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 obessed 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 subconciosly 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

==========

Re: just suscribed
Posted by Shlomo24 - 24 Apr 2017 13:06

---

tzomah wrote on 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

Care to be more specific?

==========

Re: just suscribed
Posted by tzomah - 24 Apr 2017 17:06

_____

i beat a record and started to feel edgy i went to open a twitter account and spent 6 hours there

this morning i woke up was learning and having an inner fight that i wont continue and i'll just erase the account but i knew that it wasn't true iknew i would give in while i was telling myself this it was totally crazy i then spent the whole morning before i davened doing s/t very lustful on twitter with another person witch makes me feel all the more guilt

but i learnt some valuable lessons and i reached out for the first time in my life to a person live and had a real life conversation that left me feeling good and more normal afterwards

==========

Re: just suscribed
Posted by Markz - 24 Apr 2017 17:14

_____

tzomah wrote on 24 Apr 2017 17:06**:**

i beat a record and started to feel edgy i went to open a twitter account and spent 6 hours there

this morning i woke up was learning and having an inner fight that i wont continue and i'll just erase the account but i knew that it wasn't true iknew i would give in while i was telling myself this it was totally crazy i then spent the whole morning before i davened doing s/t very lustful on twitter with another person witch makes me feel all the more guilt

but i learnt some valuable lessons and i reached out for the first time in my life to a person live and had a real life conversation that left me feeling good and more normal afterwards

This is really the first time you ever spoke to a live person?

Thats sad, no?

See

gye.vids.io/videos/489ad9b21415e3c5c0/digital-insanity

==========

Re: just suscribed
Posted by Hashem Help Me - 24 Apr 2017 17:38

_____

sorry to hear about the fall. do you mind sharing what happened that triggered it?

==========

Re: just suscribed
Posted by tzomah - 24 Apr 2017 18:02

_____

i went out to eat with my wife yesterday at day 39 witch was already a few days passed my record there were many nice women there

she went her way and i went mine but the main thing was a craving my marriage is doing better than ever and i know i came a long way

==========

Re: just suscribed
Posted by tzomah - 24 Apr 2017 18:04

_____

Markz wrote on 24 Apr 2017 17:14**:**

tzomah wrote on 24 Apr 2017 17:06**:**

i beat a record and started to feel edgy i went to open a twitter account and spent 6 hours there

this morning i woke up was learning and having an inner fight that i wont continue and i'll just erase the account but i knew that it wasn't true iknew i would give in while i was telling myself this it was totally crazy i then spent the whole morning before i davened doing s/t very lustful on twitter with another person witch makes me feel all the more guilt

but i learnt some valuable lessons and i reached out for the first time in my life to a person live and had a real life conversation that left me feeling good and more normal afterwards

This is really the first time you ever spoke to a live person?

Thats sad, no?

See

gye.vids.io/videos/489ad9b21415e3c5c0/digital-insanity

no ive spoken yo many people

just not about this

its the nature of the beast

==========

Re: just suscribed
Posted by Markz - 24 Apr 2017 19:52

_____

tzomah wrote on 24 Apr 2017 18:04**:**

Markz wrote on 24 Apr 2017 17:14**:**

tzomah wrote on 24 Apr 2017 17:06**:**

i beat a record and started to feel edgy i went to open a twitter account and spent 6 hours there

this morning i woke up was learning and having an inner fight that i wont continue and i'll just erase the account but i knew that it wasn't true iknew i would give in while i was telling myself

this it was totally crazy i then spent the whole morning before i davened doing s/t very lustful on twitter with another person witch makes me feel all the more guilt

but i learnt some valuable lessons and i reached out for the first time in my life to a person live and had a real life conversation that left me feeling good and more normal afterwards

This is really the first time you ever spoke to a live person?

Thats sad, no?

See

gye.vids.io/videos/489ad9b21415e3c5c0/digital-insanity

no ive spoken yo many people

just not about this

its the nature of the beast

Great move!!!

KOTalking/Trucking

==========

Re: just suscribed
Posted by Hashem Help Me - 24 Apr 2017 19:55

_____

Tzomah, you are doing great. Your attitude is so reality based yet positive. You are iyh going to be helpful to many.

==========

Re: just suscribed
Posted by Shlomo24 - 24 Apr 2017 20:14

_____

I'm sorry to hear about your experience. It's admirable that you reached out to someone. Many people deliberate for many years before that happens. Good step.

==========

Re: just suscribed
Posted by Trouble - 25 Apr 2017 00:31

_____

tzomah wrote on 24 Apr 2017 18:02**:**

i went out to eat with my wife yesterday at day 39 witch was already a few days passed my record there were many nice women there

she went her way and i went mine but the main thing was a craving my marriage is doing better than ever and i know i came a long way

What a funny way to go out with your wife to eat.

==========

Re: just suscribed
Posted by tzomah - 25 Apr 2017 08:21

_____

is it my fault that other wives eat there too

==========

Re: just suscribed
Posted by GrowStrong - 25 Apr 2017 10:08

_____

tzomah wrote on 25 Apr 2017 08:21**:**

is it my fault that other wives eat there too

Are you really asking Trouble if it is your fault?

==========

Re: just suscribed
Posted by tzomah - 25 Apr 2017 14:35
_____

no

i just couldn't figure out what he meant funny

==========

Re: just suscribed
Posted by tzomah - 26 Apr 2017 11:03
_____

look here

==========

Re: just suscribed
Posted by Singularity - 26 Apr 2017 13:10
_____

Keep on going, bro! You got my support.

==========