

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 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?

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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

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Re: just suscribed

Posted by Markz - 24 Apr 2017 17:14

[tzomah wrote on 24 Apr 2017 17:06:](#)

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

Thats sad, no?

See

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

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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?

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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

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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:](#)

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just not about this

its the nature of the beast

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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:](#)

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Great move!!!

KOTalking/Trucking

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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.

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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.

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Re: just suscribed

Posted by Trouble - 25 Apr 2017 00:31

[tzomah wrote on 24 Apr 2017 18:02:](#)

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

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Re: just suscribed

Posted by tzomah - 25 Apr 2017 08:21

is it my fault that other wives eat there too

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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?

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Re: just suscribed

Posted by tzomah - 25 Apr 2017 14:35

no

i just couldn't figure out what he meant funny

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Re: just suscribed

Posted by tzomah - 26 Apr 2017 11:03

look here

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