

Lost

Posted by cryingforhelp - 07 Jan 2024 15:53

Hello,

My name is ***** I'm 30 years old and I have a few questions.

I've been pleasuring myself as long as I can remember myself, from a very young age...I didn't know it was wrong until I turned 13, since then I tried stopping and I was unsuccessful, so I always thought I will stop automatically when I get married, I'm now married for 7 years with 3 beautiful kids and until 7 months ago I was doing it on a regular basis.

7 months ago I hit a new rock bottom that I never knew existed, but since then I haven't watched p*rn and haven't pleased myself while awake, but.....

I've noticed that since the day I reached my bottom, I have no real desire to watch or do anything wrong, some minor flare ups that I'm able to squash easily, and I have found myself waking up with ?" As well.

I have 2 questions.

1. What's happening to me? Why don't I have any desire anymore to it? Am I past the point of deserving a ??????

2. Is doing it while asleep called doing it? What can I do to stop it?

Please someone help me

Thank you

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Re: Lost

Posted by redfaced - 08 Jan 2024 21:00

[cryingforhelp wrote on 08 Jan 2024 20:56:](#)

I'm at a loss for words!!!

I decided to post my questions after pushing it off for weeks and the love & support is second to none, I'm sobbing as write this!!!

I'm not using Instagram for girls just for mindless scrolling (we all know what happens when doing that) but guess what, I've been on here for 3 days and today **I UNINSTALLED INSTAGRAM!!!** It's a huge step for me and I'm sure it'll be hard but I won't give up thanks to you guys.

I will be sticking around here and reading all the wonderful stories

?Stay strong!

GOOD FOR YOU !! This is the stuff heroes are made of!

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Re: Lost

Posted by ainshumyeiush - 08 Jan 2024 21:11

[cryingforhelp wrote on 08 Jan 2024 20:56:](#)

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I'm not using Instagram for girls just for mindless scrolling (we all know what happens when doing that) but guess what, I've been on here for 3 days and today **I UNINSTALLED INSTAGRAM!!!** It's a huge step for me and I'm sure it'll be hard but I won't give up thanks to you guys.

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wow wow wow!!

as hashemhelpme told me, this is a ays ratzon for asking Hashem for what you need!

keep inspiring!!

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Re: Lost

Posted by bright - 09 Jan 2024 06:21

Amazing! Hate to bring in a bit of rain, but do you have an alternative to whatever instagram was doing for you?

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Re: Lost

Posted by yiftach - 09 Jan 2024 08:01

ASHRECHA!

I feel privileged to be amongst such mighty warriors!

Scrolling and browsing is what many of us share in common... the sacrifice is hard but the opportunity is massive!

Have us all in mind! Keep flying!

- Little Yiftach'I

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Re: Lost

Posted by Hashem Help Me - 09 Jan 2024 12:28

Heroic act! Maybe post some more about your challenges so people can respond....

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Re: Lost

Posted by true_self - 09 Jan 2024 13:04

WOW!!! I did not expect to see this announcement so fast. Hero is an understatement!

Please stick around with us and keep sharing your own wonderful story as well.

Thanks for sharing.

True self

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Re: Lost

Posted by cryingforhelp - 09 Jan 2024 15:32

I actually don't, it was very hard for me yesterday when I had some spare time, I hope to find something I can do to keep myself busy, maybe something that's productive as well, I'm having a hard time finding things I like doing (read a book? Nope), I know some people won't get it but that is a huge part of my struggle

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Re: Lost

Posted by cryingforhelp - 09 Jan 2024 15:37

I think this is the result of sharing and talking to other people who struggle with the same things, I'm an extremely closed person and I've never shared anything about myself with anyone, heck, I remember sitting in front of a therapist and just not saying a word (I was pushed to go by a relative).

So yes, I've shared something about myself here for the first time, although anonymously but still, and the love and support is beautiful, maybe this will help me open up a little bit.

So uninstalling Instagram and hopefully keeping it that way only works because of the support and connection

Thank you all!

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Re: Lost

Posted by siyatta - 09 Jan 2024 17:02

Kol hakavod! Amazing! you are an inspiration to us all!

There's the sur mera, but it needs to be accompanied with an aseh tov to be successful. I've started reading the book "The battle of the Generation" (thanks to Vehkam), it's a game changer in terms of changing one's perspective about this nisayon. The oilam here is very into it. I highly recommend you jump on the bandwagon. Here's the link for the online version:

guardyoureyes.com/ebooks/item/the-battle-of-the-generation

Keep on inspiring us!

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Re: Lost

Posted by bright - 09 Jan 2024 22:18

[cryingforhelp wrote on 09 Jan 2024 15:32:](#)

I actually don't, it was very hard for me yesterday when I had some spare time, I hope to find something I can do to keep myself busy, maybe something that's productive as well, I'm having a hard time finding things I like doing (read a book? Nope), I know some people won't get it but that is a huge part of my struggle

Definitely get it. Been there.

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Re: Lost

Posted by true_self - 11 Jan 2024 12:19

[cryingforhelp wrote on 09 Jan 2024 15:37:](#)

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So yes, I've shared something about myself here for the first time, although anonymously but still, and the love and support is beautiful, maybe this will help me open up a little bit.

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Thank you all!

I know the feeling, I have a believe that I'm a quite and closed person although it's not quite true, It's actually mainly my addiction that caused me to escape from people and closing up due to the fear of my innermost secret being exposed. I'm working on courage to open up despite the vulnerability and fear because I know that if I wont create the change for myself, nobody will. Brother, I know it's hard but you need some courage. I'll pray for you to get it.

All the best!

True self

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