

My journey

Posted by Jeff098 - 01 Aug 2023 02:32

Hello to all that GD has given these challenges of P&M,

I just wanted to share the challenges and tests GD has given me in this world to make aware and comfort others who have this challenge as well.

I was around 11/12 years old. After watching a movie went to take a shower and noticed a started getting aroused, that's first time I ever M. from there things spiraled downward. I started looking at clothing brochures which led to YouTube which led to porn to cams etc etc...

I tried so hard to stop, but obviously couldn't control myself especially Bec evrything was so accessible. When I finished High school I decided to go to yeshiva. I didn't necciseraly go to yeshiva to learn I went so I can stop P&M. I wad able to stop porn for quite some time but not masturbation. Btw I don't think ive been 2 weeks clean from masturbation since I started and I'm now 23... you can imagine how many dark days ive had....

Came back from yeshivah and still had this problem... I've done worse things that I'm to ashamed to share...

?I have asked GD many times to not return my soul in the morning, this test is to hard for me... its constant with barly any breaks....

I came to a point where I just am accepting who I am in order to stop feeling depressed. but by doing so I'm loosing a lot of my connection to religion. I feel like no matter what I do it doesn't help so what's the point??

I stopped praying with minyan then stopped praying all together which led to other things... that's where I am right now in my life..

?Im I supposed to suffer like this my entire life??? is there a light at the end of the tunnel???
how will I ever get there????

I just wanna be a good person and to the right things... when I was bar mitzvah I said that's it I'm
a man now I'm gonna take control over this. ive tried so many times but look at me now...

this is my disability, weakness, my hell. If this is life I'm scared what hell is going to look like...

GD if you love me and everyone here Please help us out...

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Re: My journey

Posted by chaimoigen - 02 Aug 2023 16:48

Hey Friend,

I'm going to just add my small "amen" to much of what has been said here.

Thank God you're here.

There are pathways forward, there is genuine hope, no matter how difficult your challenges.

I'll add my voice to chorus talking about the incredible value of connection. There are terrific
people here who have a lot of experience, wisdom and knowledge and they can offer you
advice, guidance, and encouragement.

Genuine change happens gradually. So many here are suffering from decades of bad choices
or even serious addiction (DavidTs post is incredibly important) and yet have made tremendous
positive change. No matter what, there is so much that you can do.

You no longer have to struggle lonely and alone. There's hopefulness.

Take a warm hand, from a fellow sufferer. You'll make it!

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Re: My journey

Posted by Jeff098 - 02 Aug 2023 23:00

Hi all,

firstly Id like to thank you all for you support and encouragement. I never would have thought that support would go such a long way.

Day 2 is almost complete. id like to share my day and hope you have any tips for me.

?I ride the subway every day to work. it's a long ride. this is usually the part of the day for most of my tests.

there are lots of people dressed immodestly, like I would say scantily dressed.

the way to work I learned almost the whole way there. I glanced a few times around Bec I had desires.

on the way back it was super packed. and I was sitting down. I wasn't learning, I don't think I can in this environment.

?a women, even though had tons of room on the seat sat close to me and started leaning on me.... this happens a lot to me, I'm young, good looking and dress well...

it is the hardest thing for me to get up.... I'm not married and Ill be real, its kinda nice having a nice lady lean on me...

I know I have to give this up.....

?but I don't know if I want too.... And how too....

like what should I do???

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Re: My journey

Posted by Jeff098 - 02 Aug 2023 23:08

I believe all are a yes besides the denial part

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Re: My journey

Posted by Jeff098 - 02 Aug 2023 23:24

I believe yes to all besides the denial part

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Re: My journey

Posted by Jeff098 - 02 Aug 2023 23:28

[DavidT wrote on 02 Aug 2023 14:21:](#)

Hi Jeff098 - welcome to GYE

Your life story is amazing and as you see from the other members - there is light at the end of the tunnel.

You've mentioned how difficult it's for you to STOP and that there are more things that you didn't share.

Let's look a bit deeper and see if you're possibly suffering from an illness called addiction.

(if yes, there are great options for help that has worked for many... we'll discuss)

How would you answer to the questions below:

Obsessive Fantasy and Preoccupation:

Do you spend hours, sometimes even days, fantasizing about it, planning for it, pursuing it, and engaging in it?

Loss of Control:

Do you lose control over your ability to not engage in lustful fantasies and behaviors.

Do you try to quit or cut back, making promises to yourself and others, but repeatedly fail in these efforts?

Do you manage sometimes to control your behavior for a few days or weeks, but before we know it, you're back at it?

Negative Consequences:

Do you experience any problems for these behaviors, such as job loss, trouble in school, financial woes, ruined relationships, declining physical and/or emotional health, loss of interest in previously enjoyable activities, loss of time, loss of social standing, shame, isolation, arrest, etc?

Tolerance and Escalation:

Do you find yourself engaging in lustful behaviors that hadn't occurred to you early in the addictive process?

Do you act out in ways that violate your personal moral code, spiritual beliefs, and sometimes even the law?

Withdrawal:

When you do go into withdrawal (stop acting out for a while) do you tend to become either depressed, or restless, irritable, and discontent?

Denial:

Are you out of touch with the process, costs, and reality of your addiction?

Do you routinely ignore the kinds of warning signs that would be obvious to a healthier person?

Do you externalize blame for the consequences of his lustful acting out?

Are you either unable or unwilling to see the destructive effects wrought by the behavior?

I believe yes to all besides the denial part

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Re: My journey

Posted by Heeling - 02 Aug 2023 23:38

[Jeff098 wrote on 02 Aug 2023 23:00:](#)

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Welcome aboard!

Here on this ride, we are all modesty dressed. The struggle is real and I feel your pain. Please be real and honest, that the only way (in my option) to over come these challenges.

Stick around. Read. Learn. Ask. Share. Grow.

Wishing you much luck,

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Re: My journey

Posted by yitzchokm - 02 Aug 2023 23:45

I don't know if this helps, but aside for looking good and dressing well on the outside you are also a gem on the inside. You have a precious Jewish soul and being that you are on the GYE forum you are a holy person as well. The time will come and you will marry a precious Jewish girl who is holy as well. Is this disrespectful and spiritually devoid woman worthy of your attention? At the very least stand tall and realize how great you are, both for being Jewish and for consciously choosing to be holy.

Perhaps refraining from this will ultimately lead to finding your future wife who will be worthy of having you for many years to come.

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Re: My journey

Posted by Jeff098 - 03 Aug 2023 01:41

[yitzchokm wrote on 02 Aug 2023 23:45:](#)

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Ive read your words over and over. I'm really inspired.

?I am making a neder not to sit next to women on the subway and if a women sits next to me I will get up!!

In this merit I will get married to the best, most holy and beautiful wife! eshet chayil! and we all be blessed with the strength to overcome our yetzer Hara! and we will all be blessed with lots of parnassa Tova! and health and all the blessings!!!

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Re: My journey

Posted by Captain - 03 Aug 2023 02:31

We admire your courage to take this big step.

Perhaps consider not making an actual neder but rather a strong commitment beli neder, because nedarim are serious stuff.

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Re: My journey

Posted by Jeff098 - 03 Aug 2023 03:42

[Captain wrote on 03 Aug 2023 02:31:](#)

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I need to make this neder. I'm so tired of my old self. I either want to fix myself or die...

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Re: My journey

Posted by bright - 03 Aug 2023 04:30

[Jeff098 wrote on 03 Aug 2023 03:42:](#)

[Captain wrote on 03 Aug 2023 02:31:](#)

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Perhaps try the taphsic method first... I understand your desire for instant change, we all do, however if you lock yourself up that way and fall you have bigger problems on your hands and you will be more depressed. Additionally, working on yourself slowly will have much better and longer lasting results than to make a jump into the yam suf (even though at times that is what is needed). Understand that you are human and your struggles are normal. Dont hate yourself for them. Self hate has never been a motivator for anything positive. The Satmer Rav famously agonized over the fact that a chossid taking the subway sees more immorality in a half hour than a man in the shtetl did his whole life... And this was fifty years ago. It would seem that many people have struggled with this, not just you. Hatzlacha, we are here for you!

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Re: My journey

Posted by redfaced - 03 Aug 2023 12:34

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Consider the tortoise & the Hare . It's the slow and steady progress that will get you to the finish line - which in your case means recovery.

Not acting out isn't necessarily recovery, if the internal changes didnt happen.

Keep on taking steps towards the goal and you will make it !!

Hatzlocha!!

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Re: My journey

Posted by Jeff098 - 03 Aug 2023 12:36

[redfaced wrote on 03 Aug 2023 12:34:](#)

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What do you mean by internal changes? aren't we always gonna have desires?

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