

I struggled for 20 years

Posted by Mevakesh Hashem - 30 Jul 2008 17:08

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I have struggled with this horrible addiction for close to 20 years! I have tried to stop in the past, but never managed for more than a week at a time. I was at a point where I was a Jew only in name and outer appearance, but not in practice and in depth of heart. I was at a point where nothing was disgusting for me! My mind was pure filth. I masturbated almost daily. I chatted with as many likeminded females as I could find to help me in sin. The level of how low I have gone is shameful beyond description, and perhaps in a future post I will describe in more detail how low the Yetzer Hara made me stoop.

I will not go into the whole story now, but Hashem orchestrated a whole sequence of things that brought me to a crossroad in my life. I had to choose a life of Torah and closeness to Hashem or a life of embarrassment, failure, dejection etc.

Baruch Hashem I was able to choose wisely and am now free of my addiction for close to 6 months. I am davening again. I am connecting with my soul. I am learning Torah again. I am living a life of Torah. I am trying to spread the ways of the Torah as well to the best of my ability.

(The way I see it: If I was able to use my gift (from Hashem) of persuasion and charm etc. to entice others to sin with me, should I not use those same gifts now to try and persuade and entice people to the beauty of the Torah!)

I am trying my hardest to do Hashem's will, and he is giving me the strength to become a better person, a better Jew, a better husband and a better father.

One of the key things that I did was to give up watching ANY movies or listen to ANY radio stations! It is all filled with znuv oriented stuff! When I am in the car I listen ONLY to Torah tapes. Without the words of Torah the struggle is impossible to overcome! IMPOSSIBLE!!!

I hope to share more details of my struggle with this forum in the coming days. If I can help even one person become a better person, as I have, it will be worth the effort!

If anyone feels that I can be of assistance to them privately, please feel free to contact me

privately anytime.

Chazak V'Ematz!

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Posted by the.guard - 30 Jul 2008 17:55

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Dear Mevakesh Hashem,

Your story is a true inspiration to all of us. It is precisely for such stories that we started this whole forum. For your story alone, it would be worth it!

Please share with us more details of your recovery and what truly brought you to decide to change, and what worked for you in breaking free. This way you will be able to help many people and be mekadesh hashem's name.

I posted your story on the "Stories" section of [www.guardureyes.com](http://www.guardureyes.com).

You are doing a great Tikkun. Sometimes Hashem waits for years, patiently, hoping a person will do Teshuvah. For in the end, when he does a true Teshuvah, he is able to uplift his whole past and bring G-dliness to the world!

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Re: I struggled for 20 years

Posted by niceguy - 13 Aug 2008 10:28

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hello, i'm new to the site.i've also been struggling for with my version for 22 yrs. only i am still struggling .i'd like to talk about it.what do you say?

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Re: I struggled for 20 years

Posted by Elya K - 21 Aug 2008 23:12

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OK, tell us about it.

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