

Hey guys im from an interesting community
Posted by eyesfrum - 18 Sep 2015 14:26

Hi Everyone.

Ive had an issue with masturbation and looking at inappropriate things since i was 13-14. When i was younger i always thought to myself ill stop in the near future but that never happened. I come from a community where the girls, mothers dress very interesting. when the mothers are dropping their kids off at school they are wearing tight leggings and tight shirts. When we go to everyone's celebrations girls and their mothers are wearing tight dresses and short dresses. when they are going shopping they are wearing skin tight jeans that basically show everything (Sorry for drawing a picture....)

The only time i was ever clean was the first two weeks of my marriage because i thought it was unfair to my wife. However, now its so bad that i don't have that guilt anymore. Personally, the only reason why i want to stop is because i feel like i drifted away from my wife a little and id like to get as close to her as i was when we got married. I also feel that i would be a lot more successful in life and carrier if i used all the time masturbating and looking at inappropriate site for learning and educating myself.....

=====

Re: Hey guys im from an interesting community
Posted by Bigmoish - 18 Sep 2015 14:58

Welcome!

What have you tried so far?

Has anything helped you?

(Sorry for the Spanish inquisition.)

There are some links in my signature of things that helped me. Let us know what works for you.

Hatzlocha

=====

=====

Re: Hey guys im from an interesting community
Posted by Shlomo24 - 18 Sep 2015 15:39

WELCOME! it must be hard for you to manage with all that tight clothing around. keep on posting! there's a lot of people and tools on this site that can help

=====

=====

Re: Hey guys im from an interesting community
Posted by AlexEliezer - 18 Sep 2015 15:42

A guy who used to post here who would say,

"she may be a problem, but she's not my problem."

Meaning, people will dress how they please.

It's up to me to make a decision not to look.

And if I accidentally do look, I rip my eyes off of her quickly.

It's hard. It takes lots of practice.

Staying clean is an active process.

We need to go on the offensive, aggressively guarding our eyes.

That's Job #1.

I relate very much to being totally preoccupied with looking for arousal.

It eventually practically took over my mind.

B"H I have reclaimed it, one victory at a time.

One head-turn-away at a time.

One close-my-eyes at a time.

One tefilla-to-Hashem-for-his-help-with-taking-away-the-fantasies at a time.

Go on the offensive.

Re-claim your brain.

One day at a time.

Welcome!

=====

Re: Hey guys im from an interesting community
Posted by pischoshelmachat - 18 Sep 2015 15:59

Hi Eyes,

Welcome. I think Alex E said it all. You don't focus on the overwhelming never again look, masturbate etc. Just go for 1 small victory at a time. Slowly you retrain your mind, and lengthen the chain of success. We don't kill the YH with one large blow, we use death by 100 small cuts.

Take it from the heavyweights on here who have done it, I am extremely inspired by them.

=====