

Its been a long battle

Posted by Finally1 - 16 Jul 2014 19:43

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Here is my story. It goes back to when I was 11 years old. I know its crazy that I have been battling this for most of my life. I was such an innocent kid and a really good kid. My mom has a bad back and bought a massager to help her back and left it in her room. I was joking with my brother that I am going to put it by my mid section with no idea what that really means. I did it and it felt really good and then something came out from me. I had no idea what it was but I kept on doing it. I still remember though when I could not focus I would do that and then I was pretty angry and focused but I never understood why. Then a year later after doing this many times I realized what it was. It then started turning into watching some bad things. The things I was watching would get worse and worse. I then would not be able to sleep at night until I watched something or mzl. I would never do this on shabbos and when I went to summer camp I would never do it. I then went to eretz yisrael to learn and it was great. There were much fewer tests and I was doing great. However during a bein hazmanim after a clean year, i was alone and tested and failed. I could not believe it. I thought I was over this. I then went back to israel and had another good year and came back and was learning tremendous amounts. However when I would get home I was tested as if I was in high school again. I could not believe it. i ultimately failed then. It was crazy, I would learn all day for hours and in 20 minutes I can ruin everything. It is so hard living in sich a stira. I got married and thought it would be fully better. The truth is that it was for a little bit until I was faced for so many days in a row with a challenge and ultimately failed. Around that time I found GYE. I began to realize that I have an addiction. I read some of the stuff and it was good chizuk but I never (even today) have followed the entire program. I have to. I make the shavuos and even the double taphsic but after 2.5 weeks I am going crazy. I need to follow the whole program. I can write all day but I just want to thank GYE for allowing us all to feel there is hope. I preach to younger kids all the time how important it is but I am having ssuch a tough time just destroying it. I hope to next time wirtte thaata this is behind me and while it is never over, I hope to have control.

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