

90 days for the heavy addict...

Posted by EscapeArtist - 02 Jan 2019 04:25

I busted on day 87.

There. I got it out. You can all stop laughing now... thank you very much.

Hi all, you can call me Moshe (hey, I've been called worse...); I've been addicted to masturbation since at least the age of 6, over 25 years. (No idea how it happened.) Since finding out it was [redacted] somewhere in high school (I think it was at an extracurricular [redacted] shmuess in camp; -not from [redacted] or my dear old folks) I've started cutting back and trying all sorts of tactics to stop. I went through upps & downs, never lasting more than a few weeks at most.

To make a long story short, after about 8 years of my wife thinking she was married to the best hubby in the world (they all think that at some point, no?) I kinda filled her in about my double-life, obviously sparing MANY details, but enough to get her quite upset, as anyone who's been in that situation can understand. I tried the TAPHSIC & similar methods, but I would always come crashing back down w/ renewed vehemence. (They are really wonderful tactics, but for someone like me, it just reinforced the fact that I CAN'T control myself without fences blocking me; [redacted] once I'd leap the fence I'd hit the ground running...)

I finally got so fed up (usually happens when you keep forcing yourself to do something because you HAVE to, not bec. you WANT to even...) that I sat down and wrote a detailed goal for myself (based on a lecture I heard from R' Avi Shulman - phenomenal person), complete with the whats, whys, hows, what ifs & whens. This worked for longer than ever. I was slated to hit day 90 in middle of [redacted] [redacted] [redacted], beautiful. Problems started after a few weeks, the addicted mind starts going crazy. You start finding ways to ever-so-slightly break [redacted], without really falling... then that's not enough, the brain gets crazier, crazier than ever before. seriously, every [redacted] on the street became this crazy beauty in my eyes. I started contemplating things I never thought of before. Spent most of the [redacted] [redacted] davening standing at my shtender, but in my head i was very intimate with the shiksa from the hardware store... (good thing I was wrapped in a talis - [redacted] [redacted]).

[redacted] [redacted] I felt sick, was laying in bed & finally broke the last [redacted] - applied a drop of pressure & basically exploded on contact. (sorry mods, I'm new here I don't know how graphic is accepted, feel free to edit).

I've been on & off since then, but scared to fight too long, afraid I'll end up in places worse than I've ever been. Any advice from the vets or fellow warriors?

Thank you all, [redacted] [redacted] [redacted], much [redacted] in this [redacted] [redacted] [redacted]!

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Re: 90 days for the heavy addict...
Posted by mggsbms - 08 Mar 2019 16:26

[EscapeArtist wrote on 08 Mar 2019 15:41:](#)

Today I'm cranky.

Cranky at me for being cranky at her for being cranky at me for acting cranky to her when I meant it as a joke blah blah blah...

Sounds confusing? I'm trying to "surrender" my resentments so I don't feel like the only sensible way out of this is to escape to lustland, while she wants me to voice it out so we can "agree to disagree"... I'm trying to get less enthusiastic about intimacy while her (& her therapist) are expecting me to get more enthusiastic...

I'm confused. And cranky. No idea what I'm supposed to be doing. I only know what I *feel* like doing... I left work early today, bec every trigger is being magnified 10X & their filters are a lot weaker than mine, I already had to resist the urge to whet my appetite once today.

Have a great Shabbos everyone!

Picking yourself up from the triggering environment you describe, is impressive and inspiring. I wish you continued success.

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Re: 90 days for the heavy addict...
Posted by Hakolhevel - 10 Mar 2019 06:57

[EscapeArtist wrote on 07 Mar 2019 19:24:](#)

Hello again Chevra,

So I like to fool myself & think that I'm actually on the road to being *normal*, as BH I find myself in situations that would have previously sent me running away to "never-never land", & now I don't feel any chemical reactions whatsoever... kinda nice this feeling of freedom...

Well today I had unfortunately a family levaya... trying very hard to be all somber & reflect on the life of the ?????? & how she lived a life full of ?????? & she had such a ?? ??? & she was always

WHOA CHECK OUT THAT PRETTY RELATIVE did she get a new sheitel? She looks great! Oh wow look at THAT one...! I wish my wife would... .. oh right I'm at a funeral for crying out loud... At least at the cemetery I was able to control my addict-brain right? duh. I'm shoveling dirt into the grave & all I can think is how manly do I look in front of all these women watching... ????? ?????.

Does this business ever get better???

Define normal?

Hatzlacha!

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Re: 90 days for the heavy addict...
Posted by Tzvi5 - 10 Mar 2019 19:36

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I would theorize you're not "actively" thinking those thoughts. Rather it's like, they're coming to your mind by themselves.

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 11 Mar 2019 17:12

[Hakolhevel wrote on 10 Mar 2019 06:57:](#)

Define normal?

By normal I mean having the frame of mind in sync with the situation... let a trip to the secretary be just a trip to the secretary, a funeral just a funeral etc., without the addict-brain kicking in (automatically or not, I have no idea).

Anyways, my wife had to go out of town for 3 days, leaving me with a bunch of adorable kids & a not-so-adorable addict-brain... Generally a recipe for disaster, but trying to stay in touch with GYE & SA friends & do stepwork (never mind all the other work I have to catch up on...), so far I'm pretty ok, ???? ????!

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 13 Mar 2019 01:08

AAAaaaaAAAarrGGGhhh!!!!!! (Any addicts out there relate to that statement?)

I was wasting time at work & some woman got stuck in my head; eating at me for hours, till I surprisingly came very close to Z"L & stopped (whatever I was doing) abruptly. I was too scared to check if any drop did actually come out... I'm still hoping to get out of this rut & back to where I was a week ago...

Usually once lust comes this far through the door though, it sticks around at least for some coffee & cake... maybe even long enough for some woodford...sigh.

Didn't update my chart for today yet. Not sure what to call myself...

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Re: 90 days for the heavy addict...
Posted by doingtshuva - 13 Mar 2019 01:13

you probably need some TEQUILA?

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Re: 90 days for the heavy addict...
Posted by Trouble - 13 Mar 2019 01:21

[EscapeArtist wrote on 13 Mar 2019 01:08:](#)

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Call yourself an addict and move the hell on, and please stop worrying about that drop.

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Re: 90 days for the heavy addict...
Posted by Hakolhevel - 13 Mar 2019 01:34

Wondering what to call yourself is just another excuse to keep wallowing in the mud.

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 24 Mar 2019 03:01

Wasn't really my fault. Maybe it was. Who cares anyways?

I know I'm not supposed to say explicit details here, but I need to get it out, so if you're afraid of getting triggered, or under 18, don't read on...

...

...I fell asleep by the Shabbos seudah.

...(sorry.)

The kids were going wild on sugar-highs, fighting about next years costumes, table was full of dirty dishes & I was just conked out in some awkward lopsided-neck position in my seat...

When I finally awoke to a clean table & kids happily eating dessert (more sugar), I could feel those "vibes" from the ?????? (ouch - sorry again)... Without her saying a word I can hear all that kvetching about how hard she works to prepare this whole meal & then serving & cleaning up & feeding kids while her good-for-nothing husband (- who already has this huge ?????? of being a S-addict -) just sits there poofing away...

The resentments started building up while I sat there feeling sorry for myself... why do I put up with this... doesn't she get how hard my life is...???? It's a miracle I got through the day without acting out...

????? ??? I decide to try this newfangled idea people talk about called "sharing your feelings". While doing dishes (pat me on the back will ya?) I asked her if she was upset at me at the seudah today...

"Not at all, what do you mean?".. "I fell asleep"... "So what? I know how exhausted you are!"..."oh."..."Thanks for asking though."

Yeah, I'm not sure what exactly the point of this post is either...

Just figuring this "feelings" business out for myself, & probably it helps for others to hear also. Till recently I didn't even realize this was a real ?????? that has to be worked on, I just thought we're supposed to be "sensitive" - whatever that means. But as I start this adventure I realize how much of my own issues are based on my perception of things, -my "feelings", which can be completely distorted from reality. I'm stuck on a lonely deserted island that doesn't really exist.

And even when she does have ?????? on me, it's certainly more helpful to bring it out & discuss, then to let it sit in my belly feeding my diseased brain...

OK I'll stop ranting now. What? I wasn't ranting? Sorry. Not sorry. I don't know...

Thanks for letting me share, regardless!

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Re: 90 days for the heavy addict...
Posted by Gevura Shebyesod - 24 Mar 2019 03:10

Next time try having some coffee with your tequila....

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 24 Mar 2019 17:27

Already did (apparently). Was gross.

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Re: 90 days for the heavy addict...
Posted by Hyr - 24 Mar 2019 21:42

This story you wrote really resonated with me. For me, these things usually happen at weddings. There I am, dancing with my friends from yeshiva, doing our best to make the chatan, also a friend, happy on his big night, everyone's in the moment: happiness, kedusha, building a

And then I beat myself up for thinking such things completely at the wrong time (as if there even is a right time)...

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Re: 90 days for the heavy addict...
Posted by i-man - 25 Mar 2019 00:17

[Gevura Shebyesod wrote on 24 Mar 2019 03:10:](#)

Next time try having some coffee with your tequila....

White Mexican ?

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Re: 90 days for the heavy addict...
Posted by EscapeArtist - 27 Mar 2019 17:57

Having a rough day..

Going through some particularly hard time with my wife... My job has been very ?? '????'??? lately... have very little ??? to learn... Getting that feeling that acting out is the only way to escape it all...

Then again, at the very least I'm '????' *myself* for working this hard to stay clean for this long... no way I wanna give THAT up!

The Eibishter should continue to help us all!

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sorry to hear that. what's up with the wife? "wife issues" are something I am very familiar with (although getting out of them may be a struggle). sorry about the job - any options? learning....hmmm....they say when the cheishek is down, learn some more!

Glad to see your can-do-positive attitude; hope you can keep that up, although a concrete plan for that might be good. i think you mentioned that you go to meetings, so that's good.

take care good buddy

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