

My sad story

Posted by Chassidishe buchur - 03 Jul 2018 05:29

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Struggling for over 10 yrs. Help!!

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Re: My sad story

Posted by Hashem Help Me - 28 Aug 2018 15:23

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[Chassidishe buchur wrote on 28 Aug 2018 04:31:](#)

what do i do when were half way through elul and i fell almost every day of elul?

Maybe its time to speak with someone about this.

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Re: My sad story

Posted by Chassidishe buchur - 04 Sep 2018 05:13

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its cool to see so many people helped by this site. but im still stuck. i'm not ready to talk to anyone. i'm ready to be in touch by email. anyone who thinks they can help me please send me an email [chassidishebuchur@gmail.com](mailto:chassidishebuchur@gmail.com)

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Re: My sad story

Posted by cordnoy - 04 Sep 2018 13:17

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[Chassidishe buchur wrote on 04 Sep 2018 05:13:](#)

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Just read thru this entire thread again. What I noticed was that you have not addressed or replied to anyone's comments at all. Yes, on page 2 you thanked people, but that's it.

I have been helped by this site. I have had email conversations, calls, whatsapp's, texts, and I even met about threel minyanim of people. That didn't happen overnight; it was a slow process, but it began with engagin' in conversation, somethin' that you haven't done yet, but somethin' that I strongly encourage you to do.

Youl wrote in your first post that tanya says you can't do teshuvah on masturbation. I don't know tanya, but I was willin' to bet that no such thin' is said. Thankfully, I saw changin' wrote that, and it seems he even knows what's written there. Engage. Etc. Emailin' with one or two people might help, but communicatin' on the forum will work even more.

Godspeed to you

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Re: My sad story

Posted by Markz - 04 Sep 2018 23:54

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[Chassidishe buchur wrote on 04 Sep 2018 05:13:](#)

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Cord is 100% [Of course - what did you think???], but if you want some consolation, browse around and you'll discover and "see so many people on this site" still stuck and not ready to talk to anyone

I suggest you make a new group with these brothers in arms with the 1 pre-condition of no talking. As it's Elul, many are in any case practicing Taanis Deeboor so you'll get a large chèvre. Please keep me posted how you guys all do!!

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Re: My sad story

Posted by Shnitzel and kugel - 05 Sep 2018 02:57

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I suggest you make a new group with these brothers in arms with the 1 pre-condition of no talking. As it's Elul, many are in any case practicing Taanis Deeboor so you'll get a large chèvre. Please keep me posted how you guys all do!!

Lol, good one markz!

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Re: My sad story

Posted by lenegditamid100 - 06 Sep 2018 12:05

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I relate to everything you all said.

This is a dangerous disease, but with a cure!

Proof to that is that I stopped and I'm clean for more then 28 months.

Before I stopped, I have been watching and needing to masturbate two the times a day.

I davened beavodah and still do. I was not a faker and I still I'm not. When I was misbonen and davened it was for real. I had chinuch from real mashpiim... But it didn't stop my sickness.

Chassidus doesn't help someone with bipolar not with allergies.... So to with this.

Feel free to email me or private message me.

Keep it up!

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Chassidus is raich, yiddishkeit is raich especially with being clean

Re: My sad story

Posted by mzl - 06 Sep 2018 13:22

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[lenegditamid100 wrote on 06 Sep 2018 12:05:](#)

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Chassidus doesn't help someone with bipolar not with allergies.... So to with this.

Feel free to email me or private message me.

Hello to you all from kan tzivah

Keep it up!

It doesn't follow logically. It's a proof that with your brain, if you do the things you did, you can stop. It's not a proof for other brains.

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Re: My sad story

Posted by lenegditamid100 - 07 Sep 2018 01:14

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There may be different opinions, and it's ok for you to disagree.

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Could be, and could be not

Re: My sad story

Posted by mzl - 07 Sep 2018 02:07

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Still not convinced that it's a proof in the mathematical sense.

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Re: My sad story

Posted by lenegditamid100 - 07 Sep 2018 02:23

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That's ok.

I'm not trying to convince people.

Some people may relate to my story.

If one does, then they're are simple methods to deal with it.

It works for many people. It mainly works for people who tried all other ways but couldn't stop (completely).

If someone else who is clean for more then 100 days and says they have a way that works for them, it's worth hearing.

Mzl: maybe you can share with me the method that's keeping you sober? You shound like you are smart, capable and older--so probably clean. I would love to hear how you do it.

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Re: My sad story

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Posted by Hashem Help Me - 07 Sep 2018 03:54

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[lenegditamid100 wrote on 07 Sep 2018 01:14:](#)

There may be different opinions, and it's ok for you to disagree.

Back to my post from this morning:

I was on GYE for 7 years until I became clean.

Yes, seven years!!  
Could be, and could be not

I started to be interested in women at age 11. Started masturbating at age 14 and couldn't stop. I loved to daven and feel my emotions, but that did not help. I never knew that it is not ordinary to not be able to control *when* to masturbate and when not. I would have this problem for another long while, and wishing maybe my rabbi will broach the subject. Never happened. I fantasized daily. Until age 24. Sometimes just 15 minutes while others for hours. I was a popular bachur. Teachers liked me, and friends. But I always felt inadequate. Thought people only compliment to make me feel good. They don't really mean it. I felt like a hypocrite. This chassidishe bachur on the outside, full of yiras shomayim etc.. but with an uncontrollable sex drive in the inside. Who I'm I? Got an email account at age 20, and one month later I was hooked to porn. It killed me. I got to GYE pretty quick. They spoke about 12 steps, but I had all my ideas about it. Is it kosher? Even if it is, does it follow the same values as chassidus? (I'm Lubavitch btw). I found this other program. It helped me a little, but then realized it is really strong Christian. So stopped. Was in touch with several people. Each with different methods. But nothing helped in long term. At age 23 I still did not have fetishes (did not get aroused when seeing women on the street and more). Someone told me, "if you don't take care of your problem, it will progress". And it did. Needed to watch longer to get aroused, needed to change the style video, going from more aggressive videos, then to less etc. Always needed to change to get aroused. But always needed to continue, and could never stop. At age 27 I was married a few years, two children and a new job. But needed to masturbate two to three times a day! I stopped enjoying it. It became a necessity.

And then I hit bottom.

Since that day I'm clean. I'm now sober since may 10 2016, Beis Iyar 5776.

Correct this is me, and everyone is different. At the same time, I have many friends who are clean and are made of completely different characteristics than me. They are cold, thinkers, non emotional, but Sober!!

I know the pain of living in the crazy porn world/masturbation. My heart is broken of just thinking how much you all are suffering. remembering how I felt. Lost, lonely, worthless and no hope.

This post is a must read for any newcomers. Keep inspiring!

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Re: My sad story

Posted by mzl - 07 Sep 2018 09:40

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[lenegditamid100 wrote on 07 Sep 2018 02:23:](#)

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If someone else who is clean for more than 100 days and says they have a way that works for them, it's worth hearing.

Mzl: maybe you can share with me the method that's keeping you sober? You should like you are smart, capable and older--so probably clean. I would love to hear how you do it.

I hear what you are saying. Just because it's no proof it doesn't mean it's meaningless. Your experience means something, but if other people think they can apply what you did and EXPECT the same results, they may be be disappointed. Then some people may conclude it never works, which would be silly. That's all I was saying.

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Re: My sad story

Posted by lhavestrength - 07 Sep 2018 18:36

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[lenegditamid100 wrote on 07 Sep 2018 02:23:](#)

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Mzl: maybe you can share with me the method that's keeping you sober? You shound like you are smart, capable and older--so probably clean. I would love to hear how you do it.

Hey, what method did you use to recover?

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Re: My sad story

Posted by Chassidishe buchur - 14 Sep 2018 08:18

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some nice videos

[drive.google.com/open?id=1U6id\\_o08NuE2qpS6E-4KcB-5x11ocBDM](https://drive.google.com/open?id=1U6id_o08NuE2qpS6E-4KcB-5x11ocBDM)

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