

Introduction

Posted by JustKeepGoing - 18 Apr 2012 21:24

So this is my introduction

Hello! Thank you for this site

i was really addicted to z'l and pornography for about 3 years, i went to israel and studied in yeshiva where i managed to "quit," meaning i stopped for a couple of months would have a fall once or twice then pick up again for a couple of months. bein hazmanim was especially difficult (since i had so much free time and if i would fail i would be too embarrassed/ashamed that i couldnt step foot in a beis medrish,) then in my third year when i was in america (im so afraid someone should figure out who i am i dont even want to write details) I had a falling out were i fell 3 times over 6 weeks, that killed me.. it ruined my learning and every time i fail in this area it makes me feel like one big fake, so i was determined to never sin in this regard again i remembered this site and got on a 90 day program, and this is how i became a revisiting guest to this site.. im currently at 113. Im actually very proud i made it through this peasch

but the reason i went ahead and FINALLY opened this account is bc this break even though i didnt do z'l a few days ago the place my family went to for pesach was by an oceanfront hotel, i couldnt leave the room bc everywhere i went my eyes were molested with things i didnt want to see, so i basically locked myself in the room for most of the trip and got so frustrated that i gave up on watching my eyes and i flipped through the tv for as much garbage as i could find (too much free time on the break ruined my no tv commitment) and today i wasnt even planning on it but i was on the computer and i was like well if im never going to be able to watch this stuff again i should get one last dose before i quit for good (which is dumb thinking back on it) then i watched pornography for several hours something i havent done in years(still no z'l just watching) so now i realize that i have to get on this forum already, hope it helps

A main problem of mine is that i have alot of friends who were much worse than i was before yeshiva in israel and were involved physically with girls and now are learning full time yeshiva guys baal tshuva but myself, i grew up with very very low self confidence and self esteem, so i never had the courage to do what they did, and now after working on myself to the point that i could have the courage i feel like i missed out.... i know theres something flawed there and when i mentioned it to a rabbi, he told me that im lucky bc its much harder for them but that didnt do it for me. i needed to get that out

ok i hope that was a good introduction thanks

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Re: Introduction

Posted by Gevura Shebyesod - 09 Aug 2012 03:53

Just Keep KOMTing!

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Re: Introduction

Posted by rt - 09 Aug 2012 11:05

Hey you Mister, do I understand it right, that I owe further 4 euroz to tzedoke because of YOU?
grr.

And btw. (I KNOW the public will be moyche beyodi, but stil)

Shloyme hamelech berov chochmosoy didnt say "sheva yipol tzadik und he understood that he is a pathetic addict and he stood up and went to a SA meeting. "

So, you had a couple of nefilos, which is bad, very bad, actually its terrible. but from this 2-3 nefillos you *understood finally that you are an addict??* es shtayt vekam! stand up, and keep on going (trucking, cholnting, kugeling, tomato dipping, zamboiing (whatever it means.) and whatever.)

hmm.... i dont say you should refreain from going... you decide. adraba if it helps, do it. i am just wondering how easy people say that they are addicts.

maybe I just dont understand life, its very likely. just wanted to share my oppinion, objections are welcome.

chatzlocho, and KOBT

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Re: Introduction

Posted by nederman - 09 Aug 2012 12:06

For one thing you can quit watching porn by telling yourself that you still want to be a frum yid, you want to get married, and when you watch porn it changes the way you view women. Your wife is going to know what you are thinking about when you are having relations. If you are lucky she will bring it out into the open, if you're unlucky, which is the usual case, she won't and it will just withdraw. Then you'll wonder why she is not in the mood.

Just make up your mind that porn is out. You can still get relief without porn when you need it. When you are masturbating think to yourself "just because I am sinning doesn't mean I am allowed to do porn."

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Re: Introduction

Posted by JustKeepGoing - 09 Aug 2012 14:13

Thanks for the KOMTING and Im not quite sure Im going to keep tomato dipping...

I kind of unofficially quit the accountability group does that work? By the amount of money you owe tzedoka on the bottom of your posts RT I think it might be better to leave me out of the group, I never really updated it anyways so...

To admit Im an addict has NOT been easy I still dont want to call myself that, I dont like the label.. but in the end of the day the way I relate to lust has been in an addictive fashion.

What I understand from certain people on this forum "addict" or not doesnt even matter. What it means to me is that I have a problem with lust in an addictive fashion. When I start I cant stop and I have an urge to start as my escape from stress or whatever. So you can call it "A Lust Problem" or whatever you want but I need to deal with the problem with a lot of help.

I relate to almost everything in Elyas Big Book Thread so..

-es shtayt v'kam is EXACTLY what Im doing! Im not giving up or quitting, giving in to despair whatever, I just realized its sickening how I wont get out of this on my own or without doing some serious work so I iz gonna try gosh-darn-it!

nederman..

sup.

I tell myself those things all the time it just doesnt mean anything when Im in that "I dont care

about anything and want to wreck myself" mood. And I will definetaly try to review that next time I have a nisayon.

Can you explain that last line? I dont understand.

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Re: Introduction

Posted by nederman - 09 Aug 2012 14:48

Something to think when you feel the urge to use porn. Think "just because I am really aroused doesn't mean I am less culpable for using porn."

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Re: Introduction

Posted by ZemirosShabbos - 09 Aug 2012 15:47

hi KeepOnGoingDude,

notwithstanding your aversion to tomato dip, i would like to add my

KOMT

KOSinging

KOZamboniing

and achron chaviv KeepOnGoing

remember [s]Albany[/s] [s]Reyjavik[/s] [s]New Square[/s] bnei Brak was not built in a day

keep taking small steps in the right direction

?? ??? ????? ?????? ????? ???

wishing you much hatzlocha

ZS

p.s. thanks for keeping the fun section going, sometimes singlehandedly. t'is important to not take everything too seriously...

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Re: Introduction

Posted by JustKeepGoing - 09 Aug 2012 18:29

Ah I understand what you mean now. The problem is I dont WANT to think/I want to fall when I have such an urge. Im not talking about stam an urge btw... in that case I would have an easier time, just like I want to do ..whatever it is, but thats asur so I wont do it. But when I have the urge and im in a depressed/angry/"want to wreck myself" mood I dont THINK nor do I WANT to think.

Thank you very much ZS

Sometimes after a fall I dont feel like I have the right to be happy as if nothing happened but I think this time Im going to not dwell and rock on.

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Re: Introduction

Posted by rt - 09 Aug 2012 19:20

a loser. I mean it.)

(no, chas vesholom, I dont think u're

p.s. i seriously dont mean it!

and, ZS, so what is zamboniing???

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Re: Introduction

Posted by tehylimzugger - 09 Aug 2012 20:05

Hey JKG I just read through your entire thread, gotta say I strongly identify with your situation and personality. Read, read, read, and read some more (GYE material of course) [and try some tomato dip, it's not bad].

[RT wrote on 09 Aug 2012 19:20:](#)

and, ZS, so what is zamboniing???

i asked Uncle Geegel

Why don't you do the same?

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Re: Introduction

Posted by rt - 09 Aug 2012 20:07

ice resurfacers??

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Re: Introduction

Posted by JustKeepGoing - 09 Aug 2012 22:56

Thanks TehillimZugger I really identify with my situation and personality too,

I just got the BIG BOOK and I plan to read that g-d willing.

RT-- I think I'm gonna drop out.... in style. So don't worry about it. And for the record I paid 5 bucks for that group.

Zambonie is the thing that fixes the ice skating rink after all the people skate on it. There's too many slices in the ice to enjoy it. So they go and slowly spread water over the ice to make it flat.

Which reminds me of a story.

Did you hear about the Polish ice fisherman?

He was killed by the zambonie.

hm..

Agav today was a phenomenal day, got up early learnt, made some lunch-dinner chilled out, feeling great

I still procrastinated though but hey small steps. Thanks a bajillion guys.

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Re: Introduction

Posted by JustKeepGoing - 10 Aug 2012 03:15

200 posts!!!!

;D ;D ;D ;D

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Re: Introduction

Posted by rt - 10 Aug 2012 10:37

we will

we will

M-I-S-S Y-O-U!

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Re: Introduction

Posted by tehylimzugger - 10 Aug 2012 12:00

[JustKeepGoing wrote on 09 Aug 2012 22:56:](#)

Thanks TehylimZugger I really identify with my situation and personality too,

I laughed out loud at that one ;D ;D ;D ;D ;D

[JustKeepGoing wrote on 09 Aug 2012 22:56:](#)

Thanks a bajillion.

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