

My story, from a first time visitor, desperate.

Posted by George999 - 14 Jun 2013 07:55

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I have been addicted to internet porn and masturbation for many years.

I mainly do it when I am feeling depressed or tired.

It has progressed to meeting with strangers for sex, even on Shabbos.

I hate myself afterwards, but before it, I get an adrenalin rush, and am hardly ever able to stop it.

I also think it is triggered by a deep inner loneliness and sadness that I carry with me.

I try to find something to get rid of my inner pain, so I seek the "high" of orgasm.

I quit for about eight months, that was the longest break.

I filled my time with creative endeavours and an honest search for a wife, as I am single.

Sadly I did not manage to find a Shidduch and I fell again, even further.

It makes me hate myself and feel I will be punished by never finding a wife.

Afterwards I am staggered at what I did.

It is like another person took over my brain at the time I sinned.

I am here out of desperation to do Teshuvah, and get rid of the addiction that is ruining my life.

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Re: My story, from a first time visitor, desperate.

Posted by AlexEliezer - 21 Oct 2013 18:21

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Baruch Hashem!

Thank you for sharing your victory with us.

On to the *asei tov!*

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Re: My story, from a first time visitor, desperate.  
Posted by cordnoy - 21 Oct 2013 19:39

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I obviously do not know all the details of last night, but it is extremely impressive.

it would do wonders for a confidence level if one can be koveish when he is in a tight spot.

thank you

b'hatzlachah

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Re: My story, from a first time visitor, desperate.  
Posted by gibbor120 - 21 Oct 2013 20:20

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Re: My story, from a first time visitor, desperate.  
Posted by skeptical - 21 Oct 2013 21:03

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Get your confidence from knowing that you have the strength to not even go to the parking lot of the club.

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Re: My story, from a first time visitor, desperate.  
Posted by SIB101854 - 22 Oct 2013 05:25

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Look at it this way-the Rambam in Hilcos Teshuvah describes teshuvah as being able to walk away from such a situation.

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Re: My story, from a first time visitor, desperate.  
Posted by George999 - 22 Oct 2013 08:57

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Thanks for the messages of support.

To CORDNOY: Of course it is best to avoid being in a place where sin is more likely.

But I hear you, we are people who struggle with our fantasies.

Our Yetzer Hara can take us to places where sin is likely.

I just pray that my story can show that even if one finds himself heading to such a place, or is actually in the place, it is never too late to run away from it.

The Yetzer Hara tries too fool us to believe "In for a penny in for a pound" i.e. "I have started sinning so I must continue as I have nothing to lose now that I have started sinning".

But this is just the Yetzer Hara trying to fool us.

We owe it nothing!

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Re: My story, from a first time visitor, desperate.  
Posted by SIB101854 - 23 Oct 2013 05:04

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George 999 wrote in part:

"The high of orgasm from masturbating is NEVER worth the feelings of regret after."

This is the issue that all of us have to confront.

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Re: My story, from a first time visitor, desperate.  
Posted by Sparky - 24 Oct 2013 07:03

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I am wondering if you have considered SA meetings or the calls on GYE website?

I personally found that I was caught in a cycle of falling -> chizuk -> falling -> feeling bad -> more chizk -> gedarim (safeguards) -> slipping -> falling harder -> more bad feelings -> more chizuk -> and so on ....

I found that I need something else.

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Re: My story, from a first time visitor, desperate.  
Posted by gibbor120 - 24 Oct 2013 19:33

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[SIB101854 wrote:](#)

George 999 wrote in part:

"The high of orgasm from masturbating is NEVER worth the feelings of regret after."

This is the issue that all of us have to confront.

No, the issue we have to confront is that even though we know that, we do it over and over again, knowing full well that we will regret it, yet we cannot stop.

Or said simply. We know we **have to** stop, and we know that we **cannot** stop.

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Re: My story, from a first time visitor, desperate.

Posted by ploni.almoni@gmx.com - 25 Oct 2013 20:00

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We don't do it for the height of orgasm, although that has benefits, it's relaxing, it puts you to sleep. We do it because of the pain it removes before the orgasm. We put the pain there, but we don't want to see that, because seeing it is a whole other category of pain.

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