy wants and he began fighting. The fat guy wants to lay on the couch all day, popcorn and soda in hand and watch tv.

Bottom line is, the fat guy and the skinny guy are two entities inside of one person, when the fat guy is asleep, the skinny guy is all motivated and convinced he will succeed, but once the fat guy wakes up, fat guy and skinny guy get into a head on head battle and the skinny guy loses every time.

Inside of me is a normal person who wants to be a good father a good husband and a even better Jew. The normal guy inside of me enjoys his work and is genuinely motivated to face everyday challenges and work with those challenges and stay sober. The problem is that little addict inside me, when the addict wakes up, the addict wants to act out, watch porn, obsess over women and then act out more. When the addict is alive, the normal guy is defeated in seconds he stands no chance winning the addict.

When the addict is done acting out, he usually goes to sleep for a period of time, and that's when the normal guy gets up and thinks to himself " how stupid was that", normal guy is genuinely motivated again and is truly determined to be sober from now, is determined not to let the fall bring him further down, is determined to get back to work and face the problems, is determined to be strong again.

Every time I'm done acting out, that determination comes back to me and it feels so real, so authentic. And the truth is, it is real and it is authentic, the dreams that I have of staying sober today, or a whole week are real dreams, it looks so attainable. But the problem is of course: the motivational guy is only the normal guy talking. The addict is asleep because I just acted out. Then the addict wakes up again, sometimes after a few minutes, sometimes after an hour and sometimes after a week, the addict wakes up again and when that happens, all the normal guys promises, dreams and determination are crushed, normal guy is defeated again and motivation disappears and of course I act out again.

That is me! The normal guy and the addict guy. It's the only way I can explain driving to work feeling good, really really good, feeling ready to face the day, as though today I can conquer the

world and close a few deals. But 10 minutes later, 10 minutes!! Not two days, not a week, but 10 minutes later I'm surfing the web and acting out. The guy in the car 10 minutes earlier promising to be good is just not the same guy that all of sudden woke up and said, hey let's act out. And when I'm done acting out, the normal guy wakes up and feels motivated again and says "I can do it" I really feel that I can do it.

And I fall for the normal guy every single time forgetting again and again that the dormant addict is going to wake up soon and it's over. My motivation means nothing and is not going to help when the addict wakes up. I wish I could remember that and feel powerless even when only the normal guy is awake.

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Re: Moshe's thread

Posted by Ineedhelp!! - 02 Jul 2010 15:34

Hey Moshe,

I too lamost cried when I read about your unmanagability.

Here is what I have to say about your explanation of your disease. Youre not a schizophrenic. You dont have split personalities. Its the same person and the same mind when you act out and when you dont. The reason you feal so determined right after you act out is becasue thats the only time when you really feel the pain of this addiction. We need to work together to beat this thing. I cannot do it alone. You cannot do it alone. Together we can do it. This is why I think we should have more than one call per week. Not so that we can move faster in the steps, but we will get to know each other more on a personal level and be able to understand and help each other through the tough times. Lets all get out of the isolation because thats what got us here in the first place (i.e acting out on the computer).

Be well Moshe and dont worry. If you stick with it and keep going, you always have a chance for success. Its when we give up that Hashem wont help us.

Have a Good Shabbos!

-Yiddle

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Re: Moshe's thread

Posted by MosheF - 05 Jul 2010 21:01

This afternoon, I met a client who happened to be a young, hot, gorgeous, drop dead women, dressed to kill(me). At the meeting, I noticed her beauty but was able to concentrate on the work and look at her as a human, not as an object. The problem began and it always is after I left, all sorts of fantasies and could have, should have scenarios are passing my mind and I fantasize about meeting a client and haveing sex with them etc.

Anyway, just bringing my secret fantasy into the open, see if it works to remove it's strengty.

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Re: Moshe's thread

Posted by ur-a-jew - 05 Jul 2010 21:27

Moshe first off congrats for keeping focus during the meeting. Obviously that's were the real nisayon was with a live body right in front of you. With respect to the aftershocks. Why don't you try speaking with Hashem saying that you are powerless over these thoughts and asking Him to help you overcome them.

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Re: Moshe's thread

Posted by MosheF - 05 Jul 2010 21:55

You know what the problem is, i don't want to let go. it's hard to let go of such stimulating fantasy. I want to keep dreaming.

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Re: Moshe's thread

Posted by the.guard - 06 Jul 2010 06:25

[MosheF wrote on 05 Jul 2010 21:55:](#)

You know what the problem is, i don't want to let go. it's hard to let go of such stimulating fantasy. I want to keep dreaming.

Please see the daily dose of dov in yesterday's chizuk e-mail (#812) re-not **wanting** to enough.

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Re: Moshe's thread

Posted by aaron4 - 06 Jul 2010 15:33

Moshe,

Your story is heart breaking and all too familiar. From my experience, the 2 states of being ("normal" vs. "addict") are not on the same planet. They don't (can't) co-exist, and the addict state is MUCH STRONGER. When you're in that state, it's too late. There is nothing else - it's almost impossible to bring up the normal guy and take him seriously at that point. He's like an annoying pest, whispering in the wind. But when you're done acting out, he re-emerges, and all of a sudden he sounds so sensible. How could you believe anything else? How could you ever contemplate being so stupid every again? So what's the solution, you ask.

I believe there's only one. The facts are what they are and don't change for an addict in recovery. The addiction is STILL much stronger and, as far as I know, always will be. The only way out is never to let him in the drivers seat. Keep the normal guy in charge, as much as it

may hurt. And it does hurt...and you may wonder why you should put up with the pain when the balm is so readily available. Why live in a state of pain, lack of fulfillment, boredom, lethargy, irritation, etc. etc. It's so easy to make it all go away!! The only answer I've found is when you realize that in the long run (and medium run too), the pain of acting out is MUCH WORSE. It's what they call hitting rock bottom, and what I believe Guard means when he says not wanting enough. Until you're convinced, with absolute certainty, that the pain of acting out is worse than the pain of living, that it will kill you and ruin your life, it's hard to let the normal guy stay in charge.

This all sounds pretty depressing. I'm essentially saying that you have to pick the lesser of two evils - the choice is between pain on one hand, and more pain on the other. Pretty bleak. BUT...and this part has to be taken on faith for now...there is a third way. There is a way of fulfillment. Happiness. Productivity. Healthy relationships. Kedusha V'taharah. It just takes time to get there. For me, most of the time the only defense I have is the knowledge that acting out is worse than the pain I'm experiencing now. But every once in a while I get a taste of why it's all worthwhile. What REAL living is all about. And it's a lot sweeter than lust, Moshe. It's positive and eternal, not fleeting and damaging. It's why we're here.

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Re: Moshe's thread

Posted by MosheF - 08 Jul 2010 13:57

I don't know what to say, today I am struggling with fantasies and those fantasies look like the single most important thing in my life. It seems that I just NEED that girl I'm dreaming about.

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Re: Moshe's thread

Posted by ur-a-jew - 08 Jul 2010 14:03

You don't mean the girl who's really hot but has an STD because she's been around the block so many times. I'll pass on her.

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Re: Moshe's thread

Posted by MosheF - 08 Jul 2010 22:54

Today was so hard, I drove by this woman and stopped my car acting as if i was on my cell phone for five minutes so I could take a good look. It's crazy how I feel so obsessed with it, it feels so important to me, it feels like if I don't get this woman and see her naked I will go crazy, I NEEDED IT SO BADLY. that was this afternoon, b'h by now it has passed.

Yukes i feel so stupid wrting all this.

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Re: Moshe's thread

Posted by ur-a-jew - 08 Jul 2010 23:35

"I feel so stupid writing this"

Moshe if I may suggest writing about it is the smartest thing you did today. By writing about it you 1) allowed yourself to take an objective view of how powerless you are over lust which will greater enable you to turn over your lust to Hashem because it is obvious that you can't do it alone 2) it will memorialize the feelings you get when you pursue this route, next time you get these urges look back and see how you will feel in the end. It may assist you in cutting off the lust at the pass when you realize that if you pursue it you will only end up with a feeling of yuckiness that you hate 3) it is a cry to the other members of the group for assistance; 4) its a recognition of remorsefulness and a step in the direction of teshuva. Keep on posting. Keep on fighting. You're on the way up and were all together in this battle.

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Re: Moshe's thread

Posted by freedom - 09 Jul 2010 02:52

WOW. I am new to this site, and certainly to the group. But it is clear to me that I am in a very special place.

Bro - Moshe - (I assume that's your real name), It seems to me that we (every single one of us) really has the same story, just with different "numbers", "examples", etc. I can relate so much to everything you have said. The details of my story may be different than yours, but it is almost as if those details are irrelevant. There are times when it gets so difficult to hold back for me, that

my nights start to go sleepless. My life begins to fall apart and the only option I can see is to give in.

[MosheF wrote on 08 Jul 2010 22:54:](#)

Today was so hard, I drove by this woman and stopped my car acting as if i was on my cell phone for five minutes so I could take a good look. It's crazy how I feel so obsessed with it, it feels so important to me, it feels like if I don't get this woman and see her naked I will go crazy, I NEEDED IT SO BADLY. that was this afternoon, b'h by now it has passed.

Yukes i feel so stupid wrting all this.

Thank you so much for sharing.

Unfortunately this monster is stronger than me. It is stronger than you. It is not however, stronger than both of us. We will fight together. We will win together. I am always here for you.

I will say tehillim. Now.

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Re: Moshe's thread

Posted by MosheF - 14 Jul 2010 13:55

I am not sure what to post, I have come to realize that the days I post on this thread, I feel more connected and don't have that strong desire to act out. Past two days I started posting on my thread and other threadss but backed out in the middle. Not sure why, but I have this fear or posting, calling, emailing etc.

Anyway, the result was that I acted out three times yesterday over a crazy obsession. Funny that acting out doesn't even help the obsession but I do it anyhow. Another thought, I feel that I don't have time to spend an hour every day on GYE and other recovery work, I am very busy these days, but then in the middle of a very busy day as customers are waiting for me to service their accounts, i find three hours to search for images on the computer, that is sad.

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