

need to get it out

Posted by gottagetout - 12 Nov 2011 18:20

ive been on the forum for around a month and its time to tell my story

the first time i started looking at women out of lust was just before the age twelve

(it took a lot of honesty to admit that) it started with models in a magazine under my blanket at night with a flashlight. i wasnt even aware how problematic what i was doing at the time was. it eventually progressed to love themed movies and eventulay p**n. at around 15 i confided in my rosh yeshiva about my problem and was working with him about it but when i graduated and went on to yeshiva i am not with him to get help from him and my parents know nothing and out of lack of who to turned to i ended up here (thanks to your advertising) BH during zman the problem isnt so bad (obviously its horrible but comparitevly) but bein hazmanim is real hard

and the problem is compounded that we dont have filters at home and i cant ask my parents to put on b/c that would let them know about my problem which im not ready to do. just one great peice of advice from my rebbi to keep in mind and help keep our spirits up: saying no just once can be a kapparah for a thousand times we fall. hashem knows the nisayon and isnt trying to fail us he wants us close to him more than we realize and possibly more than us and when we take that one step forward its the beginning of teshuva mahavah

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Re: need to get it out

Posted by Snow - 12 Nov 2011 18:59

welcome & thanks for sharing.

I have found that especially with frum folks it is easy to ask for things like filters on a computer because it is something many Rabbis mention as well as the frum media like Mishpacha etc etc. So just keep it in mind....you might be able to get one at your parents without giving away too much info.

are you in the US or Israel?

what sort of steps are you taking towards recovery now?

[gottagetout wrote on 12 Nov 2011 18:20:](#)

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Re: need to get it out

Posted by gottagetout - 12 Nov 2011 21:37

im on the ninety day chart and im just trying to learn as much as possible to keep my mind off of it and staying in yeshiva is a big help, i havent really found a way to use any of the other tools from gye in yeshiva (i actually started a post asking for help on the topic of what to do in yeshiva but didnt get anything that worked)

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Re: need to get it out

Posted by mechazek - 12 Nov 2011 22:12

gotogetout amazing that you are committed to stop and are reaching out for help.Keep on posting.

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Re: need to get it out

Posted by almar - 13 Nov 2011 00:16

It's good you found the courage to open up, it's a big step.

From now on it can all only get better!

I also started the same way as you and around the same age, but I fell a down a few levels lower and believe me you don't want to get there.

So just follow the tips here and join forces and you'll get back in control.

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Re: need to get it out

Posted by ninetydays - 13 Nov 2011 03:42

Gey -

I agree with Snow. With all the Rabbanim speaking about filters it is not hard to convince your parents to get something without letting on that you are struggling.

I did it with my wife for a few years before she found out. Now the controls are pretty da.. tough.

Best

ninety

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Re: need to get it out

Posted by tealhill - 13 Jan 2012 05:03

[gottagetout wrote on 12 Nov 2011 18:20:](#)

[...] we dont have filters at home and i cant ask my parents to put on b/c that would let them know about my problem which im not ready to do. [...]

See also the thread ["How to tell parents"](#).

How've things progressed since your original post?

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