

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 the.guard - 27 Jul 2010 21:24

[dov wrote on 27 Jul 2010 04:04:](#)

Hope somebody reads this... ;D 8)

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Re: Moshe's thread

Posted by Ineedhelp!! - 27 Jul 2010 21:40

[guardureyes wrote on 27 Jul 2010 21:24:](#)

[dov wrote on 27 Jul 2010 04:04:](#)

Hope somebody reads this... ;D 8)

Guard..... ??? ??? ???

"8 – We will keep everything that anybody else says in the group private on the rest of the forum. And we will sell no T-shirts identifying ourselves as members of this fuzzy little group in other boards."

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Re: Moshe's thread

Posted by ur-a-jew - 27 Jul 2010 21:45

[Yiddle2 wrote on 27 Jul 2010 21:40:](#)

[guardureyes wrote on 27 Jul 2010 21:24:](#)

[dov wrote on 27 Jul 2010 04:04:](#)

Hope somebody reads this... ;D 8)

Guard..... ??? ??? ???

"8 – We will keep everything that anybody else says in the group private on the rest of the forum. And we will sell no T-shirts identifying ourselves as members of this fuzzy little group in other boards."

So long as no one knows where this is coming from. I don't believe that putting it in the chizuk email is a problem. Dov could have just as well posted the whole back on forth on the board in the first place, what's the issue?

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Over 1500 might soon

Re: Moshe's thread

Posted by Ineedhelp!! - 27 Jul 2010 21:48

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Re: Moshe's thread

Posted by MosheF - 30 Jul 2010 13:20

True good point I agree. I appologize Guard. Been a rough day for me....

I was sober yesterday but had rough day and at home, I was bored and wanted to run to my office. Fortunately, my office was full of people last night, so I didn't go.

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Re: Moshe's thread

Posted by ur-a-jew - 30 Jul 2010 13:29

"Fortunately, my office was full of people so I didn't go.". The are no coincidences. Hashem is sending you a message "Moshe I see you're trying, I'll help you along." Continued Hatzlacha for a Sober day.

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Re: Moshe's thread

Posted by the.guard - 30 Jul 2010 15:32

[Yiddle2 wrote on 27 Jul 2010 21:40:](#)

[guardureyes wrote on 27 Jul 2010 21:24:](#)

[dov wrote on 27 Jul 2010 04:04:](#)

Hope somebody reads this... ;D 8)

Guard..... ??? ??? ???

"8 – We will keep everything that anybody else says in the group private on the rest of the forum. And we will sell no T-shirts identifying ourselves as members of this fuzzy little group in other boards."

Over 1500 might soon

Good point Yiddle, but I figured that "*everything that anybody else says*" means that people would know WHO said it. But if no one knows who said it, I didn't think there could be an issue.

Dov's group, are we all in agreement with that?

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Re: Moshe's thread

Posted by Ineedhelp!! - 30 Jul 2010 15:36

Not going to disagree here. My fault. As I said earlier in the week:

[Yiddle2 wrote on 27 Jul 2010 21:48:](#)

I withdraw my objection your honor.

True good point I agree. I appologize Guard. Been a rough day for me....
Have a great Shabbos Guard.

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Re: Moshe's thread
Posted by Dov - 01 Aug 2010 05:52

OK, so how about we bite the bullet and call this thing Bnei Machshovah Tova...or
anything other than "Dov's Group"?

Are bullets tasty?

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Re: Moshe's thread
Posted by MosheF - 03 Aug 2010 13:50

Last two days have been bad, just lusting after everything and acting out a number of times.
Funny how every time I do something for recovery I fall even further almost immidietly. I got of
the phone call on Sunday and had two terrible days. The first time I went to a SA meeting I fell
3 times that day.

I think it may have to do with a subconscious fear of giving this thing up, so I act out to make sure I am still able to do it.

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Re: Moshe's thread

Posted by The Never Believer - 03 Aug 2010 14:05

its funny i find that i have the same problem. whenever i feel like i am making any progress i fall harder than i did before my "progress." i think the best thing to do is just forget about whether we are making any progress or how many days clean we've done or how "recovered" we really are. i know, its easier said than done and even though i have told myself to stop gauging i find myself doing it too.

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Re: Moshe's thread

Posted by MosheF - 11 Aug 2010 18:18

I got a new computer today, I can't install a filter because the person that keeps my password is on vacation until tommorow. I need that password to install K9 (i have the same passwod on 4 other computers).

In addition, my business partner is on vacation too so punkt today when my password keeper is away, my office is empty, Dell delveres a unfiltered computer to my door. Couldn't be more

I really feel like hashem is begging me to act out.

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Re: Moshe's thread

Posted by ur-a-jew - 11 Aug 2010 18:37

[MosheF wrote on 11 Aug 2010 18:18:](#)

I really feel like Hashem is begging me to act out.

Just the opposite. On Rosh Chodesh Elul Hashem is giving you the opportunity to do real teshuva. To be in the situation you were previously and yet not act out. Reb Matisyahu in his perush to Sharey Teshuva gives this exact moshul. He says a person was mezanah with a woman in a far away place and changes around his life. Years later he takes a flight it gets diverted to this far away place and the person that he was mezanah with is there and he is michshol again and he thinks to himself how could Hashem do this to me. The answer says Reb Matisyahu is that Hashem was doing a chesed with you he wanted to give you the ability to do real teshuva (oso moken, etc.). So take the message from Hashem he loves you and don't act out. What a way to enter Elul.

More immediately if your house was burning down you would run out a try to save yourself. If being in an office with an unfiltered computer is going to mean that your about to act out then your house uis buring down. So just get out of there.

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Re: Moshe's thread

Posted by Dov - 07 Sep 2010 22:50

PS. The last few days have been horrible for me. My wife and I are feeling pretty far apart (though we talk about that freely together and commiserate); my sleep schedule is wacked-out and I am waking up late for shacharis which is rotten for a chiyuv to do (though I daven with *some* kavono when I do get there, and know that Hashem loves me and *wants* me in that shul badly still!); my eyeballs have been feeling chained to every pretty woman I notice (thank-G-d my eyes are still functioning so well!) and gently closing my eyes and turning the other way - which usually feels just fine - has been uncomfortable (I am not *used* to that. It's usually a passing "oy", a thought about or word to Hashem, and then serenity...); and I have been late for).

B'kitzur, I feel like I am in a blender.

OK. The pity party is over, there are some chips left and a bit of Woodford for y'all. Care to join me in a post-self-pity, pre-RH tanss? I could really use one now....

Well. It seems that the difference between my life before sobriety and now in recovery all boils

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down to the parentheses!