

a part of my story

Posted by pinhaswarrior - 30 Aug 2013 01:06

shalom

i will try to explain my story; english is not my language, so excuse me for the bad quality of it... I live in Luxembourg.

i m 34 years old, married with two children

i m a traditionnalist jew, shomer shabbat, not born in a religious family, who triyed to make techouva.

I m a general practionner (doctor).

I m addict since the age of 14.

Mastrubation, pornography , which were not a problem for me in my first education, i grew up with goyim in the school, all was normal for us.

It s when i married i understood i had a problem.

I worked in hospital, and after each night, i needed to have masturbation with pornography support; and more and more strong; of course i was not ok with my wife, even though she was very nice and beautiful, she was not as i wanted in love.

I went to strip tease, and escort... I felt... I said all of that to my wife, she understood i had a problem, but not the importance of it.

I tried to stop, but with no success. The addiction is more and more strong, by crisis.

I found this site web in june; i tried not to see, and guard my eyes; durin vacations, 21 days of property; a big success, but a big fail when i came back; i try to become more religious, to pray, to go to school more, to learn, to read, but i fall and fall and fall.... In my work, tentation to see are always present, it s difficult; but i saw that it was when i m anxious and depressive that i fall. I try to make tapshic, it s sometime ok; this afternoon really i don t know why i fall; really; but i fall; i know there is to much Me in me, and not enough God. In my language (french) and my town, there is no group of 12 stapes , i want help, this is why i go to this forum, even though i don t understand all, but i think it s a first help.

Thanks to all

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Re: a part of my story

Posted by Pidaini - 02 Sep 2013 00:14

GREAT MOVE!!! GOOD START!!! ONWARD!!!

KOT!!!

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Re: a part of my story

Posted by pinhaswarrior - 04 Sep 2013 00:59

It's not easy when anxiety and sadness come back; i was spoken with my wife, she was very sad, depressive, because of people who have no respect, because of her mother who thinks she is perfect... Not something too strong, but I don't know how to make with this anxiety; I take it for me, and now consequence is I think to bad things; it's crazy, today in my work, I was very very strong, I didn't see very beautiful women, same thing in the street, I didn't think to bad things; but this night, after this conversation with her, I don't feel good; I think to bad things; now normally I have to study Houmach, I will try, but I know this not medecine; before I write here, I know I will not have now a response, but to write makes I feel better; I make my study and will write after to say if it 's ok.

God Help me please!

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Re: a part of my story

Posted by cordnoy - 04 Sep 2013 02:14

stay strong

we are with you

come back again here if the feelings persist

people here want to help

b'hatzlachah

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Re: a part of my story

Posted by pinhaswarrior - 09 Sep 2013 21:40

Hello Chana tova Hatima tova at all!

I m sober since 7 days. But today was not simple.

This morning I went to selihot; this year I came back to selihot, i was happy, but I think that gave me a bit of pride; so this morning, when I came to schul, a man of the office of Nets came and obliged me to come as they weren't minyan; they have made all selihot with the song, and I didn't want because I like to song, but how refuse to complete a minyan; so I went, but I was irritated, without reasons. And during selihot, thinks to porno came to me; I was disappointed, so disappointed that I cried during selihot.

I make me a reflexion that my techouva is perhaps to oriented to ME, because of my pride, and not enough to God; the day was difficult, fortunately i have the filter at work... but i hade bad thinks... but no masturbation, only thinks; it ' s difficult to make so quickly this transformation, I realize that , as Dove say, important is to see that the problem is Me, the Idole of Me. To become less egocentric is so difficult; now, i have difficulty, i want to see bad things, but i can't; to write here makes me feel better (i don't know why i waited the end of the dayt...); i think my second mistake is to think too much to the days after, it makes me afraid; i have just to think to this day; not yesterday, not tomorrow but this day. I leave my work, and i feel better. Thanks to your comments.

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