

Here it goes...

Posted by trueme613 - 30 Jan 2015 00:52

I am an addict. I am. To write it and for the first time in my life to admit it is hard.

I'll just sum up my story.

I struggled with masturbation throughout high-school, though stopped when i went to yeshiva. Since I left Yeshiva Ive had big ups and even bigger downs and within the past year and a half have become really down, i mean I've been falling daily, and the worst part is I am very recently married. I even fell just two days before my wedding and since then many times a week sometimes many times a day. I love my wife but knows she deserves better and it would simply break her apart if she knew this about me.

I feel bad for myself, the sake of my soul, the sake of my wife, my marriage, and my life. I really do feel like yeshiva from all this is practically unreachable.

I go on inappropriate sites and ones that provide random live video chat which I feel is like I'm am cheating on my wife.

I want my life back and want to be great and this is constantly holding me back.

Thats my shepil in summery

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Re: Here it goes...

Posted by cordnoy - 22 May 2015 08:16

bill w calls it an obsession or disease of the mind.

one of the reasons is because it makes us forget the last time.

it causes us to forget the feelings of pain or hurt or shame we had the last time.

that allows us to do it again.

b'hatzlachah on findin' the right tool for your recovery

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Re: Here it goes...

Posted by trueme613 - 25 May 2015 22:08

So, that begs the question, how do we remember?

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Re: Here it goes...

Posted by TalmidChaim - 26 May 2015 15:09

Staying connected is a good way, for starters. I find that after a lust binge, the last thing I want to do is show my "face" around here. That means to me that showing my face around is the

The idea of *self-work* is also important. Aside from the benefits that the process obviously entails, working on your self keeps recovery at the forefront of your reality, which could help remind you of the destructive potential that lurks in your subconscious.

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Re: Here it goes...

Posted by serenity - 26 May 2015 17:49

If I find myself forgetting, I increase my program commitment and will redo my 1st step.

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Re: Here it goes...

Posted by pischoshelmachat - 26 May 2015 18:39

I am so terribly afraid of forgetting the pain of falling. I am trying to stay connected and I have found myself a very provocative sponsor who keeps me challenged. Any more ideas would be very welcome. I am so afraid.

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Re: Here it goes...

Posted by shlomo613 - 26 May 2015 19:54

I'm worried about falling too. I'm jealous of you PSM that I haven't got the same fear you have. With a fear like that you don't need to worry. (What an oxymoron!)

Most of my falls have come when I'm feeling secure. And when I feel good about myself. Suddenly then bakimt me all maadanei oilam, all the attractive women.

I'm really pleased that I've come to realise that thought process, as knowing it it has helped me to stay away from it when I see it raising its head.

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Re: Here it goes...

Posted by trueme613 - 27 May 2015 19:08

ok so im starting taphsic method now, im deciding what to make myself do when i get an urge, i beleive to walk/jog for 10 minutes is good, speaking to my wife, and maybe read an article/talk to someone on here. what yall think. also, im gonna start the 1st step for first time ...

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Re: Here it goes...

Posted by TalmidChaim - 27 May 2015 20:50

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I like it

Re: Here it goes...
Posted by trueme613 - 29 May 2015 12:30

Ok, so last night, first night of my month long taphsic method and I didn't have an urge at all, which is very rare when I'm alone for so long so I feel good about tthat. Shabat shalom for now, hope we all have an uplifting one

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Re: Here it goes...
Posted by serenity - 29 May 2015 17:25

Thank Hashem

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Re: Here it goes...
Posted by TalmidChaim - 29 May 2015 19:32

Great! Shabbat Shalom.

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Re: Here it goes...
Posted by Palti-Yossef - 30 May 2015 22:53

Hi TM613,

Hope your Chabbes was great !

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Re: Here it goes...

Posted by trueme613 - 07 Jun 2015 07:22

Been using the taphsic method for a week now and its been going well, ive stuck to it and though it hasn't made everything go away obviously it has helped a lot and has made my urges and acting out less impulsive . Besides that ive been trying to keep busy, though that can be challanging when alone, which do to my wife and my work schedual is inevitable, so that my biggest challenge and I'm taking it a day at a time. Hope everyone here moving on their journey and your all on my davening . To a week of strength, and most importantly getting back up!!!

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Re: Here it goes...

Posted by serenity - 08 Jun 2015 02:37

Thanks for sharing. I'm glad that's working for you and that your working for it!

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