

i fell and need to begin

Posted by sababa - 03 Aug 2011 15:25

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Hello guys

I presented myself to the other forum and here I wanted to tell you what I think and what I go through

I fell 3 days ago and I am very discouraged and now I think about the pictures and the porn and sometimes I have 'wet dreams', it's even more frustrating to me

In the street very difficult for me and I do'nt want to fall

Guys anyone here has an answer to what should really keep the brit? this interested

Every time I get up I fall and discouraging

Hope I will not fall, because every second I feel Stimulation

Guys I admit my English is not so good

I still hope will ce'zuk you and I will also receive cez'ukim Hope you understand me

Thanks you very much

sababa

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Re: i fell and need to begin

Posted by mechazek - 03 Aug 2011 16:44

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i am no expert but do you know what causes you to start getting excited?Is there any thing you can start doing to help you focus your mind on somethingelse?

It has some to write down the reasons you dont want to masturbate or look at porn?

you can write these on the forum to and you will get help and support with it.

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Re: i fell and need to begin

Posted by sababa - 03 Aug 2011 19:09

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I'm excited about seeing things perverse, and not beautiful and porn and then I feel I must

And I can not stop it..

Now I don't want to see and I don't want to masturbate but when I begin to see I feel I must continue

Why is it so hard? Can anyone succeed? My YH stronger than me?, I don't want to fall

Thanks mechazek

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Re: i fell and need to begin

Posted by mechazek - 03 Aug 2011 20:20

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defenitely people have had succsess it is very very painful in the begining. This is because you keep on thinking about masterbating or whatever is arousing you untill you feel like you must do it, just to stop thinking about it. It is what they call obsessive compulsive, but it can be changed. If you really want this to end you must realize that you have to not start when the first triggers start immediately turn away, avoid looking at things or being in situations that trigger you.

YOU ARE NOT ALONE SO MANY OF US HAVE bEEN THROUGH THIS TORTURE IT IS WELL WORTH IT AND THE MORE YOU THINK YOU CAN NOT DO IT THAT MEANS THE YETZER HARAH IS VERY SCARED HE WANTS TO KNOCK YOU DOWN HARD bEFORE YOU GET STARTED. HE PULLS OUT HIS bIG TANKS IN THE EGINING TO SCARE YOU OFF.

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Re: i fell and need to begin

Posted by sababa - 04 Aug 2011 08:23

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Guys

Today I accidentally looked at the pictures of the girls on the computer

I do not want to fall but I feel that because I looked I fall

Hope I'm not going to fall

Thanks

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Re: i fell and need to begin

Posted by mechazek - 04 Aug 2011 08:52

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if theyt are pics that you have on your computer if you really want to have clean life you must get rid of them.The act of getting rid of them will help you.It is great that you keep on sharing what has happened to you that is the only way to keep honest with yourself.

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Re: i fell and need to begin

Posted by sababa - 04 Aug 2011 10:12

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I entered to the pictures on Friday and that's why I fell on a Saturday

And today after I saw the pictures of the girls on the Internet I feel I have to

I try not Lifolafilo it is very - very hard

Need help (You may want to pause from that)

Thank you my brother

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Re: i fell and need to begin

Posted by sababa - 04 Aug 2011 10:27

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My brother, I read what you wrote and I cheered up and I just went online and suddenly be more Photos more drop me a second

I Could no longer, all a site has a picture turns me on, what to do?

I do not want to fall

Thanks

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Re: i fell and need to begin

Posted by ben durdayah - 04 Aug 2011 10:54

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One word Sababa -Filter.

Then the matzav will really be Sababa...

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Re: i fell and need to begin

Posted by mechazek - 04 Aug 2011 11:35

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FILTER get away from the computer for today.dont think about tomorrow or yesterday just for today stay away.Keep posting its amazing what you are doing you will make it dont worry.

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Re: i fell and need to begin

Posted by sababa - 04 Aug 2011 15:04

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Thanks ben durdayah...& mechazek

I don't need a filter, I have a 'Rimon', this Internet is good but sometimes it doesn't block and I see things are not good and I almost .

Once I was looking at pictures of girls, and masturbate at the computer few times a day.

Things that me once no longer me today I need something more ..

And today I saw what I'm going to go fall because it was very 'excited'.. but I will try(T'cls If I

succeed I will feel a small victory - that I feel really hard at first)

Thanks

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Re: i fell and need to begin

Posted by bardichev - 04 Aug 2011 15:08

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hey sabababbaba

u can white knuckle it

u are only as good as your WEAKEST link

u can get a filter

and u will then WORK on recovery

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Re: i fell and need to begin

Posted by shteighecher - 04 Aug 2011 15:10

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[sababa wrote on 04 Aug 2011 15:04:](#)

I don't need a filter, I have a 'Rimon', this Internet is good but sometimes it doesn't block and I see things are not good and I almost .

Yes, you need a filter for the "sometimes it doesn't block"

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Re: i fell and need to begin

Posted by sababa - 04 Aug 2011 15:23

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I don't want to put a filter because then I could not surf the Internet

Strange..Sometimes I feel like I'm the only one doing it (masturbate) it is normal to think that?

And lately I thinking a lot about the porn pictures I saw(Once I see a lot of hours with my friend)  
they don't go out my head!

And I think about it all day

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Re: i fell and need to begin

Posted by shteighecher - 04 Aug 2011 15:38

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A filter is very importatnt and you can't do it wihout a filter. its the first thing to do.

Its normal to think you are the only one, untill you get to GYE. Here we all have the same issue,  
trouble and recovery.

Images in your head, will go away once you stop looking at more. Focus on not feeding it more,  
it will take time, but, it will leave you.

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