

masturbation-online pornography-porn in everyday l

Posted by derechyasher - 04 Feb 2018 09:21

I'm a 20 yr old yeshiva guy, since when i was about 9 years old i was exposed to really dirty online images

initially i was in a state of shock and confusion bec i was so young- i had no idea of these things- i was a scared little boy- and i thought i was a bad horrible person for seeing what i saw.

i was so scared and embarrassed to tell anyone. initially after the first time i was exposed - i was so afraid and scared that it took me a good few months - maybe even a year -to muster up the courage, to satisfy my curiosity (bec although i had this crazy fear- i also had something pulling me towards it -and it was more than just a taivah it was like when someone has a drive-or a pull to do something dangerous- they enjoy the high- of the rush of adrenaline and such....

anyway so thats where my problem started. eventually as i became a teenager the problem got worse because at that point i discovered real pornography (like not just pictures) and although at first i was so scared to check out real pornography - i had friends who were very bad influences and would convince me that its normal and that statistically millions of people watch porn.

as i became a teenager - the problem developed for i discovered (again through bad friends- i was in a bad camp one summer) masturbation. once i discovered masturbation, even my pornography problem intensified - (which i think is quite understandable on its own...)

as i started high school i started to really enjoy learning- this definitely helped with my problem- but the problem was still there.

as i reached 10th grade the problem was getting more and more - and it was really bothering me- thats when i decided to make a bold move- it was time to confront my father. now i was very scared and unsure as to how my father would react- because although he is extremely warm and excepting- i had a perception of myself as a bad person (somewhat- i didnt constantly feel bad as if i was a rasha - but when thinking of my problem and understanding the gravtivity of the problem - i "understood" that if this is a bad bad problem and i have it.....)

and so i decided to not confront my father, bec i knew i wouldnt be able to muster up the courage to do that - but since i knew something had to be done- i decided to leave a trail- i didnt delete my internet history -knowing that my dad will for sure see it.

anyway to make a long story short, my dad saw it confronted me and we spoke for a long time (in the car)

my father was extremely understanding- so much so that i eventually went back to my problem even tho my father knew- but i would always tell him when id fall-not always right away but eventually

and my father would be mechazek me and together we would take the steps to make sure it

wouldnt happen again (better filters - better codes...)

but about a year and a half after "confronting" my father i felt the problem was still there -and really had to be taken care of

so although it was crazy hard i mustered up the courage and spoke to a rebbe-

to make a long story short, this only helped for a few months - but the rebbe would never follow up with me and eventually i lost touch with him....

at this point is was extremely frustrating, i felt that no matter what i do or who i open up to - "i am broken"

to the point of no repair - ifelt i couldnt be fixed.

and on my own i struggled for 2.5 yrs- i had my good days and my bad days - at one point i even went about 3 months (from shavuos untill august) without masterbating or seeing any porn

but i still strugled tremendously overall- now im not sure when

but at some point my struggle developed into a more intense problem- for i became very desensitized towards woman and people - i bh didnt act upon this. but when i would walk in the streets and i would see an attractive woman- i would see her as a sex object and not as a human being - this was getting worse and worse- i felt like a slave to my taivos - everywhere i went, this was always on my mind i was always looking for something to look at and fantasize about.

bh this year i opened up to an uncle of mine- who is very good in chinuch and really knows these things- he really helps me constantly and he set me up with a therapist who i see once a week - im still in the begining -first steps but be'ezras hashem i will have a full recovory bzman koriv

and yes i can definitely use all the support from people out there

ps. i didnt give the full 100% story - but everything thats there is 100% accurate

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Re: masturbation-online pornography-porn in everyday l
Posted by lifebound - 04 Feb 2018 09:34

Welcome! Very courageous of you to share your story, I'm sure it wasn't easy.

It sounds like you've confronted your struggles in a very mature way, that's amazing.

Guard Your Eyes is a wonderful place, we are all here to support each other in this battle.

Keep posting, stick around.

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Re: masturbation-online pornography-porn in everyday I

Posted by tzomah - 04 Feb 2018 13:44

great first post you sound like you really want recovery so you will get it

just stick around get to meet the crowd great guys here

recovery should be with hatzlocho and we welcome you with open arms

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Re: masturbation-online pornography-porn in everyday I

Posted by Hashem Help Me - 04 Feb 2018 15:19

Welcome. Great post. honest and courageous! Stay connected. we are here to help. B'ezras Hashem you will break free.

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