

Off my chest

Posted by Autostop - 18 May 2014 20:36

HI GYE!!

Im Autostop. Im 20 not married and have been acting out etc. for about 10 years. This is my first time one GYE and I kinda just wanted to get my story off my chest. I think it will help, im not sure why exactly but it's worth a shot.

When I was a kid (really young 6,7 and on) I used to have trouble falling asleep and I always work up early. 5 6 am. It wasn't much of an issue then I would just watch TV until school(FYI im from a Modern Orthodox background). Once Im not sure how old I was maybe 9 I was watching early in the morning, so early that the "late night tv" was still on and there was an add for basically a porn site (ya on reg. cable) and to sum it up it just went downhill from there.

I mentioned before that I had some trouble falling asleep. I used to lay in my bed for hours at times until I fell asleep. The big thing was that after the first time I acted out I felt really sleepy afterwards and just passed out. Which at the time I thought was great (since I could just act out and I would help me sleep and wouldn't be stuck lying there for a couple hours every night).

For me now I have 2 issues 1) simple lust desire for the stuff which is with a filter(a couple weeks and haven't seen anything online:)) manageable. 2)This sleep issue. I still have trouble falling asleep without acting out. Everything I need to act out is already in my head and I don't need the internet to do it. Mainly because of this, I avg. acting out once a day to help me sleep. I have and relatively easily could go a while without doing anything during the day but for the night every time is a major nisuyon and I fail more often than not.(way more often).

I downloaded the handbook and am going through it now.

Any advice, tips or help would be greatly appreciated. Just a comment would help alot and this post I think helps too.

=====

Re: Off my chest

Posted by Autostop - 20 May 2014 00:15

In retrospect I think your right. I don't know if entirely but that's prob. a major part of it.

=====
=====