

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: Mesayin's Motivative Messages
Posted by Mesayin - 24 Aug 2017 17:46

[Markz wrote on 24 Aug 2017 17:32:](#)

You planning to retire below sea-level = depressed, or you wanna do something about it?

If I do that then I going to have to KOS = Keep on Submarining.

I don't how much this forum will get me out of depression, I really like helping people so it does give me some liveliness but I also have other plans, it started with dumping the devices that kept me in depression. I will need to improve my character and connect with people/God.

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Re: Mesayin's Motivative Messages
Posted by Markz - 24 Aug 2017 17:57

[Mesayin wrote on 24 Aug 2017 17:46:](#)

[Markz wrote on 24 Aug 2017 17:32:](#)

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If you don't have a periscope, I advise you get support...

real...

Unless you are a virtual papa smurf

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Re: Mesayin's Motivative Messages
Posted by Markz - 25 Aug 2017 14:27

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Where did he go?

The forum is a great place, but make sure it's helping you out of the deep.



So grab onto the ropes that will get you real sober and keep on touch. Deal?

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Re: Mesayin's Motivative Messages
Posted by Mesayin - 25 Aug 2017 14:42

[Markz wrote on 25 Aug 2017 14:27:](#)

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guardyoureyes.com/images/responsive_image/home.jpg

So grab onto the ropes that will get you real sober and keep on touch. Deal?

I will, except I'm on my working PC and I gotta make sure I do my work and not spend too much time here.

?I indeed need an accountability partner. Ein apitrupis l'arayis.

?And I'm not familiar with the smurfs.

And your previous image didn't seem to come up right.

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Re: Mesayin's Motivative Messages
Posted by Mesayin - 25 Aug 2017 14:44

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Re: Mesayin's Motivative Messages
Posted by Mesayin - 25 Aug 2017 14:45

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?And I'm not familiar with the smurfs.

And your previous image didn't seem to come up right.

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Re: Mesayin's Motivative Messages
Posted by Mesayin - 01 Sep 2017 16:33

I had an interesting thought (well, interesting to me at least).

In the olden days we needed mussar sfarim and sifrei chassidus to tell us why ta'avos is bad

and it is not good for us.

However, today's days we need no explanation, it is pretty clear to everyone, especially people on this site, that it is destructive and devastating to go after ta'avos. What we need is chizzuk and ideas on how to avoid it and fight it.

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Re: Mesayin's Motivative Messages

Posted by stillgoing - 03 Sep 2017 16:19

[Mesayin wrote on 01 Sep 2017 16:33:](#)

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However, today's days we need no explanation, it is pretty clear to everyone, especially people on this site, that it is destructive and devastating to go after ta'avos. What we need is chizzuk and ideas on how to avoid it and fight it.

tis inerestin, but I wonder if it's really so clear to us.....

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Re: Mesayin's Motivative Messages

Posted by Mesayin - 04 Sep 2017 18:32

Had two falls yesterday after 6 days clean. I feel like I am progressing though.

I got a number of someone who can help me with this issue and be an accountability partner,

I'm just to embarrassed to talk to people about this and I keep on pushing off calling him.

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Re: Mesayin's Motivative Messages

Posted by Hashem Help Me - 04 Sep 2017 20:01

The first phone call may be rough to initiate but after that you probably wont hesitate when you see how helpful a phone call is. Put aside your shame, pick up the phone and call.

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Re: Mesayin's Motivative Messages

Posted by dms1234 - 04 Sep 2017 21:38

Phone calls have helped me considerably from getting out of my head and into the light. Sometimes when i cant really think straight i call a friend and it helps me to clear my head into deciding what i should do.

you can email me:

dms1234ongye@gmail.com

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Re: Mesayin's Motivative Messages

Posted by Mesayin - 04 Sep 2017 21:39

Thanks for all the responses but but when I think about calling someone I start to go like this:

Warning: Spoiler!

If you want to add more people to your list of people you arent calling

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Re: Mesayin's Motivative Messages
Posted by dms1234 - 04 Sep 2017 21:49

I hear.

My sponsor told me to "ask God for the willingness to" Anything i dont want to do like God,
please give me the willingness to call my partner"

Also sometimes, you just have to pick up the phone and dial. Even if you dont want to.

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Re: Mesayin's Motivative Messages
Posted by MayanHamisgaber - 05 Sep 2017 05:33

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Or send me or anyone else your; # and we'll call you