

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 marrige, 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 shpeil in summery

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Re: Here it goes...

Posted by shlomo613 - 08 Jun 2015 10:11

Shkoiach true me. Welcome if I haven't said hello yet.

You may have intimated that it's tough to getup after a fall. I had that but I was blessed that

along the way with the help of GYE and Reb nachman I've learned attitudes hat make getting up much easier. For example: the greatness of getting up after a fall; how much we are achieving when we do kedusha in that low place. Stick around and pick up healthy perspectives.

You mentioned that you find it difficult being alone because your wife being out a lot. Do you have properly set up filters and most importantly accountability software on all vulnerable devices? For me, doing this was probably the single most effective thing in exiting the sewer I was in.

Shlomo

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Re: Here it goes...
Posted by trueme613 - 14 Jun 2015 16:58

Just to be honest with you all, and myself, I'm still falling a few times a week, though since I started taphsic I haven't fell more than once in a day and I haven't had any falls that were impulsive. Ive decided to add a bigg step to my taphsic, that I wont use my computer in a private setting. this is a big step for me and I feel I'm ready for it, though I'm nervouse about how ill feel when that urge comes around. I'm gonna try my best one moment at a time till the end of the month then see where im at. Good luck everyone and have a good week

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Re: Here it goes...
Posted by cordnoy - 14 Jun 2015 18:26

[trueme613 wrote:](#)

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good luck; but perhaps it's time to start a new method, or an additional one.

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