

**INTRODUCTION I GUESS?**

Posted by oreinsof66 - 23 Aug 2015 07:56

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Hi evreyone,

I would like to introduce myself quickly...(its a strange feeling to release something on a forum online which I have not shared with family, friends, rabbis, but Im about to do it. ok here it goes!)

Im in my mid twenties and single.

I cant recall when it all started but it started out with a few times here and there, then I got rid of my internet device, then I got one again.

when I learnt in yeshiva it was substituted by phone sex, and then when I eventually got a smart phone it got worse with visiting actual porn sites!

To put it in short... Im very attracted to anything about LUST! from a little stupid dirty joke to a .... and even just being around girls/women in general, business, and even dating! I get these strong feelings for sex.

The feelings inside of me are a mixture of: fear,anger, guilt, sadness, and finally...  
HELPLESSNESS (why? because the most important part of being helpless is the fact that you are helpless that you are helpless!)

I have come to terms that I need to admit to my problem/s and I have realized that I am powerless(no \$#&% right?) to lust.

whdaya guys say?

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Re: INTRODUCTION I GUESS?

Posted by Changing - 23 Aug 2015 09:40

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Welcome!!! Youve come to the right place!

Keep on posting and sharing what works what dosnt work. We all want to know.

Wishing you alot of success!

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Re: INTRODUCTION I GUESS?

Posted by AlexEliezer - 23 Aug 2015 13:53

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Welcome!

Realizing that I was powerless over lust was a game-changer for me.

It meant that I could no longer fool myself into thinking I could fight it.

If I'm powerless, then my only hope is to avoid it.

I do my part by not looking at women in any setting, live or otherwise.

When lustful thoughts come, including the urge to go to a lustful website, I verbally surrender the thoughts to Hashem. I tell Him that I don't want to lust. I ask Him to take my lust.

I have come to realize that Hashem is my only hope.

And as long as I don't try to fight it myself, as long as I do my part to avoid it, and as long as I immediately surrender my lustful thoughts to Hashem, He never lets me down.

It's really quite simple.

Not easy, just simple.

Very do-able.

It just requires full commitment and consistency.

One right decision at a time.

Much hatzlocha!

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Re: INTRODUCTION I GUESS?

Posted by serenity - 23 Aug 2015 14:12

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Welcome!

Check out the links for newcomers below.

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Re: INTRODUCTION I GUESS?

Posted by cordnoy - 23 Aug 2015 14:18

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Welcome,

You already have great advice above.

Don't be a stranger.

B'hatzlachah

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Re: INTRODUCTION I GUESS?

Posted by waydown - 23 Aug 2015 16:03

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Alex thanks I loved your post too.

In my own battle I found it requires tact and planning too. It may mean changing your daily schedule, structure and habits so that you don't enter the lust's den.

The looking at women part may be difficult. We all have daily interactions with women. I work with women and this bochur dates women. It's still a struggle within me. But I think we have to train our minds how to look at women, rather than never looking at women. Of course the most we can minimize looking the better.

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Re: INTRODUCTION I GUESS?

Posted by oreinsof66 - 23 Aug 2015 16:10

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Thanks for the warm welcome and helpful advice!

still trying to feel my way around here...

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Re: INTRODUCTION I GUESS?

Posted by oreinsof66 - 23 Aug 2015 16:15

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Is there a mobile app of some sort for this forum?

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Re: INTRODUCTION I GUESS?

Posted by rav etzlo - 25 Aug 2015 22:36

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Yes I have the one from Google play, search for gye or guard your eyes, I don't remember which. It's a life saver because I use my phone for good things now and not for bad!

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