

Stuart Finally Comes Out!

Posted by Stuart - 01 Jul 2010 04:58

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Hi I am Stu and I am an addict!

I am married 10 + years with kids B"H and have realized many times in the past few years how this addiction is controlling me and making my life unmanageable at times.

Like many it all started when I was 12-13 and discovered mbtn. This continued through high school and my teens using cable TV, porno videos, magazines and plain fantasies as a stimulus. I used to wait and stay up late Sat night watching the dirty movies in a foreign language. If that particular night's movie was not an "adult" film, I would switch to the pay channel that was fuzzed out, but trying to make out the blurry naked body figures.

I got married in my twenties and figured that would be the end of my lust problems. Although we had (and still do) a very healthy bed life, I am still struggling in this area. Particularly when she is a nida and asur to me, I fall. Not only would I sometimes mbt, but many times I ended up trying to mess around with her during the wrong time of the month. (I have made improvements in this area recently). Whenever I know that any day she's going to be asur I would get very nervous; always trying to chap one more time, knowing that I would have a difficult subsequent 2 weeks. You could imagine how I felt before she would give birth! Although this is not necessarily wrong, it just doesn't seem the right reason to have sex, i.e. better do it now because it will be a while until you can do it again.

Ok now let's move on to the real problem – internet. The last few years I've been victimized by porn on the internet. Several times I would spend hours and hours looking and looking and more looking without being able to stop. Sound familiar anyone? I would be up to the wee hours of the morning, sometimes with my wife or even kids sleeping in the same room. Although each time I said ok just one more click or until the battery dies, I would have the strength to continue, plug it in and continue until orgasm. The weird thing is that even though I feel like such a yutz going to sleep at 2am, somehow I would be able to get out of bed five hours later to make it to a 7.30 minyan on a Sunday morning! Why bother after what I just did?

Perhaps what even bothers me more is that I've acted out many many times at work also. Sometimes I wish I didn't have my own private office where I could get away with this. I can't count how many days where I mamesh just wasted the whole afternoon looking at porn. My productivity without a doubt suffers and somehow I get away with it. If I was my employer I would have fired myself a long time ago. My emunah is that professionally I am not as advanced as I should be because of my addiction.

Of course after wasting a day at work and staying late to look at porn, I would come home grumpy, irritable and even depressed to my wife and kids. It's really not fair when my wife calls me in the middle of watching something asking what time I am coming home and I tell her I am busy and have a lot of work to finish.

I tried to justify that this only occurs when I am not together with my wife, but realize that's not true. It happens all the time. Why do I do these things? Most of the time I think its due to boredom, feeling yucky and tired of the work. But sometimes even when I have a lot of (non boring) work to complete I drop the work and lust out. I guess its just an escape of dealing with life and reality.

About 1 ? years ago right after Succos after acting out following such a high of the Yom Tov season, I really realized I needed help and came to GYE. I think I am making progress, but I am probably far from being cured. On one hand its encouraging to see that so many others have the same problems and even done worse things than me (I never done anything live or illegal). On the other hand I see many people succeeding, but I am not there yet.

What have I done? I started (and still do) read the Chizuk e-mails on a daily basis. After time I continued to look at porn, so I took the next step and installed the K9 filter on my home and work computer. This helped until I found a way to watch porn on Google video that K9 didn't filter. After a while it did start to filter. Then I started to watch inappropriate youtube videos. Although it wasn't technically nudity or porn it's pretty close to it and we all know it's wrong. I occasionally joined Elya's phone conference, but it's difficult with no follow up or sponsors to communicate with. I don't post too much on these blogs as I find the site very big and hard to manage to keep up with everything.

I did confide with my wife my problem at one point when I had some sobriety under my belt (not necessarily with all the above details, though). It has helped a bit, but I don't really feel comfortable discussing with it her now. Mainly because I think she thinks I am a lot cleaner than I am. Occasionally she asks me if I am "kosher" lately and I would tell her yes if I am, and try to brush off the question if I am not (that's my way of keeping honest?)

Overall I go through occasional periods of 3-4 weeks clean but time after time I would find some way to fall. My latest nisayon is my blackberry. Even though I had it for 2 ? years, a couple months ago for some reason I caved and just started using it for porn. Oh yeah the reason is that my phone carrier upgraded my data package to 500 mg from 4 mg. Before I was always nervous of surfing the net fearing I would go over my limit, now I don't have to worry about it. I tried getting a lower data package, but 500 is the minimum. I looked into J-net as a filter, but it's not compatible with my package.

About a month ago I stated chatting with another GYE member and it has helped a lot. This past month was the first time that I could remember in YEARS that I was clean during the entire period (no pun intended) that I wasn't together with my wife. I've also been making a progress in not looking at the ladies in the street. (I hope to post more details on this in a later post when I have time). Although I did have a fall this week (stupid blackberry) I am hopping it's just a little bump in the road.

I am not sure if this is what was intended to be written and apologize if my rant went on too long. I don't like deep thinking too much, but I just like to leave with two thoughts/questions of why I or we continue to look when we're trying to stop;

a) I am just viewing this because she is so pretty and beautiful. Sometimes I hear myself justifying continuing to enjoy the picture as it's a creation of Hashem. Am I crazy for thinking this or is that the yetzer hora talking to me?

b) Self control. Isn't it just a matter of controlling our self control to say enough is enough? I know that once I start I can't stop. Why can't we put a gage on this self control?

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Re: Stuart Finally Comes Out!  
Posted by Ineedhelp!! - 19 Jul 2010 14:10

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In reality you know this stuff isn't 'pretty'. Its all fake and artificial. The true beauty is God and what He does for us. The lust will deceive you and make you think that it will be your true happiness. Well, we all know what happens when we lust. That's step 1. Now, if lust is what I was putting alot of my trust in, and that hasn't really panned out, step 2 comes into play. Only a power greater than myself can bring me back to sanity.

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Re: Stuart Finally Comes Out!  
Posted by aaron4 - 19 Jul 2010 14:32

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Stuart, your question implies that you can "lust like a gentleman". It does not control you, rather you choose to indulge because it pleases you and not because of any deeper issues. Maybe like art? But from your story, and the number of things you wish were different so you wouldn't

use porn, etc, it appears that you cannot "take it or leave it" and it's not just a pretty face. It sounds like you're powerless over it and want things to be different. If so, the need must be deeper than your question implies or you wouldn't be here.

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Re: Stuart Finally Comes Out!  
Posted by Stuart - 19 Jul 2010 17:03

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[aaron4 wrote on 19 Jul 2010 14:32:](#)

But from your story, and the number of things you wish were different so you wouldn't use porn, etc, it appears that you cannot "take it or leave it" and it's not just a pretty face. It sounds like you're powerless over it and want things to be different. If so, the need must be deeper than your question implies or you wouldn't be here.

Agreed, and I think I kinda was thinking the same as I was typing the question (this writing thing actually does work!). I guess what's bothering me is I can't figure out WHY I have this problem? I don't have any history of child abuse or neglect, so I figured I just look because I am a normal guy.

I know this may not be the job for this step, but just wondering

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Re: Stuart Finally Comes Out!  
Posted by The Never Believer - 19 Jul 2010 17:29

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stu,

i had the same problem that you have. i was like, ok, my childhood wasnt the best and maybe i would want more for my own kids but there is nothing there that was particularly traumatic or that is an obvious sign of trouble to come. i cant figure out why i have this problem either. and on top of that, i truly believe that any person, no matter what their particular history or

background can become a porn addict. i mean, i think we've come to a point in history where in fact there are porn addicts of all kinds being bred on a regular basis and they have little in common in their history to suggest that such a thing would develop.

and this theme i kept hearing from the main forum: that we use lust to fill this empty void we created in ourselves; a theme espoused by dovid chaim and by rabbi schlachter; made absolutely no sense to me. this story that we were the victim of this horror in our youth that has created this in us sounds like a whimpy sorry excuse you make for yourself.

thats why i loved it on one of the first calls someone asked dov what was it in history that caused him to be an addict he basically said, i dont know nor do i care. yesterday he joked about how maybe it was the fact that as babies we turned to tit for nourishment that we came to believe then that tit is god.

the way i understood him is; who cares why. this isnt therapy, it is recovery. you want to learn why, pay some shrink \$500 for 40 minutes to give you an educated guess. here, we dont know or care if there is a void or something in our history that has done this. what matters is how we behave. and i dont know about you, but i behave irrationally and out of control when it comes to porn. i worship it and am fanatical and compulsive about getting it. and i dont know whether this was caused by this that or the other thing and i dont ONLY use it when im stressed out; sometimes i use it out of boredom or just cuz i like it; but bottom line is: i need to find a way out. how could hell be any worse?

so i started doing the 12 steps with dov. its nice and simple. doesnt get too Freudian. step one, list all the stupid sh-- youve done. step two, identify the things you are fanatical about and worship. im not going to think myself out of recovery.

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Re: Stuart Finally Comes Out!  
Posted by Stuart - 19 Jul 2010 19:13

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Thanks TNB. I can relate to everything you said (except that I had a bottle when I was a baby)! Does this mean its a self control issue - i.e knowing when you see or feel lust to stop it completely? I always thought it was, but I don't think this forum or even the 12 steps necessarily address that.

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Re: Stuart Finally Comes Out!  
Posted by Stuart - 19 Jul 2010 19:53

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Forget the last question. I think I should just shut up and listen and do the steps. It's worked for many in the past and nothing else worked for me yet, so this must be the way to do it.

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Re: Stuart Finally Comes Out!  
Posted by ur-a-jew - 20 Jul 2010 19:49

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[Stuart wrote on 19 Jul 2010 13:39:](#)

Sometimes I feel that when I am looking at the shmutz, its not neccessarily controlling me. I'am just looking because its so pretty and beautiful to me. I don't think I continue looking as an escape of other personal issues I have. Perhaps I just look because its so pleasing to me. Why do I have to say that I am trusting in the porn more so than G-d?

Stuart, I can really relate to this feeling. Although I would probably add curiosity to the list of why I look. But the answer is what everyone has written in response, i.e., if it was only these innocent reasons, why can't we stop when we want to. Why does it take over our minds. I think all would agree that there are aspects of nature that are beautiful, the swiss alps, beautiful flowers, a sunset. If I had to guess I think it would be safe to assume that you (like me) don't spend your days obsessing over when you're going to see you're next sunset. Or tell you're wife that you'll be coming home late from work because you had work to take care of and then slip over to the botanical gardens to catch their latest exhibit. It may sound extreme but that's what we do with sex and porn. Obviously, there is something more than just prettiness and beauty.

[Stuart wrote on 19 Jul 2010 19:13:](#)

I can relate to everything you said (except that I had a bottle when I was a baby)! I too had a bottle. But of course therein lies the answer. If only we had been breastfeed, we wouldn't have to chase after breasts now.

One of the beautiful things about the forum in general is that people from every life circumstance are represented here. There are those who have good marriages, others with bad marriages, some with money, others with no money, and yes some breastfed as a child and others bootlefed. What it tells me is that the "if onyls" do not work. The bottom line is we know we have a problem and none of the "if only I had \_\_\_\_\_" will work to correct that problem. The only one that can help us is G-d Himself since He is above all of these circumstances.

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Re: Stuart Finally Comes Out!  
Posted by Ineedhelp!! - 20 Jul 2010 20:06

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[Stuart wrote on 19 Jul 2010 13:39:](#)

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If I have a food addiction and I eat some juicy ribs before I go to bed, even though I am not hungry - am I giving my trust over to the food or I am just eating it because it is so tasty?

Ask yourself this question: Have you ever looked at porn and said "Ok I am only going to look for 30 minutes and thats it!"?

If you have I'd like to know what the end result was. Did you actualy look for only 30 minutes? I have said this and ended up looking for hours on end. It just doesnt work. I am powerless over lust once I give it the oxygen to breathe.

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Re: Stuart Finally Comes Out!  
Posted by kanesher - 20 Jul 2010 21:00

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I think that there is some truth to the fact that we lust as an escape. But we all have pressures. Some have more then others. And minimizes pressures - while helpful, still isn't going to eliminate the normal life pressure. So ultimately, it doesn't matter all that much. But it does, a little.

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Re: Stuart Finally Comes Out!  
Posted by Ineedhelp!! - 20 Jul 2010 23:04

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[kanesher wrote on 20 Jul 2010 21:00:](#)

I think that there is some truth to the fact that we lust as an escape. But we all have pressures. Some have more then others. And minimizes pressures - while helpful, still isn't going to eliminate the normal life pressure. So ultimately, it doesn't matter all that much. But it does, a little.

O man..just wait till steps 4 & 5, Kanesher. You'll find that it has **alot** to do with acting out and is **defitnitly** used as an escape.

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Re: Stuart Finally Comes Out!  
Posted by Stuart - 20 Jul 2010 23:56

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Agreed again with all of the above, but why can't I say I use the internet as an escape? Its true after 30 minutes on yeshiva world I would get bored and turn to something else (porn), but after 30 min of porn I don't get bored because its a lot more exciting than the former.

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Re: Stuart Finally Comes Out!  
Posted by Ineedhelp!! - 21 Jul 2010 00:02

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It is used as an escape. We dont know how to deal with our feelings of anxiety, depression, fears, etc. In Dov's words: For some reason when we get into trouble we grab onto our Makom Hamilah instead of grabbing onto Hashem. Our brains are to do so because of years and years of practicing this. Once we learn that when we get into a tight situation not to go to the pornography and to go to Hashem, then we can live a better and more complete life. But we dont know how to do this yet. Were on step 2.

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Re: Stuart Finally Comes Out!  
Posted by Stuart - 22 Jul 2010 17:40

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Another thing I realize I give power to is my computer and blackberry. Is that possible? I seem to rely and depend on these things so much. If I don't have it or its broken its very diffucult (mind you on Shabbos I seem to cope fine). Although its used for many positive and productive functions these items are sometimes "worshiped" with hopes as a saviour.

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Re: Stuart Finally Comes Out!  
Posted by Stuart - 22 Jul 2010 17:54

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Step 2 - Part 2

I think were suppose to answer What is it that I need and want in a higher power?

this one is a tough one. I don't think I really think about this too much. Perhaps this relates to the whole emuna issue. I beleive we are suppose to function that each and every situation comes from Hashem. Not just the major events in one's life such as Parnas, children, and tragedies chas ve shalom, but all events are mandated by G-d.

Not sure if I'm grasping this part of the step.

**GYE - Guard Your Eyes**

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