

Help adiction and yidishkeit New guy on the block  
Posted by Moshe ?????? ?????? - 04 Jul 2017 16:20

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Hi my name is Moshe I'm 20 years old

I had a difficult childhood moving around the world more than 10 times by the time I was 13 due to my father's work which meant I never had a group of friends or felt settled and start laying down roots I was always waiting for the next move or place we would go or for the next thing my father would stop keeping when we stopped moving gradually my father started keeping less and less mitzvos slacking of here and there and now even though for a family event if he comes he dresses as if all was good he doesn't keep anything not shabbos or yom tov

This was very difficult for me at around that time which is when I was 13 i was told by someone about sex porn and started to watch it which made me feel not only bad but also like a hypocrite as I resented my father for not keeping but I myself started to fall but it was sort of an escape for me at the same time my yidishkeit started to fall I lost my geshmak appreciation of it and didn't lay teffilin countless times I am now 20 and struggling with the same things I am now in the age of shiduchim and things have been suggested for me but I can't and won't bring someone into my life like this and don't want to become part of someone's else's life like this

I signed up to get help take the necessary steps and get back into yidishkeit get back the geshmak appreciation and happiness and feeling of fulfilment I hope I can achieve this and more

????? ?????? Moshe

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Re: Help adiction and yidishkeit New guy on the block  
Posted by Markz - 04 Jul 2017 16:27

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Welcome brother!!

Wow what a story :-(

Great move for coming here -

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Re: Help adiction and yidishkeit New guy on the block  
Posted by Shivisi\_Hashem - 04 Jul 2017 16:46

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WoW, What a story, Pity you!

i wish you good luck on your journey, you should get on the right track soon.

you did the best thing, just hang around, get the handbook, find a partner/sponsor, look around the forum.

remember, you are not alone, and we will try to assist you the best as possible..

hang on..

stay strong, stay clean,

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Re: Help adiction and yidishkeit New guy on the block  
Posted by Moshe ?????? ?????? - 04 Jul 2017 17:24

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TThank you for the kind words ??? and may we all get over these struggles

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Re: Help adiction and yidishkeit New guy on the block  
Posted by Markz - 04 Jul 2017 22:11

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[Moshe ?????? ?????? wrote on 04 Jul 2017 17:24:](#)

TThank you for the kind words ??? and may we all get over these struggles

Im not over the struggle by any means and maybe never, but my name is not inastruggle (WHERE IS HE???) , and thanks to gye with this forum I don't have to wage battle and lose as I was accustomed to

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Re: Help adiction and yidishkeit New guy on the block  
Posted by getthere - 05 Jul 2017 11:12

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Welcome

thank you for sharing your story. I hope you will stay here and get better soon, this really helps. The slacking of and coldness to Mitzvos hangs together with this addiction, so once you try to get this more under control the geshmack might just as well come back as a side effect.

Hazloche

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Re: Help adiction and yidishkeit New guy on the block  
Posted by gibbor120 - 06 Jul 2017 20:09

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Welcome! It sounds like you might benefit from therapy. Acting out is almost certainly tied to those traumas. Even having a friend, relative, or Rav/Rebbe to speak with can be a big help. I wish you all the best.

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Re: Help adiction and yidishkeit New guy on the block  
Posted by Hashem Help Me - 07 Jul 2017 00:43

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Welcome. Stay connected. There is a good caring family here that is here to help.

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Re: Help adiction and yidishkeit New guy on the block  
Posted by bear - 07 Jul 2017 01:29

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Hey welcome!!!

Intense story.

Do you have a Rebbe?

Hatzlacha

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Re: Help adiction and yidishkeit New guy on the block  
Posted by mikestruggling - 08 Jul 2017 20:39

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I can relate to the feelings of hypocrisy i think many of us can

unfortunately when i was single and in yeshiva (never at home) i slacked off with my teffilin as well and more

just pointing out that i can relate to your feelings because I was still "putting on the show" (still am)

check out the twenty tools they help tons

and whatever you do keep posting

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Hey welcome

Re: Help adiction and yidishkeit New guy on the block  
Posted by ColinColin - 08 Jul 2017 22:06

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Moshe

I think you have a lot of resentment of your father.

So you seek comfort in porn.

I recommend a therapist, and also at some point to sit down and tell your father how the constant moving has damaged your life.

I think the lack of regular friends will affect your confidence and esteem.

But be optimistic, at your age there is always Yeshiva and University and maybe the Army where you can make friends.

And there are local social and activity groups you can join.

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