

Bego

Posted by bego - 20 Apr 2017 14:53

Hi all

I am a married man with children in my early thirties.

I have had problems with pornography since I was Bar Mitzvah. In Yeshivah I was very consumed by my lust but apparently we are not supposed to say too much. I got married, thinking as we all do that it would settle down, and B"H in terms of actually being Mashchis Zera, I have been much better.

But I still struggle with looking at women in the street and the dreaded boredom at work where google calls me and I, regretfully, answer. Unfortunately work makes a filter nearly impossible.

It really is like a drug. I can feel myself NEEDING to look right now. I still recall the soothing warmth of the Hashchosas Zera and quickly forgot the guilt and sadness that came after. I regularly fall at these times, at least with looking, but I really want to improve. I have been getting the emails for ages and they really help but I recognise I probably need more.

Hopefully this will help.

I was just wondering if someone will work out who I am. Then I realised that if they do, it means they have also been reading this :-)

All the best

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Re: Bego

Posted by bego - 06 Apr 2022 07:30

This house proposes the following motion: it is better to masturbate and relieve the tension than to be annoyed with your wife because she isn't willing to have sex.

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Re: Bego

Posted by wilnevergiveup - 06 Apr 2022 09:02

[bego wrote on 06 Apr 2022 07:30:](#)

This house proposes the following motion: it is better to masturbate and relieve the tension than to be annoyed with your wife because she isn't willing to have sex.

I've been doing this on and off over the last little while, whenever the tension gets unbearable. You can try it and let me know how it works.

For me, it crystalized the fact that I have work to do and that I do not yet have the tools to live life the way I want to.

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Re: Bego

Posted by bego - 06 Apr 2022 10:05

For me, it crystalized the fact that I have work to do and that I do not yet have the tools to live life the way I want to.

Amen to that

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Re: Bego

Posted by bego - 04 May 2022 13:07

To all the M'ers and P'ers out there.

Did you know that it doesn't count as an A if you don't S it O?

In fact, H says it's F if you H behind the initial L.

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Re: Bego

Posted by Ybird - 04 May 2022 15:29

i dont get it, what do you mean with H, F, L, S, O, A,

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Re: Bego

Posted by Shmuel - 04 May 2022 15:45

[Ybird wrote on 04 May 2022 15:29:](#)

i dont get it, what do you mean with H, F, L, S, O, A,

Here is my guess:

- Hashem
- Hide
- Fine
- Letter
- Spell
- Out
- Aveira

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Re: Bego

Posted by Sapy - 04 May 2022 15:46

Whoa.... Bego woke up in a good mood, and I'm sitting and trying to find out the riddle....
M'asterbaters, P'orners. A'veira?? S'it it O'ut?? H'ashem?? F'ine?? H'ide?? L...?

Anyone?

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Re: Bego
Posted by Sapy - 04 May 2022 15:48

[Shmuel wrote on 04 May 2022 15:45:](#)

[Ybird wrote on 04 May 2022 15:29:](#)

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Ye... Shmuel got it better then me...

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Re: Bego
Posted by Ybird - 04 May 2022 15:58

[Shmuel wrote on 04 May 2022 15:45:](#)

[Ybird wrote on 04 May 2022 15:29:](#)

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- Hashem
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- Aveira

wow i now got my first lesson on espionage

should i apply to the CIA or mossad which one pays more?

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Re: Bego

Posted by bego - 04 May 2022 22:16

[Shmuel wrote on 04 May 2022 15:45:](#)

[Ybird wrote on 04 May 2022 15:29:](#)

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Here is my guess:

- Hashem
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Yes, I think that's correct ?? I'm struggling to remember now!

It was a slight dig at those who sanitise their actions by giving euphemisms like P & M. Let's say it loud - I LOOK AT PORN AND MASTURBATE

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Re: Bego

Posted by Sapy - 04 May 2022 23:07

I L A P A M !!!!

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Re: Bego

Posted by wilnevergiveup - 05 May 2022 04:42

[Sapy wrote on 04 May 2022 23:07:](#)

I L A P A M !!!!

I look at Parsha and Meforshim?

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Re: Bego

Posted by Ybird - 05 May 2022 14:32

[wilnevergiveup wrote on 05 May 2022 04:42:](#)

[Sapy wrote on 04 May 2022 23:07:](#)

I L A P A M !!!!

I look at Parsha and Meforshim?

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Re: Bego

Posted by Ybird - 05 May 2022 14:47

i still cant find myself taklting THE WORD out, whenever i talk to someone about this i'll always say, being together instead sex, or watching shmutz instead of porn, or doing some not so good stuff instead of masterbating

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haha you made my day