

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 Yeshiva 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 Shlomo24 - 20 Apr 2017 23:59

I asked the man himself.

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Re: Bego

Posted by Gevura Shebyesod - 21 Apr 2017 00:06

I didn't mean to chep(per).

Now i have to wait till lag baomer to chip my chup.

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Re: Bego

Posted by cordnoy - 21 Apr 2017 00:17

Asian prayin'

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Re: Bego

Posted by cordnoy - 21 Apr 2017 00:19

[Gevura Shebyesod wrote on 21 Apr 2017 00:06:](#)

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Now i have to wait till lag baomer to chip my chup.

One chip at a time.

Funnyl, that's what I say at the craps table.

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Re: Bego

Posted by LifneiHashem - 21 Apr 2017 02:01

Welcome! Your thread hit 2 pages on the first day. That's impressive!

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Re: Bego

Posted by Markz - 21 Apr 2017 02:06

[LifneiHashem wrote on 21 Apr 2017 02:01:](#)

Welcome! Your thread hit 2 pages on the first day. That's impressive!

That's what happens when they serve sushi on the smorg

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Re: Bego

Posted by Shlomo24 - 21 Apr 2017 03:38

[Markz wrote on 21 Apr 2017 02:06:](#)

[LifneiHashem wrote on 21 Apr 2017 02:01:](#)

Welcome! Your thread hit 2 pages on the first day. That's impressive!

That's what happens when they serve sushi on the smorg

Applause. This needs to be added to "Post of the year." Hysterical.

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Re: Bego

Posted by Shlomo24 - 21 Apr 2017 03:39

[cordnoy wrote on 21 Apr 2017 00:19:](#)

[Gevura Shebyesod wrote on 21 Apr 2017 00:06:](#)

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One chip at a time.

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One chip as in gaining one at a time or losing one at a time?

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Re: Bego

Posted by cordnoy - 21 Apr 2017 03:41

[Shlomo24 wrote on 21 Apr 2017 03:39:](#)

[cordnoy wrote on 21 Apr 2017 00:19:](#)

[Gevura Shebyesod wrote on 21 Apr 2017 00:06:](#)

I didn't mean to chep(per).

Now i have to wait till lag baomer to chip my chup.

One chip at a time.

Funnyl, that's what I say at the craps table.

One chip as in gaining one at a time or losing one at a time?

Whichever way tickles your fancy.

I've lost my last three bets. Somehow, tonight, my smart mind won out.

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Re: Bego

Posted by tzomah - 21 Apr 2017 09:01

[Dov wrote on 20 Apr 2017 17:41:](#)

[tzomah wrote on 20 Apr 2017 16:48:](#)

there is no one as beautiful as your wife

(how do you know i never looked at her)

Dear tzomah,

You may have a great point, but it might not be able to be heard by this person. In fact, it might be misinterpreted. It might be better if you explained what you really meant by this and clarified

what precise idea (or ideas) you want this fellow to think about.

Just a thing you can consider.

i also look at women in the street then come home and resign myself to the few nice looking things about my wife hoping tommorrow she'll be prettier

the more i started to abstain from these behaviors in the past two months almost three a whole new beauty can started to develop and i am starting to not wait for it because i realize that it is a manifestation of myself

therefore my main point was you don't need to look to find beauty on the contrary when you don't look the beauty that's yours opens up

so i know that my wife is beautiful because i stopped looking at your "wife" that must make your wife more beautiful if you just stop looking at "mine" you'll see it

hope i clarified myself

much hatslocho on your journey

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Re: Bego

Posted by bego - 21 Apr 2017 13:11

Hi all

thanks for your kind words.

Especially Dov - its like meeting a celebrity

Gut Shabbos!

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Re: Bego

Posted by cordnoy - 21 Apr 2017 13:25

[bego wrote on 21 Apr 2017 13:11:](#)

Hi all

thanks for your kind words.

Especially Dov - its like meeting a celebrity

Gut Shabbos!

When you get the invite to follow Dov on his private Instagram account, then you know you have made it.

Sadly, I'm still waitin'.

Meanwhile, I keep clickin' gevura's Facebook page to see if he updated his family pic. No luck. It's the same for the past four years. I click every mornin' though.

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Re: Bego

Posted by Hashem Help Me - 21 Apr 2017 17:19

Welcome. Keep posting. GYE is a great place. There are so many helpful techniques here that you will iyh find what works best for you. Keep posting. Besides being beneficial for you, it is chizuk for all who read it.

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Re: Bego

Posted by Dov - 21 Jun 2017 20:56

[cordnoy wrote on 21 Apr 2017 13:25:](#)

[bego wrote on 21 Apr 2017 13:11:](#)

Hi all

thanks for your kind words.

Especially Dov - its like meeting a celebrity

Gut Shabbos!

When you get the invite to follow Dov on his private Instagram account, then you know you have made it.

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Meanwhile, I keep clickin' gevura's Facebook page to see if he updated his family pic. No luck. It's the same for the past four years. I click every mornin' though.

Heh. I never set the picture but it's so cool that you care - I'm nearly farklemt!

Guard stuck it there for me years ago and who needs to change it?

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