

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 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 Shlomo24 - 17 Nov 2015 18:28

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[shmulyz18 wrote:](#)

I was involved with a kid when I was a HS Freshman. This kid had a sexual sense of humor, and I followed his lead. We started talking inappropriately, and he printed the messages and turned them into the principal. He tricked me into sinning. I am now a Senior and a whole lot wiser now, B'H. So what ever the YH wants you to do, tell him you are a G-d fearing Jew and not a sinner. I hope this helps.

WOW! the fact that ur here as a high school senior is very chashuv. keep it up!

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Re: My story  
Posted by Mesayin - 03 Feb 2016 23:35

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Depression lust Depression lust Depression lust, it is a vicious cycle.

In my expeirences, I think I have used part of the 12 step program without even knowing it.

Meaning, the way I try to get out of depression is to know two things:

1. Happiness is in the mind, not the things that happen to me or things I obtain, the AR"l hakadosh says that ????? is the same letters as ????? and the bal shem tov says the word ??? is ?? ??, so despite what today's american culture which says that what you have is makes you happy (that is a shmooz for itself) the truth is, is that it is all perception, how we look at things that determines happiness and that nothing and no one in the world can give me or take away from my happiness.

2. I may have very good excuses to be depressed; abusive and dysfunctional home, struggling with parnassah, going through the tough shiduchim parsha, etc.. Those are certified justifications to be depressed, but I'm not looking to be right, I'm not looking for excuses, what I'm looking for is true happiness and that cannot be obtained if keep on making justifications, even if they are good justifications.

Just like the guy that is crossing the street when it's green and there is a car zooming down the block but the guy keeps walking and saying "I'm right, the light is green", that guy ended up dead right.

I hope I was clear.

Chazak V'emutz

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Re: My story  
Posted by gibbor120 - 04 Feb 2016 19:41

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Very clear. Hashem should give you strength.

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Re: My story

Posted by shmulyz18 - 10 Feb 2016 19:34

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[Shlomo24 wrote on Unknown:](#)

WOW! the fact that ur here as a high school senior is very chashuv. keep it up!

Thank you, Shlomo. I some how uninstalled the vcf filter on my laptop and I almost fell, but I got it back on. I typed a bad website, but BH it did not go through. I am doing better.

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Re: My story

Posted by Mesayin - 17 Feb 2016 21:20

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I wrote in another thread that a big problem for me is that the yetzer harah keeps coming to me with loopholes, saying: nah this is not so bad... There is no issur... just check it out for a second... And that's where he gets me.

I thought of a possible solution, is to constantly keep on guard by listening to shiurim, posting on this site, learning about lust, etc... those things keep me on guard so I don't fall for the loopholes.

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Re: My story

Posted by cordnoy - 17 Feb 2016 23:09

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I know by me I need somethin' that is in my head.

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Re: My story

Posted by markz - 18 Feb 2016 03:13

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