GYE - Guard Your Eyes

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My Story...

Posted by jay95 - 07 Jan 2015 06:29

First a little about me, I'm 20 and in college.

I have been jerking off ever since I was a young kid (maybe 6/7), back then I didn't know what it was I just new it felt good.

My story really starts when I got my first laptop. I was 12 – just hitting puberty. I didn't have a filter on it and I soon discovered porn. I became hooked. It became almost a RITUAL of mine, I would watch porn (and jacking off) almost every single day not even aware it was going to 'take over my life', have a huge negative impact on me or that it was even a sin. As I got older (around 13), the usual videos didn't 'do it for me' anymore. I needed something more erotic. So began looking at more and more explicit porn.

At the same time I was very isolated lonely and depressed (circumstantial reasons) this lasted from the age of 13 till the end of high school. I think this made me tern to porn even more as a form of escape.

Then I was off to yeshiva for the year. I met new people and made friends and totally change from being depressed to very stable happy and normal functioning (physiologically speaking).

As well as this in yeshiva I learned SERIOUSLY how important it is to stop watching porn and the negative effects it was having on me. I realised it was sucking the life out of me. Simple normal things which people get pleasure from I realised that i didn't and never had. Making me question my sexuality. Making me shy, depressed...ect. Was going to effect my marriage one day.

So I decided to make a serious commitment to stop. WOW this was a harder challenge than I thought. I have gone cold turkey more times than I can remember. The longest I have lasted for is around 2 months whilst I was a counsellor on camp this summer.

I have a filter on all my devices but there is ALWAYS content I can find when I get that feeling

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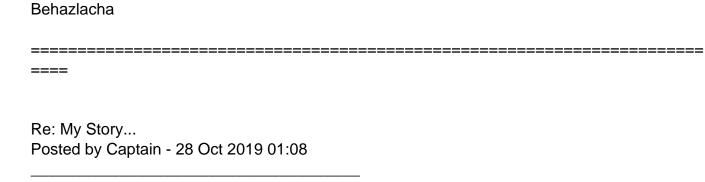
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I have come to the conclusion that i needed to post, I feel isolated and hopeless and need others advice.
thanks for reading
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Re: My Story Posted by gye5770 - 23 Oct 2019 14:34

Welcome back

If you are on here means you want change. By me the change had to happen in my head first - that is the best filter - not wanting to see as by seeing i do not gain anything. The second filter is on my computer, that if the internet does bombard me it gets stopped in the tracks.



If the old isn't working, why don't you try something new? Best thing I've found for this is this book The Battle of the

Generation: https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation. Also check out these classes called The Fight by Rabbi Shafier: https://theshmuz.com/series/the-fight/.

Good luck!			
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