

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 Trouble - 05 May 2022 15:56

[bego wrote on 05 May 2022 15:44:](#)

[Ybird wrote on 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

My personal feeling is that there are differences. When it's positive, I think a bit of loshon noki is good. You're right we don't need to descend to the street.

BUT if we are on the street and doing "bad stuff" then i feel people hide. The say P & M as that softens the blow of what theyve done and makes them feel better. That might work for some? But I prefer to know what I've done wrong as without it, we can't do better.

my opinion is that if they can't spell masturbate correctly (which seems to be a membership prerequisite in order to join gye), better just say m. just imagine what would be if they'd need to spell out pornography or bestiality or sexsomnia or retrograde ejaculation or heaven forbid: priapism or paraphilia!

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Re: Bego

Posted by bego - 05 May 2022 16:17

[Trouble wrote on 05 May 2022 15:56:](#)

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I like this game! What about adolescence or penile disfunction?

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Re: Bego

Posted by Shmuel - 05 May 2022 16:19

[Trouble wrote on 05 May 2022 15:56:](#)

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I'm just glad there are no capital letters in porn or masturbation. Otherwise, Trouble would be in trouble...

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Re: Bego

Posted by Trouble - 05 May 2022 16:21

[bego wrote on 05 May 2022 16:17:](#)

[Trouble wrote on 05 May 2022 15:56:](#)

[bego wrote on 05 May 2022 15:44:](#)

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My experience has been the same. I value respectful language but I have found that until I was able to say in clear words what my struggles really are I am not able to address them!

thanks for bringing this up...

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Re: Bego

Posted by bego - 05 May 2022 16:26

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Oh, so I guess I was just playing by myself, which is, I guess, better than playing with myself.

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Re: Bego

Posted by bego - 05 May 2022 16:29

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thanks for bringing this up...

I have a recollection it was that source of all goodness on GYE (just because I know that will) Cordnoy who first brought this to my attention.

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Re: Bego

Posted by Ybird - 05 May 2022 17:28

[Trouble wrote on 05 May 2022 15:56:](#)

[bego wrote on 05 May 2022 15:44:](#)

[Ybird wrote on 05 May 2022 14:47:](#)

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are you a scientist or something?

how to you know that? i'm in big trouble

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Re: Bego

Posted by Gevura Shebyesod - 05 May 2022 21:08

[bego wrote on 05 May 2022 16:17:](#)

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Dysfunction

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Re: Bego

Posted by Hashem Help Me - 06 May 2022 11:29

The following comment is based on my own history and complete inability, when i joined GYE, to be comfortable discussing and writing about my struggles.

Obviously one should generally be sensitive to use proper language as we see countless times in Chazal, and as we have seen has been the derech of erliche yidden. However, one would not expect a urologist to not say the word penis etc. He deals with clinical issues that are real that need to be addressed and healed. We come here to GYE for healing. For many of us, the words pornography, masturbation, sex, SSA, etc. represented a monster of sorts - something we had to hide from. By writing m***, p***, s**, and the like, we are continuing an unhealthy habit. One should be able to calmly write and say all clinical terminology regarding this battle. If one can't, he should find out from someone else how to remove the panic/fear, and learn to speak about all this stuff in a choshuve way. On the other hand, one should definitely avoid street terminology about these things, because usually that can be somewhat triggering.

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Re: Bego

Posted by Shmuel - 06 May 2022 22:50

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Don't think anyone was promoting street language, but i may have misunderstood

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Re: Bego

Posted by Hashem Help Me - 08 May 2022 11:28

[Shmuel wrote on 06 May 2022 22:50:](#)

Don't think anyone was promoting street language, but i may have misunderstood

Nobody was promoting street language. I was responding to his overall avoidance of using sexual language, and was encouraging getting the words out of his mouth in a clinical fashion. At the same time, i was just pointing out that i was not suggesting the use of street language, because doing so would be inappropriate and can actually be triggering as well.

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Re: Bego

Posted by bego - 28 Jun 2022 10:36

I masturbated yesterday. A little bit of external imagery but mainly my imagination.

I'm cool with it.

As I get older I see many areas people are nichshol in. I don't really believe this is worse, though I agree it can lead to issues of disconnection from reality. I had a need, my wife was upset I was so sexually needy and didn't want to be together. I solved the need and felt better. Maybe it was even l'sheim shomayim.

It's true the need doesn't go away. And it's true the more I am masbia the more I need. But it's also true that life is complicated.

B"H, I'm growing up.

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Re: Bego

Posted by Vehkam - 28 Jun 2022 12:04

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B"H, I'm growing up.

"I solved the need and felt better."

"And it's true the more I am masbia the more I need."

how do you reconcile these two statements?

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