

Introducing myself (original title)

Posted by Looking_to_improve - 18 Jan 2020 22:14

Hey everyone

First time poster here so here goes!

I started learning in Eretz Yisrael this past Elul and I joined the site around a month later. Not sure how much of my life story I should tell or how much that anyone would be willing to read but I reckon this will be decent...

I think when I was young (maybe 8-9 really can't remember well) I started to touch myself inappropriately, not as masturbation, and I think this is a habit that has stuck for a while. I remember since when I was 12/13 I often had fantasies of family friends and girls my age. I think this was the main problem at the time. I've had social media and that was a problem for a while, both with non-inappropriate content of people I knew and some less inappropriate stuff of friends of friends and some random accounts (which I didn't follow - not that it makes much of a difference). A few times I unfollowed all the people I knew but sometimes a few months later I would be back to following them again. I don't know for certain how often I was looking at these pictures, but I think it was maybe 2-3 times a week, and I was probably fantasising just as often if not more. Although I don't think this was a great place to be at the time, I think it became a bit of a habit which I didn't really change for a while, more than an desire or urge to fantasise if that makes sense, it was often something I would do just before I went to sleep.

BH for many years I did not look at very inappropriate content or p*rn and it wasn't a problem for me during that time.

Last year, the last year of high school we had exams and I think I was quite stressed (a circumstance, not an excuse) and towards the end of the exam period and into the long summer I had after I started to watch more inappropriate content like p*rn and start to be mzf'l more often. Since then it has been the main problem I've been struggling with and want to change. I haven't been on any p*rn website, just other ones that have that content, if that makes sense. (I could be more specific, but I wouldn't want to give ideas for anyone else).

Here's where I'm at, at the moment:

I think I've been relapsing around every 4-7 days, and I think my most days clean was 14-15.

Unfortunately I don't think in general it's a matter of stopping myself during those 4 days or so, just that I don't feel any urges or impulses to do so during that time.

Often when I do fall I regret it immediately and the fall(not the word I'm looking for but anyway) itself is very short. I definitely find that I anticipate a fall a lot and have high expectations and the the relapse is nowhere as good as I've convinced myself (as it obviously isn't anyway), like climbing a big mountain expecting a huge slide down and it's just a plateau. Occasionally it is on my mind during night seder or dinner and when I go back to my room I fall.

Part 1/2

Please wait for part 2 before responding, breaking it up so easier to edit

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Re: Introducing myself (original title)
Posted by DavidT - 26 Jan 2020 17:30

[Hopeforallofus wrote on 26 Jan 2020 17:22:](#)

Does anyone know how I read a private message...can't find it anywhere...got an email that someone sent me a private message.

Gary

try this link <https://guardyoureyes.com/component/uddeim/>

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Re: Introducing myself (original title)
Posted by Looking_to_improve - 28 Jan 2020 18:20

Hey everyone just checking in

A family member passed away this week so I've been a bit slow with updates...

So far it's going well bH, fixing the filter definitely helped. I think since starting this forum I've felt less urges, knowing there are people reading this keeps it on my mind and makes it easier. Thank you to everyone whose reading, it makes a difference. If you just use this website for reading i recommend starting a new topic for yourself, lots of people will reach out and you definitely feel like you are in it together.

I think in the summer after high school I took a step backwards in the wrong direction and I think now I'm beginning to take that second forward step. That's not to say it will be easy from here in, but I'm glad to be on the right path.

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