

The Begining of the end!

Posted by Israel - 18 Aug 2009 13:35

Hello to all. Thank you for so much chizuk over the last few days. I am 22 years old, and I have been addicted to masturbation and pornography for over ten years now. Sure I have had many tried and failed attempts in the past, but I hoping that this is it; this is the end.

The longest stretch I can remember staying clean for was two years ago for 39 days in summer camp, but after visiting day I was gone. I always believed that I just was not strong enough, and that is the reason I kept falling, but I am trying to gain a new prospective. Last week I was browsing the internet (before I get my party started) to check out the day's news, weather, etc. I found the link on yeshiva world news and I could not believe what I saw. I saw eirlich frum men and women coming here with the same or similar problem that I have been battling for so long. I soon discovered the 12 steps and the attitude book and all the posts that others have submitted. I laughed, I cried, I could not believe how well people were able to describe the feelings that they were experiencing, and they all to often brought back so many situations that I have been in. I kept yelling "stop yelling at me" or "how do you know me so well?", and they were so inspiring to read. I break out in tears all to quickly when I hear a fellow jew has fallen, and evan more when he finds the strength to fight his y"h. I hope I am up to this, and I know it will be tough. I am up to day five, and hoping to break my 39 day streak which will come out during the yom nuriyem. I continue to worry as last night was very difficult for me, but I remain resolved to fight this to the end.

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Re: The Begining of the end!

Posted by ZemirosShabbos - 06 Jun 2011 16:09

UAJ's words do not need my approval, but he speaks wisely and you would do well to work in that direction

Reb Nachman famously said:

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our position is precarious but we cannot focus on that and live in terror.

we need to live in the present and do something good right now.

wishing you continued hatzlocha

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Re: The Begining of the end!
Posted by Eye.nonymous - 06 Jun 2011 18:21

[AniYosef wrote on 05 Jun 2011 13:08:](#)

Last night was particularly difficult for me and had to use my backup tools to get my mind straight.

I have found, for myself, that the more open I can be here, the more helpful it is. As I write out my struggles in detail, only then can I take a good look at what's going on in my head, and only then does it really leave my head, and only then can I get specific advice that is really helpful. True, we have to be careful not to trigger other people, but there's a really long way we can go before we REALLY have to worry about doing that here.

Just my 2 cents worth, which isn't worth that much.

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Re: The Begining of the end!
Posted by Israel - 25 Aug 2011 03:36

What does all of this mean? My struggle continues yet my heart and soul knows what is best. Am I not in control of myself? My own brain is the most powerfull force in my body, how can I be so pure if mind today and state to myself that I would never again betray myself again like that, and yet tomorrow find myself betrayed by myself once again? This is insane!!! I have to get a grip. Even while I am about to fall, I rationalize it to mysel as "you need this" and "let's just get over this and then tomorrow we can start new". EVERY DAY!!!! Am I really hopeless? Sure I have gone with good streaks yet they seem so punitive compared to the constant betrayal that I endure. I would never in a million years go off the deep end and break my moral standings such as so much as touch a women in an inappropriate way, but is what I am doing a betrayal of myself as well. Although I have always done what I do, I can't believe I have continued to justify

it. This goes against everything I stand for. What is wrong with me that I cannot stop, look around, and realize that I am not the person that I want to be and must stop now????

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