

New Guy

Posted by yonatan - 25 Oct 2013 18:07

I don't come from a yeshiva or a frum background. I'm finding my way toward a shomer mitzvoh life after many years of not caring. Up until recently I never considered my porn habit a problem. Now I want to get closer to HaShem in all ways I can.

I scrubbed my computer of my porn collection and I'm staying away from naughty web sites. I think I can do this but I'm glad you guys are here for support.

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Re: New Guy

Posted by tryingtoshteig - 25 Oct 2013 18:14

Welcome, nice meeting you! Thanks for joining us!

Glad you are starting to do something about your porn habit. Not only will it make you feel closer to Hashem, but chances are, it will make you feel like a better person.

Looking forward to getting to know you better.

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Re: New Guy

Posted by Machshovo Tova - 25 Oct 2013 18:53

Welcome yonatan!

I admire your determination. You have taken some solid stepd towards recovery. I wish you much hatzlacha. As they say, "Just do your best and let Hashem do the rest."

Shabbat Shalom

MT

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Re: New Guy

Posted by AlexEliezer - 25 Oct 2013 19:08

Welcome and kudos for taking up the challenge of living a Torah-true life!

Consider staying away not only from naughty websights (pun intended), but from mainstream news and entertainment websites as well. They're full of stuff that starts the gears turning (we call them triggers).

Drawing the battle line back a bit (a lot, actually) will make it much easier not to fall into the hole. Fight the battle on your terms, not the other side's.

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Re: New Guy

Posted by gibbor120 - 25 Oct 2013 20:59

Welcome yonatan! Nice to have you with us!

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Re: New Guy

Posted by cordnoy - 27 Oct 2013 05:08

Welcome aboard!

Don't be a stranger; there is great help to be found here.

b'hatzlachah

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Re: New Guy

Posted by chulentking - 27 Oct 2013 07:41

Welcome. I want you to know that I've always had the greatest respect for baalei teshuva. To actively decide to take on the yoke of mitzvos after you've lived on "the other side" is huge and very admirable.

And indeed, porn, masturbation, and casual sex are every day occurrences in the non-Jewish or even non-Torah-observant world. In today's culture at large, it's nothing to be ashamed of.

So kudos to you, for realizing you need to stop and taking measures to stop. Good luck and post early and often. You'll get lots of advice and inspiration here.

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Re: New Guy

Posted by yonatan - 27 Oct 2013 11:46

Thank you all for your welcoming posts. I'll be posting on these forums again. I think today (Sunday) will be a little challenging to get through. But I'm in it for the log haul.

Shavua Tov.

Yonatan

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Re: New Guy

Posted by ploni.almoni@gmx.com - 27 Oct 2013 13:39

Hi Yonatan,

It sounds like you are increasing your observance. Did you notice if feeling bad about lusting is interfering with that?

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Re: New Guy

Posted by Pidaini - 27 Oct 2013 13:52

Welcome Yonatan!!!

It's great to have you here!!! Stick around it's an awesome bunch here!

As TTS wrote this journey has been making me closer to Hashem, and is helping me actually appreciate (and enjoy) life. I hope it will do the same for you!!

KIT!!

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Re: New Guy

Posted by yonatan - 27 Oct 2013 21:36

Messing with porn makes it hard to daven. Feels unclean to approach Hashem. I'm a little over a week without falling. But today is harder for some reason. Glad I can talk about it here.

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Re: New Guy

Posted by airmale613 - 27 Oct 2013 21:40

Hang in there brother. You know deep down its not worth it. I've been reading mechtav meliyahu to keep me going.

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Re: New Guy

Posted by Pidaini - 27 Oct 2013 22:22

if I would hear my mind telling me that i'd be very suspicious, The pasuk says that Hashem dweels in us even when we are impure, so why can't we talk to him then? if I can't have in mind what i am saying, I stop and start talking in my own words, and I can do that wherever I may be.

My mind tells me these sorts of thing so that I shouldn't acknowledge Hashem, for it knows that if I do, then I can't possibly continue to live in fantasy land when I am connected to the ultimate reality. So i would tell you my friend, Go talk to Him in your own words, He's waiting for you to acknowledge Him.

and whatever the case, KOT!!!

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Re: New Guy

Posted by ddm11219 - 27 Oct 2013 22:33

Welcome Aboard.

Shulem Aleichem to this Holy Kehile, where er are all in the same problem, and no ur not alone, and with ?????? ?????? we will get helped and healed

just start ur focus on a Day at a Time this is the 1st key to keep it up

we will keep iy"n in touch, and please keep us posted

Ur Friend in Same Situation from Boro Park, looking fwd to see u around here

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Re: New Guy

Posted by Snowflake - 27 Oct 2013 22:39

Hello Yonatan,

I also come from a non-frum background and I am trying to get rid of the very same addiction.

May I suggest you to read the Tikkun Haklali. It's a very strong tikkun and takes 5-10 mins a day. It's bound to make the struggle more bearable.

The tikkun is composed of psalms:

16, 32, 41, 42, 59, 77, 90, 105, 137, 150

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