

Mesayin's Motivative Messages

Posted by Mesayin - 15 Oct 2015 21:08

Hello everyone Mesayin here, I've been on the site for about a week now and B"H i've learnt a lot (thank you everyone) and i think now its time I write my story.

Before I came to this site I thought i was one of very few people that had these struggles and that my struggles were one of the hardest, but as i started reading people's stories I realized that there are a lot of people in this fight and are in much deeper problems than I ever imagined and the fact that they are on the path to cleanliness is **Amazing** and gives me strength.

So I will bezra"h write my story and hope people will gather chizzuk from it.

I started playing computer games since I was 2 years old (that wasn't a typo) in a family that pretty good at the time but year after year became more broken, my parents were having serious shulim bayis issues and the children were caught in the middle of it all and it was getting worse and worse.

MY life was very tense as well other than being caught in a fight I was emotionally mistreated by my parents especially my mother, I used to get yelled at and beaten up, and there was inconsistency, one day she was nice another she was brutal, I was stuffed up with computer games and so on.

My father was very quiet and sometimes negligent which didn't help.

At about the age of 12 or 13 my family started having access to the internet, at first it was just watching three stooges and abbott & Costello and over the years it became regular movies and tv shows.

P.S. If its at night and you want to fall asleep you might want to read this.

One humongous miracle happened to me in which I have to continue thanking Hashem for it is that from when I started on the internet I have never intently gone onto bad sites, which is pretty amazing considering that I was teenager from a dysfunctional home, internet w/o a filter and watching during the night without anybody seeing me, not only that but anytime in the movie it got to a dirty point i would skip that part or even just look away.

I'm mostly convinced the reason behind that was because of my severe complex, I was paranoid that someone might find out about it and that is what kept me from deliberately looking at those stuff even though sometimes there were pop-ups of these stuff right in front of my face.

However I did take pleasure whenever by accident I would look at those stuff, furthermore I would try to watch a movie that I thought might have some of those stuff and I'll watch it in a way that it seems like I innocently fell into it and make it look like I didn't know about it. (How clever is the Y'h)

On top of that at about the age of 13 I started doing mz"l, I had no idea what it was or if was something wrong, as a matter of a fact I thought I was the only one in the universe that knew how to do that.

That was until the age of about 18 when a mentor of mine reveal to me what it was and on top of that it is an issur, of course I took out a shilchan aruch and tried to find a heter, with no luck.

The first night That I heard that I wasn't mz"l but of course it was an addiction already so two night later i started again.

And so it went on, the three way vicious cycle of broken home, internet and the other thing, until a couple of years ago my sister recommended me to a great therapist who helped me on the path to emotional and mental recovery, and that year I went to sleepaway camp and for the first half I tasted happiness for the first time B"H.

But then I came home for a day in middle of the summer and things started spiraling, so I decided I need to move far away from home and far away from the internet, and so I made the tough decision to move away and decided that if i get bored due to lack of internet I can then come home but first move out.

To make a long story even longer, I moved away last year about this time, got myself a job and was off the internet for a few months, keep in mind though I was still being mz"l regularly so I decided to look for some help in that matter.

The first guy I went to was an old satmarer guy, he started telling me all sorts of chazal to try to get me to fear mz"l, I went out of there shell shocked and didn't know what to do with myself, but then Hashem put a thought into my brain that maybe Hashem gives so much punishment for being mz'l means that he loves us so much that he is trying to do everything in the world to make sure we choose not to do it, and with that thought I never felt happier in my life.

A couple of weeks later I went to another satmarer guy and he was much more about chizzuk, he gave me a tefila (see my signature) that worked instant wonders for me, and for the next few weeks I was totally clean.

One day confusion struck me, my mother started texting me her nonsense and the next day someone at my job reported me and I got suspended from my job, it was devastating, so I decided I'll calm down with some computer games, so I borrowed a computer from a friend of mine, little did I know that the computer had movies on it, do the math, it had a ton of triggers and was drowning into lustful thoughts all day, that led to a couple of mz"l over the next few weeks.

The person I went to said I need to use the tefila more often, but more importantly he revealed to me that having lustful thoughts is just as bad as committing the sin itself, that gave me motivation to stop and since then (which is about 4 or 5 months) I'm B"H totally clean and I also got myself a new job which I like. (Even though I work on the internet I B"H can control myself much better)

Obviously I still have a fight and since i'm very sensitive to lust I have to be real careful with what I do and what I look at.

And then last week I found this great website and I'm learning new ways deal with lust and trying to help other people too.

I'm now 21 years old and single and with Hashem"s help I'll find a shidduch b"kuroiv and I hope I will say **It was all worth it.**

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Re: My story

Posted by Mesayin - 27 Oct 2015 18:43

[A heart warming song](#) for us tshuva doers, form the great marvelous middos machine.

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Re: My story

Posted by Mesayin - 27 Oct 2015 18:57

Well since I'm not on my computer on motze shabbos, I will post here my thing (on Tuesday)

[markz wrote:](#)

Next week you can post jokes about polishers

dms1234 wrote: Bigmoish wrote:

A Polish guy (sorry if anyone is Polish, just thought I should stay away from blondes)... ... What?
You think your wife will see?

Well if Harav guard could write about blondes...

[the.guard wrote:](#)

SHE WAS SO BLONDE...

... she tripped over a cordless phone.

... she spent 20 minutes looking at the orange juice box

because it said "concentrate"

... she put lipstick on her forehead because she wanted to
make up her mind.

... she got stabbed in a shoot-out.

... she told me to meet her at the corner of "WALK" and
"DON'T WALK".

... she tried to put M&M's in alphabetical order.

... she sent me a fax with a stamp on it

... she tried to drown a fish.

... she thought a quarterback was a refund.

... she got locked in a grocery store and starved to death.

... if you gave her a penny for intelligence, you'd get
change back.

... they had to burn the school down to get her out of 3d
grade.

... under "education" on her job application, she put
"Hooked On Phonics".

... she took a ruler to bed to see how long she slept.

... at the bottom of the application where it says "sign

here" she put "Sagittarius".

... she asked for a price check at the Dollar Store.

... it takes her two hours to watch 60 Minutes.

... if she spoke her mind, she'd probably be speechless.

... she thought she needed a token to get on Soul Train

... she sold the car for gas money.

... when she saw the "NC-17" (under 17 not admitted), she
went home and got 16 friends.

... when she heard that 90% of all crimes occur around the
home, she moved.

... when she took you to the airport and saw a sign that
said "Airport Left" she turned around and went home.

...then I guess we can too.

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Re: My story

Posted by markz - 27 Oct 2015 19:50

I see you changed your avatar image - people notice (your previous one was cute, so is this)

[markz wrote:](#)

Learningnoahide... please get off your horse and start truckin

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Re: My story

Posted by Mesayin - 27 Oct 2015 22:13

[markz wrote:](#)

I see you changed your avatar image - people notice (your previous one was cute, so is this)

Yikes! I'm trying to change it again (cause this avatar might reveal who I am being that I use it somewhere else) but it's not working!

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Re: My story

Posted by markz - 27 Oct 2015 22:20

Mesayin

Three days and 6 Hr to go to the wall of Honor!!!!

KOT!!!

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Re: My story

Posted by Mesayin - 28 Oct 2015 18:47

There are some frightening stuff going on in the holy land Hashem yerachem, there are a lot of people saying that it is time near the end of the golus, Hashem should help us b'kuroiv

b'yumeinu umein!

We at GYE carry a big load for klal yisroel, we are meriting a bunch of zechusim with our strength and bringing moshiach closer, we are the on the front lines.

Therefore let us all grab hold of ourselves and push on till moshiach comes.

Here are a couple of lectures about the time of moshiach, it's worth the time to listen to:

[Rabbi Yossi Mizrachi](#)

[Rabbi zechariah Wallerstein](#)

Chazak V'emutz

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Re: My story

Posted by Chiam - 29 Oct 2015 01:13

Hey Mesayin.. thanks for all your posts, jokes, and links to speeches... they've been great. Sorry for responding to your first post so late, but as they say better later than never. I was very impressed by your story and related to a lot of it. The movies, the "innocent" mistakes, and the shalom biyes (haven't gotten advice from a chassid to say a brachah, but you filled that role!)

I don't know your family situation well of course, but mine is pretty bad... My father is a narcissist, which means he has no or very little recognition of what the people around him want or think. He views everyone around him as pawns for his convenience or as means to help him reach his many goals of fame. He blows up when things don't go his way and gets depressed when his ego is hurt. He yells at people, is best friends with them a little later, but only to be furious with right after. I could go keep going but there must be some limit to how long a post can be.

My behavior isn't directly caused by this and it stems from more personal issues, but it definitely is effected by it and makes it harder to recover in a dis-functional environment demanding me to feel lost and depressed.

Once again thanks and keep posting

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Re: My story

Posted by gibbor120 - 29 Oct 2015 16:05

Hi Chiam.

I think you may be underestimating how much your family life affected/affects you. It doesn't just make it harder now. Your whole personality is shaped by your family situation. Your "personal issues" are likely a direct result of your family situation.

That doesn't mean that you can't do anything about it. It does help many of us let go of the guilt and the "it's all my fault" complex that doesn't really get us anywhere.

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Re: My story

Posted by Mesayin - 29 Oct 2015 18:47

[gibbor120 wrote:](#)

I think you may be underestimating how much your family life affected/affects you. It doesn't just make it harder now. Your whole personality is shaped by your family situation. Your "personal issues" are likely a direct result of your family situation.

I can relate to that, when I was young I thought that parents fighting is normal just like kids in school fight, I thought that being constantly yelled at is normal, until I got older and found out what 'normal' really is.

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Re: My story

Posted by Mesayin - 29 Oct 2015 19:26

Ok I've got a problem.

I have developed a addiction to video games, as I wrote in my original post that I've been playing computer games since I was two years old.

Well today is slow day at work and decided to look for the new games that come on Amazon and watch all the trailers and all the details, one issue is that it's taking me away from my work but another reason, which is the reason I'm posting it on GYE, is that a lot of trailers and game details have some triggers for me.

Any advise?

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Re: My story

Posted by Gevura Shebyesod - 29 Oct 2015 19:33

There's a reason that monstuh trucks don't have trailers.

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Re: My story

Posted by gibbor120 - 29 Oct 2015 19:40

Decide not to look for the new games on Amazon and decide not to watch the trailers.

You can use the tools here for any addiction/obsession. The principles are the same.

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Re: My story

Posted by AlexEliezer - 30 Oct 2015 13:37

A common thread for many of us here is the need to escape.

While P and fantasy might be the most obviously problematic, I find myself needing to work on not escaping in other ways as well.

This involves not only recognizing the restlessness that begs escape, but also improving my real life, making it sweet so I don't feel the need to fly away from it.

One simple way to do this is to constantly count my many blessings.

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Re: My story

Posted by markz - 30 Oct 2015 19:12

Mesayin iMsayin

90 dYay! - Mazel Tov!!!

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Re: My story

Posted by Chiam - 01 Nov 2015 19:54

Mazal Tov!

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