

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 abbot & 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 issuur, 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 MayanHamisgaber - 10 May 2017 19:26

I thought the same

She sent me here

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Re: My story
Posted by Mesayin - 10 May 2017 19:28

[MayanHamisgaber wrote on 10 May 2017 19:26:](#)

I thought the same

She sent me here

I understand.

Right now it's pointless talk because right now I'm single.

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Re: My story

Posted by Mesayin - 10 May 2017 19:29

[Markz wrote on 10 May 2017 18:20:](#)

[Mesayin wrote on 10 May 2017 17:43:](#)

Good to see you guys.

Markz, it seems that for every time I change my linen you change your avatar.

GS, it's almost your sefira day.

Cordnoy, the last time I messaged you was when I told you how the Cubs are not going to win the world series.

If your wife hasn't seen to the laundry for months, it can be very a depressing situation. Is that why you're back?

The real reason I'm back is because all of the sudden my K9 on my work computer isn't blocking GYE anymore.

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Re: My story

Posted by Gevura Shebyesod - 10 May 2017 19:43

what else isn't it blocking?

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Re: My story

Posted by Markz - 10 May 2017 19:48

[Mesayin wrote on 10 May 2017 19:29:](#)

[Markz wrote on 10 May 2017 18:20:](#)

[Mesayin wrote on 10 May 2017 17:43:](#)

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I may sure TAG can help you make sure K9 blocks gye

GIVE THEM A CALL TODAY!!!!

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Re: My story
Posted by Bigmoish - 10 May 2017 19:49

[Mesayin wrote on 10 May 2017 19:24:](#)

[Markz wrote on 10 May 2017 19:04:](#)

[Mesayin wrote on 10 May 2017 18:43:](#)

I might have a never come back had I had a wife.

Why do you say that brother?

My issue is not as bad as most people here, I think if I had a wife I would be mostly fine.

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Re: My story
Posted by Mesayin - 10 May 2017 19:55

Aye aye aye.I said it was good to be back, now I'm remembering that if I said the wrong thing I get trucked over but truckers.

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Re: My story
Posted by Shivisi_Hashem - 10 May 2017 19:56

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Re: My story
Posted by Mesayin - 10 May 2017 20:00

And don't worry, I did not change an "f" for the "tr", I pride myself in speaking clean.

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Re: My story
Posted by Mesayin - 10 May 2017 20:10

But I'm still going to hold strong to my opinion and not back down.

I still think that I'm not going to come back here after marriage.

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Re: My story
Posted by Markz - 10 May 2017 20:16

[Mesayin wrote on 10 May 2017 20:10:](#)

But I'm still going to hold strong to my opinion and not back down.

I still think that I'm not going to come back here after marriage.

#1 Married guys here don't have anything specific against you so don't get upset with them please.

They are all insane. Sorry I represent myself only. Can insane guy represent himself?? Oh well...

Now back to this marriage stuff

If you focus on today only and make it a great one, cool

Then

What do we know about tomorrow?

What do we know about 5 hours from now?

What do we know about married life?

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Re: My story

Posted by Mesayin - 10 May 2017 20:20

[Markz wrote on 10 May 2017 20:16:](#)

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Agreed, thanks.

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Re: My story

Posted by Mesayin - 10 May 2017 21:32

I appreciate you reading this post.

Just to catch up.

A few months ago I had an emotional pitfall that has been getting worse since, at the time I was in such pain that I reverted to the thing I was used to dulling my pain and that is videogames.

It started with a gameboy in which seems innocent but some gameboy games today are more mature rated than some movies.

Sometime then (don't remember exactly) I fell with masterbation for the first time in almost tow years.

I then continued on to get myself a laptop because I was interested in learning programmiong, ket's just say I haven't used the laptop for programming for a long time, I got myself a few games which are not so great for shmiras einayim and I have been on that for a few months now.

Masterbation is happening to me on a nightly basis.

The real issue for me is that I am in such a hole that I do not have the motivation to crawl out. I fear the pain of standing up against my issues. I am mostly sure that I have entered into a state of denial, in which I deny that what I am doing is problematic becuase it is just to painful to deal with it, so I just sugercoat the problem, telling myself that it is not so bad and that it will get resolved soon enough.

Right now I am unmotivated to even seek help, I am to afraid to seek help. I know in my intellect that I am in a bad place but I just can't get myself ot get up and fight.

I need to focus on taking care of my emotional issues and see what happens but meanwhile I ask of you for any tips on getting myself motivated, additioanlly, since I lack friends, just writing to guys that respond to me makes me feel better.

Thank you

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Re: My story

Posted by Markz - 10 May 2017 22:09

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Thank you

Sorry to hear all that

Brave of you to have jumped on the empty Truck

Writing to the guys creates friends that you can start living life with, so keep on Posting and text 1 guy OTAAT

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Re: My story
Posted by Gevura Shebyesod - 11 May 2017 00:06

Sorry you're having a hard time. But you've already taken the first step by coming back here. The only way to go now is up!

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