

Stuart Finally Comes Out!Posted by Stuart - 01 Jul 2010 04:58

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 Stuart - 05 Aug 2010 21:45

So I am working on step 3, the last couple days I started to talk to G-d on my short drive to work in the mornings. It feels weird, but I get it. There are also several places in davening I try to have more kavana on, (however most of the time I end up missing it when I tend to space out).

Nevertheless today was a really bad day for me. Fell twice at work. Seems like when I am "busy" doing what I shouldn't, nothing will stop me. I had a few quick thoughts of the Higher Power etc while doing it but quickly got it off my mind so I could continue. Funny how in the morning I passed on checking out a few triggers, but later on in the day I failed big time.

I am not complaining that this doesn't work, but just needed to get this out.

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Re: Stuart Finally Comes Out!

Posted by ur-a-jew - 05 Aug 2010 23:22

Stu, please don't take this in the wrong way. Its not meant as a criticism but to get you thinking and help in the recovery process. When you say "nothing will stop you" I'm curious whether a conversation with someone from the group would have stopped you. If you're answer is yes, but I wouldn't or couldn't make the call I think that is where you have to draw on the first step by reminding yourself that if I do this now and allow myself even a little bit I'm going to make my life unmanageable and out of control so I better do something like call someone. I don't think that the 12 steps are some magic bullet that will magically cure us. We have to take action on our part but at the same time recognize that our actions alone will not do it. You may want to add to your third step prayer "Hashem please give me the strength and courage to reach out to others when I'm feeling weak and faced with temptation." Good luck.

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Re: Stuart Finally Comes Out!

Posted by Stuart - 06 Aug 2010 13:05

Why would I take this the wrong way? I am on this forum for a reason, so just say what you feel unapolegitcly (sp?).

Once I am at a certain point in the viewing, I think its unlikely (but not impossible) that a conversation with someone from the group would have stopped me. In fact, I think someone was trying to google chat with me during my "session" but I ignored him.

Thanks for the advice, will try it.

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Re: Stuart Finally Comes Out!

Posted by ur-a-jew - 06 Aug 2010 13:22

Well you can always google chat me. I usually try to have it on all the time. Hatzlacha.

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Re: Stuart Finally Comes Out!

Posted by The Never Believer - 06 Aug 2010 14:02

Hey stu I just wanted to say I know how you feel. Just as you think you're making some progress you get knocked off your horse. And I also have it the hardest at work. I don't know what happens I just go into addict mode and nothing else in the world even exists. So the past few days I've tried hard not to think of the long run what was or what will be. I try to live the moment. Also I've tried identifying actions that I take as I begin falling. If I can't reach out to someone that moment I try to get out go to duane reade or starbucks or something. Brother there is no easy way out. Good luck.

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Re: Stuart Finally Comes Out!

Posted by Stuart - 12 Aug 2010 14:25

I just blocked youtube from my computer, which was a major trigger to several hours of wasted time and falls for me

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Re: Stuart Finally Comes Out!

Posted by Stuart - 12 Aug 2010 14:58

Yesterday I was kvetching to Dov that its not easy grasping these 12 steps as I was having trouble putting the steps until real life situations. Well last night my wife and I were going over all the tons of expenses we have and she made a comment to me "Your going to have to make a lot more money!".

I hate when she makes these type of comments. Instead of getting (too) upset I just thought who cares what she says, its Hashem's will of how much He will allow me to make as He is in charge of it all.

I am not sure if this is on the right path, but I am further not sure yet how to practically put the steps into real life LUST situations. I do daven and talk to Hashem to safeguard me from improper thoughts and sights and I communicate with other guys on GYE. Admittedly I think its working a bit as I often resist taking looks in the streets. However, I am still having trouble getting past the point where I just don't (can't?) control myself and insist to myself I must check out a certain video or site. Am I a hypocrite or does it just take more time and effort? L'mayseh,

what should I do when I am at the point where I say "I'm just checking out this site for a few minutes (even though I know its wrong and I will end up on it for a few hours)?

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Re: Stuart Finally Comes Out!
Posted by Stuart - 25 Aug 2010 23:43

Weird thing happened to me yesterday.

Yesterday at work I was reading this very web site when my boss walked past my office so I quickly tried to minimize the screen. Unfortunately the computer froze and was taking its sweet time trying to close. Meanwhile Boss came to my screen and wanted to check out what I was looking at (in a non-intrusive manner). As I was turning all red I frantically struggled to press every key until finally it closed. Not sure what he saw (it was the forum's home page) but he did say out loud Simple Machines forum? I just brushed him off and said it was some dvar torahs (he's not frum) so he walked away.

Anyways I was very embarrassed about this moment and then it struck me what could have happened. In the past (incl this month) there were countless times I would rush to minimize something on my computer, but it wasn't simple machines forum. B'H I wasn't in that situation and I am very thankful for that.

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Re: Stuart Finally Comes Out!
Posted by Stuart - 30 Aug 2010 20:38

I attempted step 4 and came up with three character defects. Granted it was done very bekius, but hopefully this will get me going.

I would like to share one of them to get some comments;

Situation – Same position at work and lack of advancement professionally

Incident that triggers – Frequent boredom, wasting time

Feeling – low self esteem, lack of confidence, depressing

Character Defect – Self defeating (is that a character defect?)

I have more, but I think this is one that fervently leads to bad stuff. It's also something that I discovered that I am not surprised about it, but probably wouldn't have recognized it without writing it out.

Feedback and criticism welcome.

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Re: Stuart Finally Comes Out!
Posted by Dov - 02 Sep 2010 04:44

Yes, and can you dig for an emotional motivation - a few gut feelings you have that are attached to the triggers you listed?

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Re: Stuart Finally Comes Out!
Posted by Stuart - 12 Sep 2010 19:31

ok, I found a good filter for blackberry's - its called an Email only plan! After calling several times to my provider, unsuccessfully trying to reduce my megabyte usage (which would therefore reduce my temptation to go on bad sites as it would cost \$\$), someone suggested an email only plan for me. No internet browsing is available, but who cares? I thought of all the times in the past I really needed my bb for important internet usage and it was very minimal. True I have to sacrifice the convenience of not having instantaneous updates on weather, sports, and news, but I think I know this is better. All the other instantaneous messaging are still available such as BB messenger, google talk, windows live, yahoo., etc.

I highly recommend this for anyone if the bb is a nuisance for you.

G'mar Chasima Tova!

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Re: Stuart Finally Comes Out!

Posted by the.guard - 12 Sep 2010 22:56

How does the e-mail only plan work? Do you need jnet? Please e-mail me details to eyes.guard@gmail.com. Thanks!

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Re: Stuart Finally Comes Out!

Posted by Dov - 15 Sep 2010 12:35

mazel tov on getting utube out of your day. i don't the site at all now (but there are more and more good sites that link to it so I use their link but don't go onto 'Utube proper'. At first I made a rule for myself that i'd not use it when i am alone at the computer...it just seemed like too big a sacrifice to give it up completely yet, then after about a year it was pretty easy to just not use the site at all...bl'n. The thumbnails and 'popular videos' are too big a draw, anyway...can't handle that...seeya! (get to work on some step-thing - if you want to)

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Re: Stuart Finally Comes Out!

Posted by Stuart - 24 Oct 2010 02:51

Friday night I was going through a resentment, so I figured I try to take a 4th step inventory of the situation. I was feeling very aggravated with my wife and a couple of kids. I was attempting to go to sleep in my bed, but the two kids insisted with sleeping with mommy. I didn't like that idea because I wanted to do the same thing. I told them to go to their rooms, but of course they weren't listening. My wife also wasn't cooperating with me and she said she would move them later on. I knew that meant I would have to move them. I was very angry and stormed out of the room slamming some doors.

Instead of contemplating a good confrontation with my wife for the morning, I cooled down a bit and did a 4th step inventory in my head. This was definitely affecting my pride and relationships among a few other items. I was acting selfish and a bit controlling. I realized I needed to

humble myself and just accept the situation. By the time the thinking was over, everyone was asleep, I moved the kids to their beds, thought of calling my chiropractor friend, and went to sleep with the wife.

Avoiding a fight in the morning and not even mentioning the situation definitely led to a positive relationship with my wife on Shabbos (although kids are still driving me nuts – guess I should save for another post.)

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