

Moshe's thread

Posted by MosheF - 25 Jun 2010 14:23

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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 - 07 Sep 2010 23:53

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Dov. I hope that everything you describes passes quickly and painlessly. But I have to say that there is something very comforting by your post. I guess seeing that sobriety does not mean taking on angelic properties where the struggles of us mere mortals don't apply (not to say that you've suggested this definition of sobriety but its one you come to start believing when around people with a strong program)

On the issue of not feeling connected. It is a feeling that I know and as one who craves his wife's attention I can appreciate how painful and depressing it could be. Personally, there is nothing like a pack of post-it notes plastered all over the room, or the master bathroom telling your wife how wonderful she is to stimulate a connection. Ksiva Vchasima Tova and thanks for all your efforts on our behalf.

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Re: Moshe's thread

Posted by MosheF - 08 Sep 2010 12:32

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I wish I felt connected on this Erev Rosh Hashana, I feel so disconnected from life and everything. Can't believe I'm even horny on a day like this. Am afraid of hashem and his gigantic scary punishment, I know that's not what Rosh Hashona is about but I am still afraid.

I am afraid of going to shul, actually I'm dreading it. It sounds terrible but I feel so worthless and can't figure out why a guy like me is forced to sit in shul for 7 hours on Rosh Hashana. I wish I had a reason to go, I am afraid I am becoming a apikoros because I don't care anymore, don't believe hashem is listening to me anyway (yeah, I know it's not true, but I feel that way and it scares me).

I've been sober for a few days and usually feel good by now, but I'm doing the same thing over and over again expecting different results, wish I had a plan to stay sober. Posting this painful yet honest post is part of my new plan, hope it helps.

Wishing you all a kesiva vachasima tova, a year full of ??????, ??? & ????? and above all true sobriety.

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Re: Moshe's thread

Posted by ur-a-jew - 08 Sep 2010 14:11

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Moshe, Moshe, I don't know what to say other than hang in there. We are all striving for the same thing and we are in it together to help make it happen for all of us. Hatzlacha for continued sobriety and a K'siva V'chasima Tova.

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Re: Moshe's thread

Posted by The Never Believer - 08 Sep 2010 14:18

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hang in there!

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Re: Moshe's thread

Posted by the.guard - 08 Sep 2010 14:46

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Dov, we love you.

Be strong.

Since the cheit of Adam Harishon and Chava, every human has down time, pain, and even some tragedy in their lives... The Recovery that you have taught us is a slow, patient, G-d-involved, comprehensive remodeling of our way of reacting to life. It's about staying sober one day at a time and learning how to accept life on life (or G-d's) terms rather than strictly on ours.

**A Ksiva Vachasimah Tova to all the Bnei Machshava Tova!!**

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Re: Moshe's thread

Posted by Ineedhelp!! - 08 Sep 2010 16:08

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[MosheF wrote on 08 Sep 2010 12:32:](#)

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Wow Moshe, its as if you wrote this for me. Its so difficult for us to maintain a healthy mentally going into a day like Rosh Hashanah and Yom Kippur. Were always taught throughou our Yeshiva days that these are "days of awe". And we are going to be judged based on what weve done this year. Its tough I know it is, but I am finding comfort in knowing that I still have what to improve upon (and trust me its alot!) because I KNOW I am not perfect and there aint never going to be a time in my life where I am. So why should I worry about whether God thinks I am perfect. If I know that I cannot be perfect, Kal vechomer ben bno shel kal vechomer, HKB"H knows I aint perfect. I just gotta keep moving along and keep progressing every day and live each day as it is itd own day. I find myself living each day as if its tomorrow or even yesterday and not as today. Sounds weird but its true.

ANyway, Ksiva vechasima tova!.

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Re: Moshe's thread

Posted by MosheF - 08 Sep 2010 16:38

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Thanks guys, I felt better as soon as i posted that stupid post, stupid but worked.

Good year to you all.

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Re: Moshe's thread

Posted by Dov - 16 Sep 2010 03:54

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Better to *look* stupid that to *be* stupid.

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Thanks for the love and chizzuk. A chasima tova *will* be had by all, cuz He is Tov!

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