

I need to do this once and for all
Posted by qi - 01 May 2013 15:49

Hello all,

I started masturbating age 12 when I found a naked picture in a science magazine, supposedly aimed at children. Thinking back I am disgusted at the publishers for even thinking that that was OK. But I don't blame them for my addiction because I think it would have happened anyway.

What started as once a week became more and more frequent until it was a daily activity. Sometimes with pictures, sometimes without. I always felt there was something wrong with it but I didn't know what or why. It wasn't till I was 17 that I found out it is ossur to think about immorality, and ossur to masturbate. I had always thought that mitzas were only physical dos and don'ts, it came as quite a shock to me, but by then I couldn't stop.

I made hundred of attempts to stop, all with different tactics. Some were useless, some worked for up to a week. My parents had a computer at home with no filter on it and I used to browse naked photos and save 'my favourites.' That ended when I went to yeshivah but I still masturbated daily. However, when I came home bein hazmanim I went back to this search. I always regretted looking for these pictures and always deleted them before going back to zman with renewed kabolos. They never lasted.

It progressed to videos when I was 21. I could not get enough of them. There was so much variation I never got bored, it was very 'exciting'. Again I saved my 'favourites, ' deleting them before zman started. That was the beginning of what I think of as a true addiction.

After few years of this cycle I got to thinking why we didn't have a filter at home. I know my parents didn't know about the porn, certainly nowhere near the extent of it, and they didn't think a filter was necessary. I remember my mother complaining about the asifahs once saying "my children are mature enough to not fall into this, the problem is chareidim being too insular," in hindsight it's quite funny and sad at the same time.

In any case I decided that my parents would probably have no objections to me putting one on myself. I installed netnanny and only my parents knew the password. Then one time I needed to get past the filter to see a site that was not porn, so my mother let me in. I didn't mean to

originally, but I left it unblocked until my parents went to bed and then went to the porn site and downloaded many videos, keeping them on my mp3 player. The next zman was the first time I watched porn in yeshivah. From then on it was a daily occurrence.

About a year ago I stumbled into YBOP and joined the forum there. I started to really take quitting seriously. I had a very tough first 2 months or so, as I tried to abstain for a sizeable amount of time. I remember once having such a strong urge to masturbate that I literally hit myself hard with a sealed 2 litre bottle of water until it hurt, then I had a cold shower fully dressed. It was a tough time but I deleted all my porn, installed k9 on *all* my devices and was starting to abstain for a week before relapsing, then another week etc.

Interestingly, I had been on shidduchim for several years at that point and was continuously hurt by girls and the process. Then during one of my periods of abstinence I was re-a shidduch. Both sides made enquiries and I hadn't relapsed yet. We met a few times and I hadn't relapsed yet. I don't remember but I think I masturbated once during the whole time we were going out, and then we got engaged, now married.

Anyway, my periods of abstinence have continued to increase in length slowly but surely over the last months. My most recent attempt was 40 days. My downfall was always google images. B"H I found this forum and was re-inspired to block such things, which I have now done. Ly"H I will be able to go the whole way this time.

I think that joining the YBR forum was very helpful to me and I will always be grateful to them for it. When I joined I had no idea there was a Jewish equivalent. I've always felt a bit uncomfortable there discussing these things with goyim, especially as their idea of the ultimate success is to be able to be with as many girls as possible. B"H there is a frum forum where I can get the same support and feel more at home. Thank you so much for this, you are such tzaddikim.

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Re: I need to do this once and for all
Posted by dms1234 - 01 Jul 2014 20:50

HASHEM LOVES YOU! No matter what! INFACT he loves you more now, then before. Because now you have started addressing your problems and are working hard to fix yourself.

You are doing incredible work! You should have a sparkle in your eye and a HUGE smile on your face. Look back at how far you have come!!!!!!

Be Happy!

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Re: I need to do this once and for all
Posted by Atzmosyosef - 02 Jul 2014 14:09

To which the Dr. replied "you have to have some reason to live besides for staying clean, just like a diabetic has a full life he just has to keep himself in check"

That was so vital for me. I have many reasons to live and enjoy life, and its important for me to know that staying clean isnt my only goal, but it is responsible for good health.

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