

## SO MUCH PAIN

Posted by iwannabeholy2015 - 20 Apr 2015 09:00

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HI EVERYBODY! It goes completely against my nature to put my problems in the open but hey maybe it will help. I HOPE I DONT BORE YOU.

I just want write to you my situation to see how I can get out of it.

When I think about it I was masturbating from a very young age without realising what I was doing as I got older it was a comfort when I was upset hurt ect it was my escape.

When I was 14 I discovered porn and I used to act out and for years I battled with it paying large sums to tzdoka fasting ect I was in so much pain learning well but having these awful slips.

At one point I went to discuss it with a maggid shiur in my yeshiva he told me to stop listening to non jewish music and magazines after that I never bothered asking anyone again and just tried controlling myself but kept on falling from time to time.

(i have no doubt its affected my learning my life and now my marriage I NEED IT TO STOP)

Before I got married I thought ok now we are sorted thats just what I needed a wife I know that sound awful but.....

I feel so bad now for my wife because I had always been controlling my urges now once I started my body just needed it it must of been very diifcult for her shes IS VERY SPECIAL but when she was a niddah id find myself acting out again eventually after a while i got into my normal routine of self control and was acting out around 4 times a year.

Than we had a child who is very disabled and at this time when i was meant to be closer to hashem my struggle over the last years has been more intense i found this website i tried the taphsic method but kept on falling through it.

Now my wife wants another baby and I am not intrested in bringing another child into this worlds when i cant even control my yetzer i need to be totally clean for a year first.

so I came back to gye 2 days ago and read it very carefully and eventually realise we are dealing with an addiction which is painful for me to accept because i like to think im a clean person in control of myself.

What I am asking you now is I am ready to work hard to get out of this where should I start ? and is it truly possible? and do I have to talk to my wife about it would break her heart

Thanks for reading please help

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Re: SO MUCH PAIN

Posted by Gevura Shebyesod - 12 Aug 2015 23:47

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Heard from Rav Matisyahu Solomon (he should have a Refua Sheleima):

"Bechira doesn't mean being able to do what you want, it means being able to NOT do what you want."

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 13 Aug 2015 09:32

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Hi Big Moish.

You are a hundred percent right and I know.

I just cant give it up news sport ect is part of my life, I try to be careful what i look at and read but to give it up completely I just cant.

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 13 Aug 2015 09:35

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Thank you everyone for your tough true words.

I have stated the 90 days again.

This seems to be the cycle of my life at the moment I can stay clean for 3 months than I fall just now bh the fall is shorter and less serious, but still a fall!

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 13 Aug 2015 09:40

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Thank you Gevura.

Thats a deep line from Rav Solomon I will keep it.

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Re: SO MUCH PAIN

Posted by Bigmoish - 13 Aug 2015 12:33

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[iwannabeholy2015 wrote:](#)

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I wasn't saying that you specifically should give up anything in particular. My point was that if you're serious about recovery, you should be honest with yourself and try to identify websites or situations that cause you to end up chatting with strangers, and avoid them like the plague. Not just the chat sites, but the sites where they have links to them as well.

Hatzlocha

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 08 Oct 2015 09:39

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Dear all at Gye.

I have not been on here for sometime, thats one of my problems!

Rosh Hashana and yom kippur and I was full of hope for a clean year.

I have been up the entire night on schmutz and I cant understand what keeps happening literally every 3 months I find a way to fall. The only positives are they are maybe becoming less intense and I have not been moitze zera levatola since peasach(if anyone remebers from my thread that i will not do under any circumstances for 1 year.

I dunno I feel so weak right now I feel my entire life will be like this!

I have tried everything im just not strong enough to keep it up i get complacent!

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Re: SO MUCH PAIN

Posted by markz - 08 Oct 2015 13:00

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[Bigmoish wrote:](#)

[iwannabeholy2015 wrote:](#)

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Hatzlocha

Websites that would crash my shiny 18 wheel truck include sports and news websites, I could never get sobriety by stick in' on those. Can anyone? Am I wrong? Please correct me

Boy I love followin' the news and enjoy sports even more, but I've been gone from those for many years, and I ain't turnin' back

My dear friend, p'haps think about makin some changes when you change your name to

iwannabeholy2016

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Re: SO MUCH PAIN

Posted by serenity - 09 Oct 2015 02:12

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I think I understand where you are coming from and can relate on certain levels. You set a bottom line for yourself and you're keeping it. The one year no matter what. However porn is not in your bottom line. I'm not saying that it should be or not, but I think you deserve credit for sticking to the bottom line that you have been. The fact that your causing yourself unnecessary turmoil and making your struggle harder is another issue that you may want to think about. The other thought that comes to mind is take it one day at a time. At least as to the porn watching. Know what I'm saying?

a question: How many times have you been full of hope only to fail? If that has happened often, maybe being full of hope isn't all it's cracked up to be?

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 16 Aug 2016 14:27

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I am collapsing I have reached new lows , what the hell is wrong with me I just dont know what to do anymore is it possible to get clean seriously I CANT ANYMORE

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Re: SO MUCH PAIN

Posted by Markz - 16 Aug 2016 14:43

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[markz wrote on 08 Oct 2015 13:00:](#)

[Bigmoish wrote:](#)

[iwannabeholy2015 wrote:](#)

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iwannabeholy2016

It is 2016... Perhaps reach out to cordnoy, bigmoish or others

Sobriety is absolutely within reach

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Re: SO MUCH PAIN

Posted by cordnoy - 16 Aug 2016 16:07

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We are here.

B'hatzlachah

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Re: SO MUCH PAIN

Posted by iwannabeholy2015 - 05 Apr 2018 14:21

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Hi Guys,

This is my first time coming back to the site in like one and a half years, I had to attend live meetings and with hashems help ive been sober day by day since than! I am so greatful to GYE as it has given me a fresh start in life.

reading my thread it makes laugh and cry at the same time iwannabeholy 2015 this is not a holy or unholy thing its a sickness a disease I am not bad getting good I am sick getting well.

I wish everyone on here all the very best but encourage you to work till you find a souloution that works for you do not give up ! its hard work but its so worth it

dailyreprise2018

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Re: SO MUCH PAIN

Posted by ieeyc - 05 Apr 2018 16:04

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welcome back! im happy to hear things are working out for you!

what you wrote:

" this is not a holy or unholy thing its a sickness a disease I am not bad getting good I am sick getting well."

is really true, but not for everyone,there are those who ARE bad,cho`tim,sinners ,who are ) ,AND those who are sick getting well.everyone has to know where they are standing,it could get a little tricky sometimes. i havent had a chance to read all your posts yet, hope to,im sure that you know in which group you are standing. hatzlacha and a gut moed!

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Re: SO MUCH PAIN

Posted by gibbor120 - 18 Jun 2018 14:39

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Welcome back!

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getting good,ba`alei teshuva, (which i think is my case