

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

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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](mailto: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 YidFromMonsey - 09 May 2017 20:27

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[mikestruggling wrote on 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

I'd pray pray and pray again.... God could and would if He is sought!!!!

Keep strong brother

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Re: my problems

Posted by Bigmoish - 09 May 2017 20:31

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[mikestruggling wrote on 09 May 2017 20:14:](#)

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1. Make sure you type e x t r a s l o w l y .

2. Meh

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Re: my problems

Posted by MayanHamisgaber - 09 May 2017 20:33

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You can call Shlomo

email a whole slew of the chevrah

keep posting

read the last three pages of my thread

We are here for you

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Re: my problems

Posted by Shlomo24 - 09 May 2017 21:04

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[MayanHamisgaber wrote on 09 May 2017 20:33:](#)

You can call Shlomo

email a whole slew of the chevrah

keep posting

read the last three pages of my thread

We are here for you

You definitely can call me. It's so funny because I don't remember anyone actually calling me unless we privately emailed or texted each other beforehand. GrowStrong might be the only one actually.

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Re: my problems

Posted by Ihavenostrength - 09 May 2017 21:07

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[GrowStrong wrote on 09 May 2017 20:17:](#)

Did you consider surrendering it instead of fighting it.

How would one go about surrendering it?

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Re: my problems

Posted by MayanHamisgaber - 09 May 2017 21:12

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HOW IS IT GOING MIKE

WE ARE WAITING FOR AN UPDATE

I MAY NOT SLEEP TONIGHT MAN

LET US KNOW PLEEEEEEEEEEEEEEEEEASE

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Re: my problems

Posted by Trouble - 09 May 2017 21:33

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[MayanHamisgaber wrote on 09 May 2017 21:12:](#)

I MAY NOT SLEEP TONIGHT MAN

because you already slept during ....

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Re: my problems

Posted by GrowStrong - 09 May 2017 21:43

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[Shlomo24 wrote on 09 May 2017 21:04:](#)

[MayanHamisgaber wrote on 09 May 2017 20:33:](#)

You can call Shlomo

email a whole slew of the chevrah

keep posting

read the last three pages of my thread

We are here for you

You definitely can call me. It's so funny because I don't remember anyone actually calling me unless we privately emailed or texted each other beforehand. GrowStrong might be the only one actually.

Yes need to do that more!

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Re: my problems

Posted by GrowStrong - 09 May 2017 21:52

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[lhavenostrength wrote on 09 May 2017 21:07:](#)

[GrowStrong wrote on 09 May 2017 20:17:](#)

Did you consider surrendering it instead of fighting it.

How would one go about surrendering it?

The million dollar question!

Here is my 2c.

You read the Big Book... then read is slower.

After a third reading you can listen to Joe and Charlie.

Here is a dollars worth I got from a close friend but its harder to comprehend without having a feeling of the definition.

You give the the title belt to Lust. Then return the crown to God.

Then you stand outside the Ring and see if you can help the next hopeless contender. (skipped 8 steps but thats the drift)

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Re: my problems

Posted by mikestruggling - 10 May 2017 03:33

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deep breath everyone! i passed! (ok no round of applause)

my nisayon wasn't too long eventually my wife came into the room i fell asleep easy my meds kick in real quick but a personal thank you to each and everyone of you for replying to my

stressful moment to me its not about reading it during my nisayon rather knowing that later on i'll come back to my thread and i better have something good to say

thankyou the Ribono Shel Olam should help you on all your nisyonos

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Re: my problems

Posted by yiraishamaim - 10 May 2017 03:39

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Now compare the elation of passing to the deep-seated depression that always eventually accompanies a fall.

The difference is immeasurable.

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Re: my problems

Posted by Hashem Help Me - 10 May 2017 11:29

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Mike, super! By the way reading the book, forums, chizuk emails etc., or knowing that you will need to post the outcome,helps by giving us the ability when a nisayon comes to stop for a second and think. That second makes a world of a difference. You are training yourself well with Hashem's help. Continued hatzlocha.

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Re: my problems

Posted by YidFromMonsey - 10 May 2017 12:49

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[mikestruggling wrote on 10 May 2017 03:33:](#)

deep breath everyone! i passed! (ok no round of applause)

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thankyou the Ribono Shel Olam should help you on all your nisyonos

you passed, why ever not?

Keep it up brother

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Re: my problems  
Of course round of applause  
Posted by mikestruggling - 10 May 2017 16:53

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try learning out loud with a tune it works wonders (you also get infinite reward and are being misdabek in hashem which is pretty awesome if you asked me)

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Re: my problems  
Posted by mikestruggling - 11 May 2017 11:00

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i by mistake deleted the last post it said to try learning out loud with a tune

unfortunately i'm back with not good news i fell

bh i didn't fail because that's impossible as long as i am fighting

it still doesn't feel gr8 and i want to know what i will do if this comes again

is there anyone in israel who i can call you cam email me [mikefineroth@gmail.com](mailto:mikefineroth@gmail.com)

thanx for reading

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