

just suscribed

Posted by tzomah - 11 Jan 2017 17:25

hi this is tzomah now that i'm getting alittle used to this one week maybe ican open up as akid my parents were a little messed up lots of screaming and fighting and i would soothe myself by mastrubating and playing with myself while fantasizing about any girl i happened to have seen that day or my 2 cousins i did this from when i was akid almost till i got married feeling guilty all the time except if i was learning really well and connecting to hashem i would sometimes be able to hold off for the most a month but at times i would go crazy and have such strong urges that i did quite some crazy things to get my fix

after i got married i stopped but inow realize that i was really using my wife igot obsessed with her and her sexual abilites or lack of and being from a closed home she didn't know much and i expecting who knows what mainly that she be and act like a fantasy i tried controlling myself but really i was subconsciously manipulating her to be some one else and for atime it worked like 2and ahalf years until her compulsive issues came out and then i realized she wasn't even capable of fullfilling the fantasy then ibasicaly collapsed and slowly got in to the internet before you know it porn for a year till one week ago i decided enough is enough found gye and am trying to kick this compulsive habit this is the first time i am making a real confession so any comments or chizuk would surely help as i get thes compulsive feelings when i turn around and see a hot girl i also start feeling guilty about how prust i can be

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Re: just suscribed

Posted by Gevura Shebyesod - 31 Mar 2017 13:46

Get stranded in the combat zone.

Walk through Bedford Stuy alone.

Ride your motorcycle in the rain.

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Re: just suscribed

Posted by cordnoy - 31 Mar 2017 16:03

[Gevura Shebyesod wrote on 31 Mar 2017 13:46:](#)

Get stranded in the combat zone.

Walk through Bedford Stuy alone.

Ride your motorcycle in the rain.

Il like to drink pina colada in the rain.

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Re: just suscribed

Posted by tzomah - 01 Apr 2017 19:13

not easy finding rain in israel

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Re: just suscribed

Posted by GrowStrong - 01 Apr 2017 20:53

[tzomah wrote on 01 Apr 2017 19:13:](#)

not easy finding rain in israel

If you want some real adrenaline over here take a walk around chevron with a plooga. Or

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Re: just suscribed

Posted by tzomah - 04 Apr 2017 13:50

b"h alls well with the erev y"t stress

the wife is doing great too

the bedroom is changing too

a thought i had recently from all of this work

"something you didn't learn the hard way you probably didn't learn at all"

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Re: just suscribed

Posted by Trouble - 04 Apr 2017 13:55

[tzomah wrote on 04 Apr 2017 13:50:](#)

the bedroom is changing too

Yep; at least it's getting cleaner.

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Re: just suscribed

Posted by tzomah - 04 Apr 2017 13:59

yeah swept the problems out from under the beds

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Re: just suscribed

Posted by Hashem Help Me - 04 Apr 2017 14:02

[tzomah wrote on 04 Apr 2017 13:50:](#)

b"h alls well with the erev y"t stress

the wife is doing great too

the bedroom is changing too

a thought i had recently from all of this work

"something you didn't learn the hard way you probably didn't learn at all"

So happy for you. Your post shows everyone there is light at the end of the tunnel. May Hashem keep the good times coming.

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Re: just suscribed

Posted by Gevura Shebyesod - 04 Apr 2017 14:14

[tzomah wrote on 04 Apr 2017 13:50:](#)

"something you didn't learn the hard way you probably didn't learn at all"

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Re: just suscribed

Posted by Singularity - 04 Apr 2017 14:34

Wonderful!

KOPC!!!

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Re: just suscribed

Posted by tzomah - 05 Apr 2017 12:47

feeling slight craving letting it float

i'm a little edgy

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Re: just suscribed

Posted by tzomah - 05 Apr 2017 13:19

getting back to work b"h

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Re: just suscribed

Posted by tzomah - 24 Apr 2017 09:41

the bear went over the mountain and what do you think he saw

he saw another mountain

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Re: just suscribed

Posted by tzomah - 24 Apr 2017 09:44

and unfourtanetly this bear fell

but hes getting up i beat a record 40 days and then i get off balance sameting happened after

30 days i acted out in a way that i never did before and feel bad about it

any advice or chizuk would help me on my feet

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Re: just suscribed

Posted by bb0212 - 24 Apr 2017 11:45

I don't have any advice right now, but perhaps reading other threads can inspire you. Have you seen [This](#) thread?

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