

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 subconciolosly 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 - 08 Jun 2017 20:13

hi all dear friends i haven't been here in awhile and part was very good and part i was trying to beat the system with little stuff that turned into bigger stuff obviously but i realised i got stop stressing on this topic too (for me) bec. part of my problem is the obsessive thoughts

i started learning the sefer hachshoras h'avreichim by the piascezna he teaches you how to train your mind

i am at 0 days today but i feel like i have lots of new energy and calm

for me calm is key #1

i am learning that i am not in charge and my marriage is not up to me as i am married to a person and not a.....

i hope to check in again soon but not too often as i can't stress myself out

i wonder if anyone feels the same

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Re: just suscribed

Posted by Hashem Help Me - 09 Jun 2017 03:16

Very honest of you to post. Piasezna was my sefer for many years. Very powerful and very deep. Lots to say about his mehalech.

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Re: just suscribed

Posted by tzomah - 16 Oct 2017 13:43

hello all my friends i don't know if anyone even remembers me as i wasn't here in a while my highs are b"h higher but my lows unfoutanrtly lower today i fell in a way that i am too embarrassed to say

i am even feeling cold to it

but i realise there is no other way than to work at it

alot happened in my life in the last few months at times i am calmer than i ever was

but at times.....

i left a very pressured kollel to eliminate tension in my life

and b"h my wife is getting much better

but i still can't get a hold of myself

i can't come here often cuz that means i am already starting to fall as i end up in cafes

i think i may need an zccountability partner in israel that i can relate to and befriend cuz i get very lonely at times although on the outside i am very upbeat and seem to have it altogether

i really want to stop and have a heilige life

the fall today is not sinking in yet but i must run from guilt or else i am finished

i know my writing is not clear as i am very befuddled now

much more to say but i am too jumpy now

i also have a hard time reading long posts and can't really reply but i have been following along much of the time

any ideas r welcome this guy needs chizzuk but not neccesarily drashos

thanx

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Re: just suscribed

Posted by wellworthit - 16 Oct 2017 13:52

The most important thing to realize is that it is a great mitzvah to help oneself and it is very important the chofatz chayim once said that hashem prefers a healthy bal haboas then an ill talmud chochom the main thing is to be emotional stable

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Re: just suscribed

Posted by Markz - 16 Oct 2017 17:08

You don't need Chizuk or Drashos

You need to get a life - take baby steps brother.

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Re: just suscribed

Posted by gibbor120 - 17 Oct 2017 14:14

I think I remember you, but not your whole story. Welcome back. Don't be a stranger.

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Re: just suscribed

Posted by Hashem Help Me - 17 Oct 2017 19:56

Welcome back. It's been a while. Hatzlocha.

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Re: just suscribed

Posted by tzomah - 19 Oct 2017 13:06

tired tired tired

going to sleep ahah and not.....

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Re: just suscribed

Posted by tzomah - 27 Oct 2017 09:57

the passed 2 days i wasn't feeling well so the tricks on my mind start just go etc.

i did go 2 days ago to watch movies(still hard to over come but i am not letting it get me down and feel guilty or else i'll be doing worse things i am making that my next step)

anyways i went to sleep yesterday by bein hsedorim and woke totally uninterested in learning and there was this voice telling me just do it go watch porn the whole afternoon

then my chavrusa called asking me should i pick u up

i said nah i don't think i am gonna make it today

slowly i got and i was gonna go watch i was standing in front of my building thinking witch way should i go

and i am thinking this is the struggle you don't need to go nothing will happen to you you wont miss a thing if you dont go and even if you dont learn well today you'll feel great later that you just picked the right thing

so i called my chavrusa and we didnt learn most of the time like i though but we learnt for 45

min and then i stayed to learn with another guy

after that i was feeling pretty good

and although i still went to watch a movie (not porn)

i still came home feeling i did something new and that i will be able to slowly do this

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Re: just suscribed

Posted by Hashem Help Me - 27 Oct 2017 20:57

It's decisions like that that separate the men from the boys. It takes tremendous gevura when at that crossroad with the urge pulling inexorably in that pain numbing, calming direction. By yanking yourself out of there you displayed incredible self control. On top of that you learned with 2 chavrusos which is b'geder "ain lo'hem shiur". There is no question that acts of mesiras nefesh like what you did appear in shomayim similar to Yosef Hatzaddik's. In our times to pull away from that easy downhill slide is an inspiration for all. May Hashem stand at your side (and by all of us) as it says in this week's haftorah.

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Re: just suscribed

Posted by tzomah - 29 Oct 2017 11:13

thank you hhm your comments keep us and me going(to seder)

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Re: just suscribed

Posted by tzomah - 03 Nov 2017 10:03

i don't need to feel good that i didn't act out rather i feel good and that's why i didn't act out

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Re: just suscribed

Posted by tzomah - 16 Nov 2017 15:40

i fell

stress

not feeling good about myself

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Re: just suscribed

Posted by MayanHamisgaber - 16 Nov 2017 18:07

Sorry to hear about your fall

?you are n inspiration to many and your honesty will get you over the bump in the road

KOMTNMW

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