

hello

Posted by helpme! - 21 Sep 2011 08:31

sigh...sigh....nu....nu....if only

I started masturbating when i was 8 years old. i went to a so called orthodox jewish day school were we learnt at age 10 that it was normal. The way i found out it was assur was when a goy told me at the age of 16 that he heard from a rabbi that it is assur. from that point on, i have been on a constant inner battle with myself.

Today i am 25, so-to-speak religious (im actually a "chasidshe rabbi" with a black hat jacket and beard), married with children. I seem to always fall back into the pornography, especially when my wife isnt around. Today, my wife had to leave early to work and i was supposed to give a shiur in a yeshiva. Instead, after she left home i went on the internet and fell twice, one after the other. this is it. i have to change myself. Last time my wife went to work early the same thing happened! And i promised myself that this is never going to happen again! But i keep falling and keep promising myself but nothing seems to ever work!!! I have to find another way, and i hope this is it.

I tried to start up my own 90-day chart but im not revieving the confirmation email so im just getting more and more and more frustrated....i feel like the whole day has been one big waste

One thing is for sure, we are filtering the internet TODAY (g-d willing)

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Re: hello

Posted by gibbor120 - 09 Nov 2011 15:52

Have you opened up to anyone on the phone? In real life? I found that to be very important and liberating for me.

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Re: hello

Posted by Time4Change - 09 Nov 2011 16:01

Hey "helpme!".

I am also relatively new here, and I've just read through this whole thread of messages.

One thing I can recommend is hynotherapy.

A couple of months ago I truly hit rock bottom and realised that it wasn't enough to make promises - as that's all I've been doing since I was a teen. This is a real problem that needs professional help (in my opinion).

The reason I felt hypnotherapy was the best option for me, was because it helps you get to the bottom of the addiction; "why have you actually become addicted to p*rn in the first place?" According hypnotherapy if you can get in touch with your "inner wounded child" and get to the core of the problem - you 1. Let go of whatever it is that's holding you back from fulfilling your potential in life, 2. Learn why you developed this escape technique in the first place (learning why you do it, you understand why kinds of behaviours and feelings trigger the desire, for e.g. anxiety + stress for me), 3. Learn to develop healthier and more mature ways of dealing with life's issues and NOT the way we have childishly + animalistically responded in the past).

I have since been working on integrating hypnotherapy/self hypnosis/meditation into my life - from tefilla, to fixed daily times for meditation + relaxation.

Anyways - these are my thoughts for now; to sum up: if you won't to successfully deal with an issue in life, you need to get to the core of the problem - and while external changes (filters etc.) are obviously a necessary step in the journey - they are not going to truly solve the problem, until you do a deep + serious cheshbon hanefesh and get the bottom of the addiction.

Hope this makes sense.

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