

Help help help

Posted by 0587933 - 08 Jan 2022 23:57

---

As well as being highly addicted to porn for around 6 years (I'm 20 now) I have gotten into the worst thing possible which just kills me every time I think about it - this is hooking up with girls...I've done it properly twice but I'm disgusted by it and I'm just scared about the past and also the future bc who knows, maybe I'm going to do it again!!! Can someone who has actually done it with girls please help

=====

Re: Help help help

Posted by Gibbor kAri - 09 Jan 2022 01:23

---

[0587933 wrote on 08 Jan 2022 23:57:](#)

As well as being highly addicted to porn for around 6 years (I'm 20 now) I have gotten into the worst thing possible which just kills me every time I think about it - this is hooking up with girls...I've done it properly twice but I'm disgusted by it and I'm just scared about the past and also the future bc who knows, maybe I'm going to do it again!!! Can someone who has actually done it with girls please help

Hi Help help help,

I wish I could. I wish I would have what to offer. Though I didn't want to just pass by your post without offering you a piece of my heart. I gave \$5 to Tzedakas Reb Meir Baal Ha'Nes in your zechus, may Hashem give you the power and the staying power to overcome this mighty challenge, keep clean and marry a wonderful woman quicker than you may believe possible! Everyone reading this post (including the poster) would you consider joining me with your own donation for whatever amount to R' Meir Baal Hanes in the zchus of the poster?

I would like to relate my story to you, perhaps it may give you a boost in the direction you'd like to go. There is an address you may be able to access in the inner recesses of your heart.

At a young age I was touched by a classmate in a dirty provocative way, introducing the world of tai'va to me. It was one of young males tai'va, not of females. Fast forward a few years, I was

[beta.otzar.org/#/book/142010/p/43/t/0.72171896279960431234/fs/0/start/0/end/0/c](http://beta.otzar.org/#/book/142010/p/43/t/0.72171896279960431234/fs/0/start/0/end/0/c)

I'm out of steam and time, otherwise I'd keep sharing my thoughts.

## Gibbor k'Ari

====

Re: Help help help

Posted by committed\_togrowth - 09 Jan 2022 02:23

---

Hi HHH,

I have also been with girls in the past outside of marriage. A couple of things stood out to me from the wording of your post, particularly about being disgusted by your previous relations. Being intimate with someone and the desire to be intimate with someone are completely natural feelings. I don't think you should feel disgusted with yourself, or with intimacy in general. In the right time and place, intimacy is a beautiful, holy thing. Of course it has to occur at the right time and place.

Sometimes when I dwell on my past relations I get completely overcome by guilt. Ultimately, for myself I don't think it's productive to give thought or energy to those moments yet. We can't change the past, and we're only in control of how we respond to it. To me, the best response is to put those moments in a box for now, and to focus on becoming the best version of yourself possible. When you're ready down the line you can take those things out and deal with them, but you have your entire life ahead of you. It can and will be filled with so much growth, connection, and meaning. Your previous experiences make you uniquely sensitive to how important these issues are and how important it is to be careful with the power of intimacy. In a certain sense, having that perspective can be a strength for you. Wishing you a lot of success in

=====

====

Re: Help help help

Posted by Trouble - 10 Jan 2022 16:20

---

[0587933 wrote on 08 Jan 2022 23:57:](#)

As well as being highly addicted to porn for around 6 years (I'm 20 now) I have gotten into the worst thing possible which just kills me every time I think about it - this is hooking up with girls...I've done it properly twice but I'm disgusted by it and I'm just scared about the past and also the future bc who knows, maybe I'm going to do it again!!! Can someone who has actually done it with girls please help

yep; but as said above, you gotta decide how you're moving on

sign seen at gye headquarters in the menen hotel, republic of nauru: prishus! yosef hatzaddik! hero! no need to spew! gibbor! you're the inspiration (as peter cetera famously sang)! absolutely no necessity to ejaculate! explore the beaches (there's no one else there anyway)! call the hotline (if you have any service bars on your phone)!

=====

Re: Help help help

Posted by 64mujw - 10 Jan 2022 18:25

---

welcome

you got to the right place

as for the past what was was.....

start now. learn the things from here. try flight to freedom from gye.

You are not lost just in a very hard place. With much learning and hard work ??? you WILL get out of this mess.

hope to hear from you as you start your success ????? ?'

=====

Re: Help help help

Posted by Hashem Help Me - 11 Jan 2022 02:37

---

Welcome. What a brave first post. You can iyh break free. Have you sought any help from a therapist or rav/mentor?

=====

Re: Help help help

Posted by Ish MiGrodno - 11 Jan 2022 04:54

---

We're behind you 100% bro.

Post nightly and we will support you through your ups and downs.

Oh, and go make yourself a catchy name and contact Dov to change to it.

That new name will be a whole new persona; allowing you a respite and safe spot to go and hang with this awesome chevra when you need it most.

I have been here for 1.5 years and my life is completely changed.

Got your back from Grodno ~ img

=====

Re: Help help help

Posted by Shtarkandemotional - 17 Jan 2022 18:43

---

Maintaining a strong clarity on why you wanna stop something is often a big part to success. How about working on reaching that clarity? There's many ways that can be done! Based on my experience no plan is every successful without that.

=====