

Thank You

Posted by holistic - 24 Aug 2011 22:00

I just found out about this site a few days ago from AISH.

I can hardly believe my good fortune. This is a problem that I've been struggling with for more than a quarter of a century. For the first time in a very long time, I can say that I feel hope. The strength and sincerity that I get from the Chizuk e-mails makes me cry every time that I read them.

Many years ago, when the Internet was just starting out, I tried to connect with other frum Jews in a chat room and to begin a conversation about this. This was a searing and emotionally painful experience. People wrote the most awful things to me and someone from my city managed to find out who I was (even though I thought I was posting anonymously) and called my wife to tell her that I needed professional help and to find a Rav to speak to. The issue was not even pornography at the time; it was only masturbation.

I resolved at that point to never talk about it again with anybody.

I only wish that this site would have been available then and things would've worked out differently.

I just wanted to say thank you.

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Re: Thank You

Posted by tryhard - 26 Aug 2011 13:23

welcome brother into the home of the few the proud the GYE. we are all in this together so lets all grow with each others success and not look back at what happend before.

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Re: Thank You

Posted by alexeliezer - 26 Aug 2011 15:12

[holistic wrote on 26 Aug 2011 02:38:](#)

....I am finding that I am more aware these days of the subtle beginnings of desire that (at first imperceptibly) become full fledged lust. I'm also more aware of how a sexual feeling in it's early stages can "just seem nice" and "natural" and how easily a rationalization can pop into your mind of just allowing it to continue. The paradox is that this beginning stage where lust doesn't seem so threatening is the only stage where it is (relatively) easy to say no to it. But let it go on and it just turns in to a deep hole with no escape outside of masturbation and orgasm.

So awareness is the key (at least for me). Maybe that's what Dovid Hamelech meant when he said (and I paraphrase out of ignorance) "I keep my sin before me at all times". Noticing all the times when it's just slightly there, it's mild, and learn to say no to it repeatedly at that point when it's easier...so that saying NO to lust becomes an ingrained habit....

Holistic,

This was so well stated. I think many of us work on this but I've never seen anyone say it quite this way. This early interception of lust, both in thought and in looking, has been one of the keys to my success. This is really putting into practice the idea that we are powerless over lust and therefore our only hope is to avoid it.

You've just written the "how to."

Shkoiach!

Alex

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