

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

hi yakov or whoever will read this.

?i grew up in an abusive atmosphere my mother would beat me, i was bullied in school and one of my rebbeim picked on me and got my whole class to laugh at me. i was in therapy for the resulting problems for quite some time. i still see a therapist from time to time. at one point for two years i was taking meds a generic for Zoloft. that's my emotional history.

as for the kedusha problems I've been masturbating now for 13 yrs.. i have spoken to numerous rebbeim who tried to help me along the way. they weren't really equipped to deal with me. eventually i discovered porn but baruch hashem i always had limited access. i still have relapses in porn which are hard to get out of. i'm now married bh and i have a daughter bli ayin hora. please help

not sure how you'll contact me my email is mikefineroth@gmail.com (not my name and i don't know anyone with that name)

hope we'll finally break free

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Re: my problems

Posted by mikestruggling - 08 May 2017 11:43

ok so first of all i'm back on meds (round of applause please)

hopefully it'll help the depression and therefore acting out as well

I wanted to share a story that happened to me yesterday theres a place iwalk by every day where there is a woman who I have a yetzer hara for every day and it causes me anxiety

yesterday I had enough my anxiety level was unhealthy to begin with I couldn't add more and I didn't want to be nichshal so before I left my house I said something like this "Ribono Shel Olam please take away the nisayon if not please give me the extra koichos to overcome my nisayon if

not then help me with what I have"

I wish I can tell you the Ribono Shel Olam took away my nisayon I just don't know...

...I didn't check I looked down at the floor I don't know bechlal if she was there

have a wonderful day

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Re: my problems

Posted by Shivisi_Hashem - 08 May 2017 15:50

we actually ask hashem the same every night twice, ?????? ?????? ??????? ?????? ???????, that on the way out from home and on the way back home, it should be Beshuloim,

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Re: my problems

Posted by mikestruggling - 08 May 2017 18:49

thanx I never have that in mind I'm alwaysbusy with vhoser mimeni... ...v'yugoin

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Re: my problems

Posted by MayanHamisgaber - 08 May 2017 19:19

Warning: Spoiler!

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Re: my problems

Posted by mikestruggling - 08 May 2017 19:38

are you cheering because I asked or because I was mesgaber (or both)

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Re: my problems

Posted by MayanHamisgaber - 08 May 2017 19:43

Mostly because you asked

Cheering because some one is misgber can be dangerous

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Re: my problems

Posted by mikestruggling - 08 May 2017 19:56

thanx anyway but why is it dangerous to cheer for someone who is misgaber

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Re: my problems

Posted by YidFromMonsey - 08 May 2017 21:52

[mikestruggling wrote on 08 May 2017 11:43:](#)

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Givaldig!!!

I pray many times each day, it usually goes something like this: "God, I want to lust and drink in the view of these body parts, I know it's not good for me but I cannot stop, I'm totally ready that you should take away the temptation from me and keep me sober, as you can do for me what I cannot do for myself, so please keep me sober and let me find in you what I'm looking for in these body parts". What should I tell you, it works if I really mean it!

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Re: my problems

Posted by GrowStrong - 08 May 2017 22:16

[YidFromMonsey wrote on 08 May 2017 21:52:](#)

[mikestruggling wrote on 08 May 2017 11:43:](#)

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A beautiful version of the second look prayer, thank you!

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Re: my problems

Posted by Hashem Help Me - 08 May 2017 23:48

Mike, Wow! Such gevura. We can only imagine the simcha in shomayim that in 2017 a healthy man had the strength to look at the floor despite having the ability to drink in such a lustful sight which he really wanted to enjoy. When Moshiach comes it will be guys like you standing in front of the line to greet him.

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Re: my problems

Posted by Bigmoish - 09 May 2017 03:01

[mikestruggling wrote on 08 May 2017 11:43:](#)

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Hi Mike. Hope everything's well, sorry to hear your predicament.

Just curious, is it possible to walk a different way? It probably won't make your lust evaporate, but it would might help your anxiety.

Kol Tuv

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Re: my problems

Posted by MayanHamisgaber - 09 May 2017 03:39

[mikestruggling wrote on 08 May 2017 19:56:](#)

thanx anyway but why is it dangerous to cheer for someone who is misgaber

egging on the y"h is never a good idea

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Re: my problems

Posted by mikestruggling - 09 May 2017 03:54

that's a gr8piece of advice thank you I did consider it its not so practical but maybe that is what Hashem wants from me

thanx again

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Re: my problems

Posted by mikestruggling - 09 May 2017 20:14

i'm lusting right now like crazy noones around and i have at least three different ways to feed my addiction

for starters i left a message by my mentor later he'll check up on me so i'd better not fall (he reads my thread too)

additionally i'm posting here that 1. takes time (time not spent acting out) 2. it'll help me feel good when i pull through

that's how i plan on overcoming this nisayon hatzlacha

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Re: my problems

Posted by GrowStrong - 09 May 2017 20:17

Did you consider surrendering it instead of fighting it.

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