

my mental outlet

Posted by growup - 11 May 2020 01:53

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Hi over my years of struggling with pornography I have been through many phases obviously growing and falling like all of us, baruch hashem, now I am in a much better place. much better place I mean to say obviously I still struggle from what I call filtered pornography which means, even though your device is filtered, you can still access couple of things here, a couple of things there I'm sure you all know what I mean however when I think back to my years of deep struggling with pornography I remember a lot of stuff I remember doing a lot of very embarrassing and sometimes even troubling stuff to get my pornography fill, although there are a lot of stuff that I did when I was younger even before I struggled and during my struggles and even after my struggles until right now I do stuff without thinking in my own personal life things that I would not want people to know obviously. however , specifically for Me Being that I struggled with pornography felt then I was alone, alone in my struggle - felt like I was the only one going through it I felt that even if the world is going through it wasn't like me I was different I felt like everybody else was able to concentrate on the learning better and everybody else was a success And I was a failure I was embarrassed of myself I think pornography amplified my doing these crazy obscure insane things. some stuff I'm able to get off my chest by talking to random people in the street some stuff I'm able to talk to my wife about but some stuff I feel like I could never mouth the words. when I space out sometimes, I think of these things that I did, and it is really troubling that I cannot get them off my chest so I figured out share a topic and feel free to join for free to like feel free to comment because I don't know any of you here and even the few of you that I've had contact with I certainly never met you and I don't know you personally so I kind of feel comfortable to let loose so to say hopefully it will help Me talk about them sometimes you know get validation but hearing other people did similar things even small things, when you're in the world of struggling with porn since you completely isolate that from people around you - even if you talk about it with your friends and joke about it with your peers he still don't watch porn with other people at least that's what I think say there is an element of The Secret Life that you have so I feel like when I had that it made me do other stuff and completely cover them up and nobody would ever know some of the stuff that I did or at least I hope not my thought process is based on is similar idea of any of these therapy groups even though I've never been to earn an I hopefully don't plan on although lots of people said I need to for various reasons I've definitely been to therapists in my life and still think that there is one element of what they do which is listened to people which is probably a key factor to helping people overcome past struggles and things that are buried deep inside them if it's a story that has gory details obviously I won't share because I don't want to trigger anybody but I will definitely be seeing some crazy stuff and the moderators could feel free to edit them I won't be insulted for me it's just letting it out so I'll start with one or two things and I'll see where this goes I feel like everybody has this inside of them and I think this is a perfect opportunity where nobody knows anybody and anonymously you can let loose of some of the things and you never know maybe some people will be able to help others or be helped themselves . some stuff that I did for relatively small things like I would watch porn on the phones in Walmart or Verizon anything like that And I would masturbate into my pants in front of people I think I was pretty good at it and nobody noticed but whenever I finished although I felt very bad about what I had just done I felt even more bad then nobody will ever know and it was just one more brick

on the fortress I was building around myself. one thing in particular I want to mention now which comes up many many many times in my life and embarrasses me to myself from time to time and I have nobody to ever talk to about this is that one time I got drunk when I was in high school and near my dorm there was an Internet cafe where I would obviously go from time to time to watch porn one Shabbos I got very drunk I want to watch and get my phone can't believe I'm even writing this I went to the bank took out money and went to the cafe and watched porn publicly to some extent until the store owner threw me out I guess cause he realized I was drunk And I was maybe doing it out loud or something I feel like that was the biggest chillul hashem ever I'm although I don't cry I'm just not that type I don't really get emotional but every time I think of that story I feel like I'm worth nothing I walk around the street and even a garbage can is better than me thank you for listening to this about Me

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Re: my mental outlet

Posted by growup - 11 Jun 2020 15:37

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i used to think that my crazy weird personality is what causes me to forget what i learn and be insecure about friends and relationships in general

but now i realize - its what makes me so unique and assists me to grow in a way that i attribute to noone but myself - albeit slow at times - we try and keep it steady climb

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Re: my mental outlet

Posted by yosef10 - 16 Jun 2020 01:37

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Great to hear from you... Also I just realized and saw your sobriety count... Your amazing.

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