

I need help

Posted by joeshmo - 19 Oct 2009 22:10

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I am not addicted to viewing porn but I have been going into talk forums and seeking out trans-gendered people. Im not gay and have never acted out in this way but I feel this "Dirty Talking" and viewing pictures of them is getting to be to much, it fills like its killing me with guilt. I hate getting an Aliyah anymore becuase I feel so terrible. I have a beautiful wife of 20 yrs and I have been neglecting her in the bedroom. Please any advice is appreciated. Toda.

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Re: I need help

Posted by joeshmo - 07 Dec 2009 11:51

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Thanks so much for that wonderful advice...I really don't lust like that and If I don't go to C-list I'll be ok...thanks for that wonderful heart felt letter.

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Re: I need help

Posted by Kollel Guy - 21 Dec 2009 06:22

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Just read through your whole thread, don't know if anyone here is going through your difficulties. My heart really goes out to you.

I wish I could tell you what would solve your whole problem in one second, but we all know that reality just doesn't work that way. If H-shem wanted to create a world in which problems are solved instantaneously, he would have, it's not any more difficult for him. For a reason known to him, what he asks of us is to take the time, effort, paitence, will and strength - to overcome whatever comes in our way of doing his will.

It was never easy or simple for anybody to succeed at overcoming the evil inclination. Only destructive things and failures can come easy and simple. Falling doesnt require any effort or determination. Just to decide to do it. Why? Because there's nothing valuable there to be worked for. Who cares how much you work for it. There's no point to it anyway, it just feels good for a couple of minutes, and then it's enjoyment disappears for eternity, and all that's left is the realization of it's horrible true nature.

But we don't learn, we just keep repeating the same mistakes, as if our control panel is not allowed entry into this area. We can think about it, discuss it, plan ourselves, but when it comes down to the situation - he wins by hook or by crook.

Thats why we are called addicts. Because our brains only **appear** to be functioning normally on the outside. Therefore, we can easily convince ourselves we are in control, and just have to 'get our act together already' and 'grow up already', and then we'll be fine. But in reality, we are very much not in control. We are being manipulated every second by a force simply stronger than us, and all we can do at best is just delay the inevitable.

Our fate is not sealed however, even though I might be making it sound like it is. We just have to find a different type of method than 'sincere effort' which seems not to be that effective long term.

Such a method exists, with amazing results. The people who have been through it all insist it's the only way to freedom. Why not at least give it a try? What do you have to lose? Just check out one of the 12 step programs here, try it , and see what you think.

It's too painful to see your posts, so full of despair - when you have the ability to really overcome this thing.

Sincerely KG

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Re: I need help

Posted by imtrying25 - 21 Dec 2009 13:48

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Joeshmo, so many of your brothers and sisters here want to know what doing by you. Please keep us updated. We hope all is good. But even if not we LOVE you so much.

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Re: I need help

Posted by joeshmo - 29 Dec 2009 09:40

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Im working alot of hours now but I did have a fall on sunday...its getting to the end believe..lots of prayer and just staying busy...I try not to have any idle time..Thanks alot for everything.

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Re: I need help

Posted by silentbattle - 29 Dec 2009 11:16

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We're all glad to hear that you're doing well! Not having idle time is probably a good idea, but this website (at least for me) is one of the most powerful tools out there for winning this battle - try to make time, even just a bit, for it!

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Re: I need help

Posted by imtrying25 - 29 Dec 2009 12:32

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Thanks man for updateing us. Happy to here your keeping yourself busy. Thats wanna the best tactics in this struggle. Sorry to hear about you fall. Ok it happens. Now we just pick ourselves up and move on. Keep the past to the past.

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Re: I need help

Posted by joeshmo - 12 Jan 2010 09:20

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I came home from work early and got on a forum and looked at some pics and stories..I feel bad...Im studyingwith a Rabbi now and working hard along with lots of prayer...I have to beat this thing before it destroys me and my marriage..Thanx

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Re: I need help

Posted by Kollel Guy - 12 Jan 2010 09:23

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Just remember not to let your situation change the way you think. It's gotta be the other way around if you want to succeed.

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Re: I need help

Posted by WeWillNotBeForsaken - 12 Jan 2010 14:03

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Hey Joe!

Just read your story for the first time.

It takes lots of willpower what you're doing!!!!

Thanks for the update!!! (I'm having problems myself lately and I find tat for some reason, browsing through posts over here helps a little)

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Re: I need help

Posted by silentbattle - 12 Jan 2010 15:35

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Glad to hear that you're working on the issues...

We're all praying for you, too! Well, I know I am, and I can assume that everyone else here is, as well.

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Re: I need help

Posted by joeshmo - 20 Jan 2010 00:42

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I had a fall today...I brouse the forums and I at everyones sexual wants and needs then I email for some dirty talk...how embarrassing is this? HaShem is watching me and I feel so bad..I have Holy Books in view when I brouse..I am trying, really hard..thanks for all your prayers.

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Re: I need help

Posted by Ineedhelp!! - 20 Jan 2010 00:45

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[joeshmo wrote on 20 Jan 2010 00:42:](#)

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Its good that you admit it that you had a fall. Peoeple tend to shy away when they fall, but you show great courage and strength but coming out of that shell early.

-Yiddle

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Re: I need help

Posted by joeshmo - 20 Jan 2010 13:23

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Yiddle your little e-mail gave me great strength this morning..Thanks so much ;D

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Re: I need help

Posted by Ineedhelp!! - 20 Jan 2010 14:16

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Well its all true and more. Have great day! :o 8)

-Yiddle

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