

stopped masturbating

Posted by imfree - 27 Jul 2022 03:14

Hi guys, I just wanted to share my story I am 22 years old and single I was masturbating since I was 14 and went through ups and downs, in general, I was masturbating at least a couple of times a week. I slowly fell lower and lower into tumah and I eventually moved onto porn and almost completely stopped guarding my eyes it made me so unhappy and it dragged me so far from Hashem. I hit rock bottom about a year ago when i was masturbating sometimes 2 or 3 times a day. I felt so hopeless and stuck. I finally opened up to people about it and Baruch HaShem got help. i am now approaching a full year clean and I thank Hashem for helping me get here. I never dreamed I could get to where I am now almost a full year!!!! Baruch HaShem!!!! my whole life changed around since I stopped I feel so close to Hashem now that I stopped. I just wanted to share my story and g-d willing to be mechazeik people. It takes work but we can all do it. There is no greater happiness than stopping and with Hashem's help we can all do it. please feel free to contact me I would love to help whoever I can.

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Re: stopped masturbating

Posted by yankel62 - 27 Jul 2022 20:35

Thanks so much for sharing you are an inspiration for me

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Re: stopped masturbating

Posted by DavidT - 28 Jul 2022 02:17

[imfree wrote on 27 Jul 2022 03:14:](#)

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Amazing! We need more people like you here...

Can you please share the details about what you think worked for you so others can learn and try to follow?

Thanks!

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Re: stopped masturbating
Posted by imfree - 28 Jul 2022 02:54

What worked for me was opening up and talking to people about it. I then made a Kabalah to always text someone before going online to certain sites that are dangerous for me and text back when I am off that I stayed clean. I also stay off Twitter and TikTok where I had horrible falls. This helped a lot regarding porn and inappropriate images. For Elul I made a Kabalah I will not Masturbate without first speaking to someone about it and that helped me tons.

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Re: stopped masturbating
Posted by Teshuvah4real - 09 Aug 2022 18:41

WOW!! A full year clean! Ashrecha!

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