

Mesayin's Motivative Messages

Posted by Mesayin - 15 Oct 2015 21:08

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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 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 gibbor120 - 03 Nov 2015 20:59

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[Mesayin wrote:](#)

So it is priority number one to get rid of anything that makes the person unhappy in his life, then the battle against lust gets %75 easier.  
I would say "to learn to deal with life in a healthy way so that one is not unhappy". We cannot choose to "get rid" of lots of things that make us unhappy, but we can choose to be happy despite those things. (or deal with the unhappiness in a healthy way by talking it out etc.)

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Re: My story  
Posted by cordnoy - 04 Nov 2015 23:04

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[Mesayin wrote:](#)

For example:

I am a huge New York Mets fan, on motze shabbos when the lost that game in heartbreaking fashion I was eating myself alive, and at night in bed for one second a thought of lust came into my head and for that second my body felt relieved, but baruch Hashem I didn't allow it to come again.

Point being, it nearly impossible to get rid of lust

You can always join me....I'm a Cubs fan!

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Re: My story  
Posted by cordnoy - 04 Nov 2015 23:07

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[Chiam wrote:](#)

What I mean is that the causes of my addiction can stem-at least in part, from character traits. For example anxiety, **selfishness**, jealousy, temper, etc. **I haven't really seen this stressed so much**, but i'm curious if it has any role.

I haven't been followin' the entire conversation, but may i suggest to read the white or the big book? Selfishness is discussed at length as bein' one of the key roots of our problem.

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Re: My story  
Posted by Chiam - 05 Nov 2015 00:27

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Thanks for the recommendation... How can I access the white or big book?

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Re: My story  
Posted by cordnoy - 05 Nov 2015 00:53

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[Chiam wrote:](#)

Thanks for the recommendation... How can I access the white or big book?

Links for both are in my signature below.

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Re: My story  
Posted by Chiam - 05 Nov 2015 00:54

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Thanks!

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Re: My story  
Posted by Mesayin - 09 Nov 2015 21:55

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Wheew ok I need some help!

I downloaded a demo on my gameboy 3DS and let's just say the game is not made for recoverers.

B"H I was able to strengthen myself and delete the demo, so B"H for that.

But my head and my stomach are still spinning and my head can't think clearly, I need help

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Re: My story

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Posted by Gevura Shebyesod - 09 Nov 2015 22:07

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Re: My story

Go read some long Dow posts  
Posted by Colin Cain - 09 Nov 2015 22:43

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Go for a walk, and breathe deeply.

Fresh air will help you think clearly and feel good.

Then when you get back make sure that you eat if you are hungry, and read a good book.

If you are able to, phone a friend for a chat, maybe one who has been sick or needs a pick me up?

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Re: My story

Posted by markz - 09 Nov 2015 23:18

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[Mesayin wrote:](#)

Wheew ok I need some help!

I downloaded a demo on may gameboy 3DS annnd let's just say the game is not made for recoverers.

B"H I was able to strengthen myself and delete the demo, so B"H for that.

But my head and my stomach are still spinning and my head can't think clearly, **I need help**

You made a bonfire and threw your play/gameboy in!

That's cool I'm coming over to join you in a rekida

If you don't want visitors that's fine I'll feel bad but I'll get over it. Quickly douse the fire with a bissel woodford before you have an electric fire and all your vids get deleted too

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Re: My story  
Posted by Mesayin - 09 Nov 2015 23:23

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Now I just need an emotional pat on the back please.

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Re: My story  
Posted by Shlomo24 - 10 Nov 2015 00:37

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Part of me wants to give you the pat on the back just b/c you asked for it but that would be people pleasing which is a character defect of mine...

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Re: My story  
Posted by Mesayin - 10 Nov 2015 19:19

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Thanks to everybody's advise

Well I've had queasy feelings for the past 24 hours but I'm B"H feeling a bit better now B"H.



I think, and this is just my opinion, that since my mind got exposed to those stuff it kind of went into a state of needing more of it and when I deleted the demo and decided not to go after those stuff anymore then my mind went into a frenzy, because it is not getting what it needs (which is fine, I'm not going to give in 'cause of that).

Any comments?

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Re: My story

Posted by `Chaim - 16 Nov 2015 19:09

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Makes sense. At times when I do the right thing and take away the means of lust, my mind goes crazy because by being triggered it became convinced it is "hungry" and needs to be fed, and even though I had the saichel to take that "food" away, my mind is still in that hungry mode and still is screaming for me to squelch that hunger.

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