

new to this...unfortunately

Posted by andrewsh - 18 Feb 2010 21:02

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Ok here goes, i have been having masturbation/porn issues since i was 12, now im 32..married with kids bh.

I have never even remotely discussed this with anyone.

I need to stop, i have stopped before, in yeshiva, sometimes for a long time, then after i got married it became harder, particularly when my wife has very little interest in 'bed' which has been almost always.

the masturbations are very infrequent, but its the whole attitude which is wrong. My whole life is based around women, whether its going to eat at a friend because he has a pretty wife, or making sure to go to a beach that has [triggering word deleted] women. I have a constant fight with my yetzer hora. Can i reasonably say then that fighting this is my goal in life...?

I am so petrified of the reprocussions from Hashem...constantly..yet i cant seem to wipe it out.

I am frum from birth..yeshivish..good schools ..yeshivas ..kollel etc..no childhood issues so i have no excuse

I love tv, movies which even when i am on a clean spell do not help...but i really cant see myself completely stopping that.

I waste endless time on rubbish, have fantasised things i wished i could have done, my eyes have seen terrible things...i need help..salvation..get this out of me please.....

i know this is just the beginning for me..and prob lots of issues to address, i really feel this place is so warm and understanding, i saw it from my very brief introductory note, please help me....i prefer not the standard whole GYE spiel as have seen all of that on my post and others, i need

personal help...please

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Re: new to this...unfortunately  
Posted by bardichev - 09 Jun 2010 16:40

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jack

last week (oops) two weeks ago

the gabbai asked me to start a niggun

that will roch the house shteeble

guess what we sang??

badda dadada dadada da da

badda dadada dadada da da

brar a bidadad dad dada

bara di dara dar

dara dar dara

<http://www.guardureyes.com/GUE/Music/Music.asp>

brads

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