

New member - Colin

Posted by ColinColin - 04 Nov 2015 22:50

Hi

Am here because I want to change and beat my Yetzer Horah.

Single man.

As for avoiding masturbation, nothing has worked for me longer than 10 weeks.

I started with teenage masturbation.

Pornographic magazines.

Then internet porn.

Prostitutes.

One night stands.

Swingers sites.

I want to be healthy and find a meaningful monogamous relationship and please G-D get married one day.

My trigger is very much a deep emotional loneliness, when I feel this, then nothing stands in the way of my Yetzer Harah.

I need closeness and need to avoid that inner pain.

So I seek respite from it in ways which are sinful.

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Re: New member - Colin

Posted by colincolin - 05 Jan 2025 20:31

Thank you @stopsurvivingstartliving, @chaimoigen, @Hashem Help Me and @Muttel for your words of encouragement.

I was clean for over two years, and in my head it was going to be forever.

If I can share something I have learnt from that, it is to take each day at a time.

No matter how many days one has been clean for, the threat of falling is always there.

And the opportunity to stay clean is there too.

It is a bit like most things in the world for us as Jews.

They have positive and negative uses.

If you are hungry,

Negative: you could eat a bacon sandwich = fall.

Positive: you could wash your hands, say al netilat yedayim, say hamotzei, eat a salt beef sandwich, wash mayim achronim, say birchat hamtzon = achievement.

To take things a bit deeper.

I am pretty sure that I now know a main reason for me having been born.

My series of falls, my challenges with channelling this sexual impulse; I think they are linked to behaviour from a previous gilgul.

A main reason for me being born is to rectify that behaviour in this gilgul.

This can apply to so many of us on this website.

There will be other reasons for me being born, positive talents that I have to develop too.

Perhaps that I ignored or left unfinished from a previous gilgul.

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Re: New member - Colin

Posted by colincolin - 25 Feb 2025 20:11

Another fall.

This one from extreme tiredness.

That lead to frustration at not being able to achieve things.

Also a trigger was repressed anger at someone who treated me badly.

Of course, we must not be angry.

But I didn't have the opportunity to tell them how they treated me.

Of course, it is meant for me to have that opportunity another time.

Which will be for the best.

Gam Zu Le Tova.

But I let it get to me, a lack of Emunah.

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Re: New member - Colin

Posted by balancedzebra27 - 26 Feb 2025 02:11

Hey Colin,

Wishing you much luck on getting back up again. It's important to prevent a fall from becoming a string of falls. On another note, if you don't mind me saying, being angry is a lot better than turning your anger inwards and hurting yourself in the process. Kudos to you for finding your trigger. I hope this point will help you the next time around.

Best of luck!!

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Re: New member - Colin

Posted by ilovehashem247 - 26 Feb 2025 05:47

K.O.C.

Warning: Spoiler!

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Re: New member - Colin
Posted by colincolin - 12 May 2025 22:45

I fell again.

After a long time clean I am falling frequently again, every few months.

I was put into a social situation that I was not comfortable in, and it threw me off kilter.

I took out my frustration in a bad way.

I should have gone for a walk or read, but my mind was confused and my spirit disturbed.

Hashem sends us challenges but I do not overcome them very often.

Somehow I have to be stronger.

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Re: New member - Colin
Posted by colincolin - 19 May 2025 22:01

Another fall.

This time caused by loneliness and depression.

I simply have to like myself better too.

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Re: New member - Colin

Posted by adventurousjellyfish - 20 May 2025 02:02

Colincolin. I hope you are well. I care more about you being happy than your falling. I would be interested to learn more about you. May good things come your way. My name is Avi. I gave

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you a karma point. You seem like a good guy.