

lost

Posted by yisroel177 - 01 Oct 2014 01:54

Never did this before so I'm not sure what to say .but I actually have been hooked since 8th grade on porn and masturbating incessantly and while I was in Israel I didn't have access so I called shez lines. I feel hopeless not sure if there's a way out of this.my family just lost member now and now that I'm back home it has escalated and its eating up .just not sure where to start to be honest

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Re: lost

Posted by dms1234 - 01 Oct 2014 02:02

WELCOME!!!

You are not alone!!! Very similar to the guys here

Check out: [Skep's tips](#)

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Re: lost

Posted by reallygettingthere - 01 Oct 2014 02:17

It certainly is hard to start here. You're not sure where to begin.

How bout you tell the chushuve oilom a little about yourself. No identifying details necessary. You can start by declaring allegiance to Wooford Reserve

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Re: lost

Posted by shomer bro - 01 Oct 2014 02:26

Welcome! Taking the first big step of reaching out to others is a major accomplishment. You lost a family member? As in bd'e? I cannot imagine then the pain you're in, but we're all here for you. Keep posting and komt.

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Re: lost

Posted by cordnoy - 01 Oct 2014 02:44

you should be comforted on your loss and only simchos in the future.

take it slow and get used to the site.

you will see that it's helpful to type out some of your struggles.

there is a nice oilam here willin' to help.

someone above offered you woodford; he forgot to cardcheck you.

sorry.

b'hatzlachah

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Re: lost

Posted by Shlomo24 - 01 Oct 2014 06:40

hey, great first step. the initial "coming out" (for the lack of a better term), can be really hard. i just joined here a couple weeks ago and i feel like part of one big happy family. the guys here are great, they are a massive help. i am still struggling but i feel so much more positive these days. i feel much less guilt, it's amazing. keep in touch as much as you can, it can really help you.

as they say, KOT! (keep on trucking). btw there are approximately 8,000,000,000,000 private

jokes on here, so u may not know what they are talking about all the time.

YES TOU CAN!!

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Re: lost

Posted by cordnoy - 01 Oct 2014 08:54

KOT!

keep it up, bro.

Warning: Spoiler!

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Re: lost

Posted by AlexEliezer - 01 Oct 2014 17:58

[yisroel177 wrote:](#)

just not sure where to start to be honest

You already started by admitting that once you start lusting, you are powerless to stop.

The place to start is where lust starts -- your eyes and your mind's eye.

Guard your eyes against looking at all women unless absolutely necessary. Real women, women in pictures, faces, etc.

Work on not letting mental images and fantasies take a seat in your mind. What works for me here is to verbally surrender the images to Hashem, asking him to take them. I've turned it into a little bakasha:

Ribono Shel Olam, I am powerless over lust and my life has become unmanageable.

Only You can restore me to sanity.

I turn my life and my lust over to Your care and ask You to please heal me from this illness of lust. I don't want to lust. I only want You and a relationship with You and Your Torah. I surrender my lust to you. Please take my lust.

I say it every time a fantasy tries to take hold of my mind. Dozens of times a day if necessary.

The beginning is very difficult. Murder, actually. But it can be done. And it gets easier as it becomes automatic to look away when presented with tempting (or boring) women or pictures.

That's how to get sober.

Then there's recovery. But that's a conversation for another day.

First stop drinking.

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