

Hi

Posted by torahvavodah - 26 Aug 2014 01:54

I am 30 yrs. old and suffered with masturbation from the 12-13 yrs of age. In my upbringing (ffb), I did not know it was assur. Believe it or not, until the age of 15-16 I had no conscious idea that it was wrong. Maybe it didn't feel right, but never really understood why. It got to the point that it was an everyday occurrence. You take a shower - you masturbate. There was no trying to control it.

Thinking back, in 12th grade was probably the first time that I realized how bad it was and tried to stop. I don't think it helped for more than a couple of weeks.

At some point in high school porn was introduced to me. Whenever I could get my hands on it, not very often, it felt like I was doing the right thing. Sounds crazy now, but I convinced myself that everyone does it, it is normal.

I am married now for over 8 years to the most wonderful wife. I am blessed and am totally not worthy of having her and I thank HaShem daily for such a beautiful, able, caring wife and mother to my children.

BH we have a wonderful bedroom life.

After first getting married I had the notion that porn/masturbation was a thing of the past. How laughable. Whenever I could get my hands on porn I would act out. I was in kollel all this time and at some point my wife needed a computer. This was a recipe for disaster. Although we did not have internet, there was no stopping me know, I got really creative in finding ways to feed this monster.

A couple of years ago a near death experience of a close family member really gave me a wake up call. It was honestly the first time in my life that I understood how bad I was behaving and that acting out was not a normal part of life. The following year was the best year of my life. I was blessed with a beautiful family that I was first able to appreciate the good in my life. To put it bluntly I felt like a human. I experienced normal emotions. I felt alive. I felt my personality come out. It was an unbelievable awakening. I felt such an unbelievable connection to HaShem. My learning was on a different level and I never Davened so well. I was so connected to my

neshama. If anything difficult came up I had a direct link HaShem. I would literally just talk to Him and completely feel better. I can't even explain it thinking back.

After about a year of this I fell. I had to be up the next morning at 5am something I was not used to. Twisting and turning in bed the YH got me: " it will make you tired and you'll be able to sleep....". I felt so bad but I didn't give up. The past year was such an awakening BH i was able to see that and if i could go a year i can start again.

Then I fell again. Maybe 3 months later. Then again. Maybe 2 months later. Oy the pain! Seeing such Bracha and knowing it was within grasp, knowing the feeling of being Tachas Kanfei Hashcina. Feeling that closeness to HaShem and losing it was the most devastating feeling I've ever felt.

The next year or so, was up and down. But then I fell way too low. BH not Ch'V all the way but it was terrible. How can it happen? Who am I? Am I a low-life that has no control over himself? How is it possible to stoop so low?

At this point I had the awakening that something is seriously wrong. I've heard of GYE before but never thought it was for me. I opened this account and started listening in on some of the phone conferences. It was great being able to hear other people with struggling with this issue, Tzaros Rabim Chatzi Nechama. It was enlightening to see that I was not alone in this fight. Recently I fell again hard. I hit rock bottom. I had this sense of this is it. I won't do this anymore. I can't take a back seat approach to this issue. I need to do whatever it takes to get me clean again.

Usually after a fall I would get depressed for a couple of weeks. Not this time. I felt like this was it, I hit the bottom. I am going to get help! I cannot live like this I need to feel that closeness to the one above.

After reading many articles on this site, I know I can't do it alone. I need your help! We need each others help! We need Siyata Dishmaya! We know that if you need something Chazal say "Daven for Yenem and you'll get it". HaShem, Please help all of these Tayere Yidden! They want to connect with you! Ki Im Leshmoa Dvar HaShem. Give us the Koach to rid ourselves of this evil.

I am crying out to you Bsimcha, knowing that you will help me.

Chazak

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Re: HI

Posted by shlomoy - 04 Nov 2014 01:04

Bli neder I will make sure to say Lechayim for you on your 90th day and lyh you (and I will be Baalei tshuvah)from today and today...only....etc

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