

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 tzomah - 28 Dec 2017 09:53

great news here

after listening to dov's workshop for two weeks i started seeing how much resentment i have

especially in marriage so i went out with my wife one morning to talk to her about things

and we started really connecting finally i just blurted everything that for the past 2 years i have been struggling with porn and lust

b"h she took it really well she told me she knew something was going on and she is relieved i am doing something about it

i felt this week like a huge load came off my back and i was flying for the past 3 days with out any lustful thoughts

but i wont fool myself i obviously need to continue working on this with listening and reading the forum daily because this is what is working for me it just took a huge pressure off of me that

makes it all that easier

thank you hashem for such an understanding wife

that is bloak underappreciates

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Re: just suscribed

Posted by Markz - 28 Dec 2017 14:06

[tzomah wrote on 28 Dec 2017 09:53:](#)

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"i am doing something about it"

And what is that pray tell

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Re: just suscribed

Posted by getthere - 28 Dec 2017 16:20

Good to hear, it takes a heavy weight of the shoulders if the person you live with knows about it. I hope it continues that way.

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Re: just suscribed

Posted by tzomah - 29 Dec 2017 10:15

[Markz wrote on 28 Dec 2017 14:06:](#)

[tzomah wrote on 28 Dec 2017 09:53:](#)

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"i am doing something about it"

And what is that pray tell

please explain the question cuz it seems no matter what people say here there is always someone asking them what are you doing about it as if there is some trick you gotta do or else your not doing anything

and to say i am TRUCKING doesn't mean i am doing anything

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Re: just suscribed

Posted by Markz - 29 Dec 2017 15:05

[tzomah wrote on 29 Dec 2017 10:15:](#)

[Markz wrote on 28 Dec 2017 14:06:](#)

[tzomah wrote on 28 Dec 2017 09:53:](#)

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your wife is relieved that you're "listening and reading the forum daily"?

you didn't share anything else...

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Re: just suscribed

Posted by tzomah - 30 Dec 2017 20:10

no my wife is relieved she aint the only one with problems

and i told her openly i realize how i made her feel like that for the past two years

she told me that she knows me and she knows i would do something about this in other words she trusts me

should she i hope so

i don't think i am an addict she knows and i know when this became a real problem

the 1st 5 years of marriage i didn't masturbate or watch porn we are married 7 years

i also told her what i have been doing for the past year in other words i spoke to people on the phone i email people every day

and instead of watching porn daily i fell 3 times in the past 3 months and it wasn't after many hours

this past week was the cleanest week i had in the past 2 years

so i'd assume something is working i don't i need to analyze what that is

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Re: just suscribed

Posted by tzomah - 12 Jan 2018 10:12

b"h doing pretty good

although still feel lustful at times learning how to stay connected

i will iy"h start calling people when i feel a struggle

great trhings are happening

gut shabbos to all

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Re: just suscribed

Posted by tzomah - 17 Jan 2018 12:01

just checking in here on my thread

b"h life is great

a gut chodesh to all

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Re: just suscribed

Posted by tzomah - 29 Jan 2018 21:52

would like to share a great story i heard in the name of r' shalom schwadron that he knew someone that struggled with shmiras einayim

then this man lost his eyesight so his friends told him at least one problem is gone

the man answered you don't understand till now a girl was a girl and a bush was a bush now every bush is a girl.....

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Re: just suscribed

Posted by tzomah - 30 Jan 2018 12:01

the rebbe milublin (chozeh) was once saying all his chisronos and how he is on a low madreigah etc and he doesn't know how he is going to stand in front of the kisei hakovod

his talmidim told him not to worry they will come and say witness to his greatness and high madreigah

he answered that is very nice but then they will turn to me and say itzik'l and what do you hold of yourself.....

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Re: just suscribed

Posted by HakolMilimala - 01 Feb 2018 04:58

[tzomah wrote on 30 Dec 2017 20:10:](#)

this past week was the cleanest week i had in the past 2 years

so i'd assume something is working i don't i need to analyze what that is

I'd like to politely disagree.

If you are content with falling here and there as long as you're not falling daily, if you are content with being so-so, if you're content with having a *pretty* good relationship with you're wife, then by all means continue what you're doing.

But if you're looking to really come clean and really distance yourself from these behaviors, I think analysis of what works and what doesn't work is quite frankly exactly what you need to be doing.

Sharing this stuff with your wife was an awesome step. For me personally, I find that opening up with someone who you respect and care about is liberating, and it feels amazing. Sometimes I wish I could reproduce that feeling of liberation. But if you want to continue to grow, and why shouldn't you, Don't settle for so-so. Don't assume that you have done enough. I think there's so much that you can gain by learning about what triggers you and what works for you. There is so much to gain by just educating yourself about the nature of what it is you're fighting against.

Keep us posted, b'eh you will have a ton of growth in these areas.

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Re: just suscribed

Posted by tzomah - 01 Feb 2018 12:06

thank you

i will clarify i meant if something is working i definitely will continue doing it and other things also

i just don't think it is necessary and can maybe self destructive to pschycoanalyze every last thing why it works it is often enough to acknowledge that it works and keep on moving

but definitely not to be complacent

for example talking to hashem helps why it helps is a great philishophical disscusion that many people myself included love to have and then they do nothing

the main thing is to do what works

not have information although it's important lo hamedrash ikar elah hamasseh

it took me a long to time to realize that and i still need to work on it

as for an update the last 2 weeks have been totally clean b"h

meaning no walks (cruising)

no youtube

no movies

keeping my eyes off women in the streets

why i am in touch with people from gye

one person live (lifesaving)

i have backup phone numbers in case of emergency

i started using my wifes computer only (it is slowly becoming mine)

and life is great like this

thank you all it's because of you

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Re: just suscribed

Posted by HakolMilimala - 01 Feb 2018 14:08

[tzomah wrote on 01 Feb 2018 12:06:](#)

thank you

i will clarify i meant if something is working i definitely will continue doing it and other things also

i just don't think it is necessary and can maybe self destructive to pschycoanalyze every last thing why it works

Maybe it's not necessary, but why would it be self-destructive?

Also, just pointing out that if your wife's computer is slowly becoming yours, then it will lose the

and life is great like this

Happy to hear that you're enjoying the sober life. Thats awesome.

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Re: just suscribed

Posted by tzomah - 01 Feb 2018 22:53
advantage of being your wife's computer. So be careful with that

i think it is self destructive to get stuck in your head it is great to analyze to an extent but

if you can't stop it may cause you to run for a fix of the great escape

your right about it has the advantage as i don't know the password

it is definitely awesome to enjoy the sober life

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Re: just suscribed

Posted by tzomah - 07 Feb 2018 00:12

just a thought

secrecy is geneivah privacy is tznus

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