

New - and On the Way to Breaking Free

Posted by Fightingaddictionnow - 28 Apr 2014 02:37

Hello Everyone

I'm 16 years old and recently joined. Just feel the need to open up and seek advice since every other post seems to be coming from older users.

I've been looking at porn for the past few years, and acting out every few days for almost two years. I tried half heartedly to stop a few times, but am now determined. I've only been Tahor for three days, but am going to need some support if this is really going to happen. I also have major high school exams in the next three weeks, so am stressed and often tempted.

I've looked through the GYE site already and found some material. I've joined the 90 day list. (I also have a filter now installed on my computer and phone, but am still tempted to act out.) I would really appreciate some advice ASAP - just a list of resources, tips, inspiration - whatever you can.

Thank you everyone so much.

S.

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Re: New - and On the Way to Breaking Free

Posted by Yesod - 01 Mar 2016 02:39

Its called brillen, professor markz der amerikanishe yid

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Re: New - and On the Way to Breaking Free
Posted by markz - 01 Mar 2016 02:52

It's called glezzelach

when I can't see too well I tell the einiklach that it's because of the glezzelach

vich means odder because I lost them, odder because I did too much wine tasting

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Re: New - and On the Way to Breaking Free
Posted by markz - 21 Apr 2016 23:44

[Fightingaddictionnow wrote on 12 Jan 2016 18:13:](#)

WOWOWOWOW.

Thank you @markz for bringing this thread to life. I'd totally neglected it but I'm really glad to have it back alive and updated thanks to your thoughtfulness. So firstly small correction... I'm 18

Second, I've been on a break from routine, in a house with an unfiltered open internet top of the

line computer. I would never suggest testing yourself like this but Bisyata Dishmaya somehow I'm still afloat - I've kept clean and stayed strong, and leaving here tomorrow. Thank you Hashem.

I guess thirdly is just a check in. BH I'm doing well - though maybe not well enough, being a little over confident - that's when the YH usually steps in. So here's my written resolve to restrengthen and be more protective over my eyes, and IYH to KOT. Thank you Hashem for all You do, for all Your help, for giving me challenges and helping me overcome them.

Since the forum is nowadays outvoted with Bachurim, I feel it's good to bump this thread especially page 5

Enjoy

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Re: New - and On the Way to Breaking Free
Posted by Fightingaddictionnow - 11 May 2016 00:39

I just [posted](#), but I'd like to keep my personal thread alive so I'm touching base here too.

Basic synopsis of life at the moment is that bh I'm still going strong in the clean department, but really battling with an urge to watch things I shouldn't. So please hashem help me with that.

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Re: New - and On the Way to Breaking Free
Posted by markz - 11 May 2016 00:41

Quote="Fightingaddictionnow" post=287409 date=1462926354

Hello long lost friends.

Been a while since i checked in on here.

The majority of my journey is a success story, I've been clean (from intentional z"l) since last tisha bav. In that respect i honestly never believed I'd come this far and I'm amazed that even when you think you'll never make it there really is a turning back from addiction. I honestly do not even consider or have the urge to masturbate for months already now.

Porn is a whole different story. Bh in the time I'm clean I've not gone to watch on purpose either. But guarding my eyes is still incredibly difficult. So much so that my y"l knows where to look and I just stopped myself two or three minutes in to searching social media subconsciously hoping to see what I shouldn't. So I've run straight here to cry for help. The taivah is so incredibly strong and in that respect I am i desperate need of chizuk. So please leave some advice on steering back on track, I'll open this again in the morning and would love some chizuk.

Thank you guys

Brother

We are not lost (I hope)

Pray tell me, how's life doing on your side of the world since we last spoke

Life's good?

Life sucks?

Life's good - everyone else sucks?

Life's good, everyone's good, porn is good?

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Re: New - and On the Way to Breaking Free

Posted by Fightingaddictionnow - 11 May 2016 00:58

Life's good.

Everyone's good.

Porn pretends it's good.

Porn is a lyin' *@%\$*

So yeah. In general bh very optimistic about life and struggles. But temptation is hard and I'm fighting through it.

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Re: New - and On the Way to Breaking Free

Posted by Yesod - 11 May 2016 04:36

Same place bro, clean from zl and porn since elul and yet still struggling with my eyes wandering at times.

Need to stop going on certain "innocent" sites for months now, i know they are potential hazards on them and yet i still go on them.

It is very hard to kick.

Let me know what works.

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Re: New - and On the Way to Breaking Free
Posted by mirror - 11 May 2016 05:16

[Yesod wrote on 11 May 2016 04:36:](#)

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It is very hard to kick.

Let me know what works.

Hi yesode, i know that you wrote that you are still struggling with the eyes (like guard your eyes), but i wanted to point out that being clean from zl and bad sites since elul is a major accomplishment, so mazel tov!

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Re: New - and On the Way to Breaking Free
Posted by Fightingaddictionnow - 13 Aug 2016 23:56

HELLO!

Been a while.

No headspace or thoughts to write like I used to update - no long schmooze or thoughts from me now.

But very quickly:

ONE YEAR.

MAAAZZAAALLL TOOOVVVVVV!!!!!!

It's exactly one year since i re-logged onto here and decided to come clean. It's not been perfect but it basically changed my life and its been the best year for staying clean and rewiring my brain. Boruch hashem.

Thank you all of you, mazal tov and thank you Hashem!!

S.

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Re: New - and On the Way to Breaking Free
Posted by Yesod - 14 Aug 2016 03:34

Awesome !

To many more

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Re: New - and On the Way to Breaking Free
Posted by doingtshuva - 14 Aug 2016 16:12

[Fightingaddictionnow wrote on 13 Aug 2016 23:56:](#)

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Thank you all of you, mazal tov and thank you Hashem!!

S.

Mazal Tov,

Keep it up for many long years with one day at a time.

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Re: New - and On the Way to Breaking Free
Posted by Markz - 18 Aug 2016 03:54

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Re: New - and On the Way to Breaking Free
Posted by gibbor120 - 18 Aug 2016 21:36

Mazal Tov!

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Re: New - and On the Way to Breaking Free

Posted by herewegoagainn3 - 20 Aug 2016 17:45

You know, I am glad that you have joined this forum. i was addicted when I was 14 and I am now 20. A therapist I once saw stated that it was absolutely okay to look at pornography. I was looking at gay pornography. don't get me wrong. I am not gay. I don't even approve of having gay sex with another individual, but yet I feel like such a hypocritical just watching them either have group sex or whatever. I am sorry if that is a trigger for you, but I feel like coming clean has come a long way for me. Especially for someone like me who has tried almost everything, from confession to my friends via text messages to confessions on facebook private chats to therapy visits to telling religious groups to joining 12 steps programs to confession to family members of both extended and intended and yet I have not been able to seek recovery at all.

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