

Hi it's me....again

Posted by davis503 - 01 Jan 2024 20:12

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Hey everyone,

Not sure where to begin so I guess I'll just jump in and give you all the short version of my story. This might sound cliché, but I too am a regular member of a frum community, Husband, Father, Son, Businessman. I've been struggling with porn and masturbation for most of my adult life. A few years ago I stumbled upon GYE and I was impressed. It gave me comfort on some level to know that I wasn't the only one fighting the struggle alone. However, in retrospect it seems I wasn't ready to make the commitment. After a few weeks I went back to business as usual.

B"H this year brought some changes to my life. I was going through an unrelated issue and fell into an undiagnosed bout of depression. Hashem always has a way in making sure we are in the right place at the right time. In my case it was a podcast that convinced me to join Daf Yomi. It was the first time I cracked a Gemara in more than 15 years. I did not think I would last more than a week but I just made a sym on my 4th mesechta! You are probably wondering why I'm rambling about unrelated topics. However it seems that I changed my life in reverse. First I brought in some kedusha by learning the daily daf, next came Davening 3 X daily with minyan which has been a struggle since my bar mitzva. Then Hashem pointed me to a friend who begged me to try learning a few minutes of Emuna & Bitochon daily (LIFE CHANGING!!!). My depression and bouts of anger practically disappeared. I was rarely watching any porn at this time.

Then I heard about a couple whose marriage was in trouble due to porn/sex addiction. It was a close friend. For some reason this really hit home. I finally got a hold of myself and realized that I must be the man I present myself as in public to my wife children and loved ones. I'm not saying that I haven't had a few minor setbacks. But I learned not to beat myself up about it. Each day is a brand new opportunity for a new beginning and to connect with Hashem.

I am currently experiencing a level of peace and happiness that I never knew existed.

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Re: Hi it's me....again

Posted by eerie - 01 Jan 2024 20:15

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Wow! Thanks for sharing! And please keep sharing! Stick around, it sounds like there's so much we can learn from you. Keep trucking!

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Re: Hi it's me....again

Posted by Heeling - 01 Jan 2024 20:19

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Gevaldig! Thank you so much for your post! I'm so inspired from you to keep on working my way up.

Keep climbing,

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Re: Hi it's me....again

Posted by cande - 01 Jan 2024 20:25

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@davis503

**wow! powerful**

**just the plain truth of torah**

[b] this is true testimony for

**!????? ??? ??? ?????? ????? ??????**

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Re: Hi it's me....again

Posted by Grant400 - 01 Jan 2024 20:55

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Welcome!!! Very relatable. Please stick around!

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Re: Hi it's me....again

Posted by Hashem Help Me - 02 Jan 2024 05:14

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Welcome! Ashrecha!

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