

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 GrowStrong - 26 Jan 2017 14:28

me too!!!

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Re: just suscribed

Posted by tzomah - 26 Jan 2017 14:35

i'm thinking of switching to chassideshe litvak

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Re: just suscribed

Posted by will Succeed Beh - 26 Jan 2017 14:38

[tzomah wrote on 26 Jan 2017 14:35:](#)

i'm thinking of switching to chassideshe litvak

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Re: just suscribed

Posted by Gevura Shebyesod - 26 Jan 2017 14:40

There was a certain Litvishe yeshiva that at one point had a very large majority of Chassidishe Bochurim. They used to Kler a Chakira: Is it a Litvishe Yeshiva with Chassidishe Bochurim, or a Chassidishe yeshiva with a Litvak for a Rosh Yeshiva?

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~~You~~ making progress by the minuet, who knows what you'll be in a few min from now....

Re: just suscribed

Posted by tzomah - 26 Jan 2017 14:46

don't worry i am also addicted to cofee

coffee room heard all those

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Re: just suscribed

Posted by Hashem Help Me - 26 Jan 2017 15:51

As we climb a mountain, we realize the slopes are not always smooth. Sometimes to continue an ascent, one must head down a bit to traverse a ditch. Tzomah: Keep climbing! We are right next to you climbing too and cheering for you.

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Re: just suscribed

Posted by 360gye - 26 Jan 2017 16:51

That was nicely put, great analogy.

Tzomah we are all climbing the same mountain together and not leaving anyone behind. If anyone falls/slips we are here to help them get their balance back and help them

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Re: just suscribed

Posted by Markz - 26 Jan 2017 16:59

[tzomah wrote on 26 Jan 2017 14:35:](#)

i'm thinking of switching to chassideshe litvak

Changing from chasidus needs research - specifically below the belt

If you were born many minutes after sundown, your chassidic Mohel may have given you a Bris on Day 7 according to any misnagdim.

Which is why few chasidim convert.

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Re: just suBscribed

Posted by Workingguy - 26 Jan 2017 18:56

[GrowStrong wrote on 26 Jan 2017 12:49:](#)

[tzomah wrote on 26 Jan 2017 12:46:](#)

so your saying porn itself would not be considered acting out

What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

1. **Intentional masturbation (with finish)**
2. **Intentionally viewing improper sites**
3. **Intentionally calling inappropriate telephone numbers**
4. **Intentionally seeking out and reading erotica**
5. **Worse things, which we need not mention**

This is from the guard your eyes handbook but I think everyone has to do what will make them more successful. I've always thought it weird that a person has to count it a fall if they intentionally look at something, but where as if they start masturbating intentionally but just don't finish then it's not a fall. Huh??

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Re: just suBscribed

Posted by Hashem Help Me - 27 Jan 2017 02:56

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[\[quote\]](#)

[A wrote:](#)

[*]Intentional masturbation (with finish)

[*]Intentionally viewing improper sites

[*]Intentionally calling inappropriate telephone numbers

[*]Intentionally seeking out and reading erotica

[*]Worse things, which we need not mention

[/list]

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[/quote]

Good question. Maybe send it in to the guard for clarification.

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Re: just suBscribed

Posted by tzomah - 30 Jan 2017 12:03

probaly because looking at porn itself you didn't overcome anything

where as if you mastrubated but didn't finish you still had to stop yourself so you overcame it

like the gemara says by yosef hatzaddik

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Re: just suBscribed

Posted by Hashem Help Me - 30 Jan 2017 12:23

Welcome back Tzomah. Bh you are doing good. Keep it up!

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Re: just suBscribed

Posted by Workingguy - 30 Jan 2017 12:26

[tzomah wrote on 30 Jan 2017 12:03:](#)

probaly because looking at porn itself you didn't overcome anything

where as if you masturbated but didn't finish you still had to stop yourself so you overcame it

like the gemara says by yosef hatzaddik

It's a good "pshat" but doesn't really make sense to me. The question is what is considered a fall; not whether you got back up again by still overcoming something.

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Re: just suBscribed

Posted by tzomah - 30 Jan 2017 12:37

my point was that by yosef hatzaddik it wasn't really considered a fall

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