

Jewizard21's Journey

Posted by jewizard21 - 21 Apr 2024 21:24

I don't know where to begin and my hands are kind of trembling while typing this but I guess I just have to start.

I am 21 and my problems with P&M since 12. I think I had urges and fantasies from around age 5 or 6 even though I didn't know what it was or what I was doing.

I got a hold of a tablet for playing games and watching YouTube. Then one day I looked up pictures.

I remember shaking and needing to stand up and walk around, I believe I was in shock, but then I went right back and started looking. I eventually started looking at videos. (I wish I could travel back on time and slap myself in the face and break that tablet.)

Already at age 13/14 I noticed what I was doing was wrong but didn't really care. What was it doing to me or anyone else. I also used M to fall asleep.

I then started going to yeshiva. I didn't have access to P but I was thoroughly addicted to M as well at the time and I would go home once a month and "restock" on P. I remember waiting to hear the snoring of my roommates so I could M. Others in my yeshiva also did P and M and talked as if it were normal. I thought to myself that I will stop when im a senior.

In the summer of 10th grade I went to Israel. I was clean for 5 weeks. Up until then I was doing M atleast once a day. I then thought to myself once back from Israel that I could just wait till I went to bais medresh in Israel to be clean and ill do all the P and M I want till then.

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Re: Me

Posted by vehkam - 10 Dec 2024 15:58

It's normal. For me it was helpful to stop those feelings by increasing my passion to do something (small) positive every time those feelings tried to get into my head.

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Re: Me

Posted by jewizard21 - 10 Dec 2024 16:15

Can you give an example of what you mean?

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Re: Me

Posted by jollylemur95 - 10 Dec 2024 17:55

I definitely can not relate (yet, hopefully soon) to what you speak of.

All I will say is **ASHRECHA!** that you are zoche to have come to a point where shmiras einayim is 2nd nature!

Give yourself a major hug for your perseverance and upbeat attitude that has brought you to this point!

Better yet, I will give you a hug!

You are amazing and an inspiration to so many!

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Re: Me

Posted by Muttel - 10 Dec 2024 18:00

I concur with Vehkam, I've had these feelings the last month or so (after being 6 months clean).

Think of the sweetness of victory and ask Hashem for something in the zechus of your vigilance...

KOMT brother!

Muttel

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Re: Me

Posted by jewizard21 - 16 Dec 2024 02:47

Crossed the street even though my brain was telling me that it's not that bad in front of you, and you have enough self control to stay on this side and not look.

I think the fact that I noticed that it wasn't that bad is an indicator that it actually was.

Also really tough rn, super exhausted but need to keep on chugging a few more hours. Ill be on watch if my brain tries to trick me. Thats why i remembered to post here bc I think it started creeping. BH good so far. Just wish things could be easier and didnt feel so overbearing right now. Tomorrow it may be better though so that's something to look forward to.

Keep on Trucking, One Day At A Time!!

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Re: Me

Posted by jewizard21 - 23 Dec 2024 19:03

Saw something last night that was triggering but I'm ok. Trying not to fantasize/focus on the fantasies. I could have avoided it and am kind of kicking myself for putting myself in that situation.

Luckily it wasn't anything too bad, but it was still triggering and I will do my best not to let it happen again.

Keep on Trucking, One Day At A Time!!

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Re: Me

Posted by jewizard21 - 31 Dec 2024 06:47

One Day At A Time:pensive:

Really conflicted right now.

I had a crazy urge for a brief second (few minutes) from a trigger that I hadn't had in a long while. It was the type of thing that I was scared from the fact my brain got triggered by it due to desensitizing myself for years and caused me to start becoming clean.

I wish things that are supposed to be entertainment didn't have to have all this inappropriate content that's unnecessary bc it doesn't even add to the plot.

I might need to give up on some forms of entertainment. I don't know if I can all at once but I think I will try. Already twice this winter break I got triggered by things that I remember to have been "clean/not inappropriate"

I wish life was simpler.

Good quote I looked up,

"The ultimate test of a man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard."-Gaylord Nelson

I know it will be worth it and that's something that keeps me going. But it sometimes feels like gorilla warfare where I am in enemy territory but think I'm safe for the moment and then just bam. I guess the best thing is to pull my troops out of enemy territory, but I am currently so entrenched that it's a difficult process.

Keep on Trucking, One Day At A Time

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Re: Me

Posted by Hashem Help Me - 31 Dec 2024 11:50

Many guys here will attest to the fact that after making some changes which appeared hard to make - like cutting out some forms of entertainment - they gained tremendous menuchas hanefesh, and had no regrets. Hatzlocha buddy.

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Re:shiduchim

Posted by livingagain - 23 Jan 2025 16:46

I agree that the shiduch process presents its own challenges. But being married is the best panacea for shmiras habris. Granted that it is not the sole reason to get married. The threads on the forum testify that there's a struggle even after marriage. But it definitely is easier with pas besalo. There's also the antidote to loneliness and the opportunity to build a bayis.

Putting off shiduchim until I am perfect in this inyan is not rational. Tovim hashnayim min haechad. Lo tov heyos haadam levado.

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Re:shiduchim

Posted by BenHashemBH - 23 Jan 2025 16:58

[livingagain wrote on 23 Jan 2025 16:46:](#)

I agree that the shiduch process presents its own challenges. But being married is the best panacea for shmiras habris. Granted that it is not the sole reason to get married. The threads on the forum testify that there's a struggle even after marriage. But it definitely is easier with pas besalo. There's also the antidote to loneliness and the opportunity to build a bayis.

Putting off shiduchim until I am perfect in this inyan is not rational. Tovim hashnayim min haechad. Lo tov heyos haadam levado.

Shalom Brother,

Respectfully, I would question the implications of much of what you wrote.

If you don't mind elaborating on these points, I think we can have a productive discussion

(rather than me . . . soapboxing seems to be the favored term lately).

- What is marriage
- what is shemiras habris
- what is pas besalo
- what is loneliness
- what is building a bayis
- what is perfect

Kol Tov

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Re:shiduchim

Posted by livingagain - 23 Jan 2025 18:22

Hi,

I welcome a dialogue on what I have suggested and maybe others can chime in. But I'm not sure what you are asking for. These terms are self understood. If you take issue with the premise of my position, please say so clearly.

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Re:shiduchim

Posted by jewizard21 - 23 Jan 2025 18:40

You say, "If you take issue with the premise of my position", that's what BenHashem is asking, What is your premise?

These are not self understood terms which is why we would like to know how you interpret them. These things have some heavy misconceptions, like people think marriage will cure shmiras habris, its not so simple.

I highly recommend on writing out your answer, not only for our better understanding but yours as well.

I'll also respond in more depth when I have more time.

Keep on Trucking, One Day At A Time!!

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Re:shiduchim

Posted by livingagain - 23 Jan 2025 18:56

It appears that there is a concurrence so I'll define the terms as I understand them to be.

marriage the joining of man and woman with Eirusin and kidushin. This is a matter of Halacha under which the husband undertakes certain responsibilities and acquires certain rights. Within marriage there are also emotional and physical benefits that are part and parcel

shmiras habris not masterbating

pas besalo having what you need

loneliness feeling a lack of a companion

building a bayis having children

perfect the best possible result

I believe these are concise and accurate definitions.

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Re:shiduchim

Posted by BenHashemBH - 23 Jan 2025 21:35

[livingagain wrote on 23 Jan 2025 18:56:](#)

It appears that there is a concurrence so I'll define the terms as I understand them to be.

Thank you Brother. I'll try to pull out further points to consider for each definition.

marriage the joining of man and woman with Eirusin and kidushin. This is a matter of Halacha under which the husband undertakes certain responsibilities and acquires certain rights. Within marriage there are also emotional and physical benefits that are part and parcel

What makes you say that the emotional and physical benefits are going to be an automatic deposit after completing the erusin and kidushin transaction?

shmiras habris not masturbating

How will marriage help you stop masturbating? (If you will answer because of sex, that isn't any replacement for masturbating. Many unmarried singles believe that they will transfer their tayva to their wife and alz geet - which is doubly incorrect. A wife is not a kosher masturbation receiver. She is not your personal muttar porn. Nor do you want her to feel like that. I'd say the best barrier holding someone back from working on shemiras habris is thinking that the best solution is something you don't have yet. Try not to compare your nisayon to others - that's inconsequential. This is your challenge and the tools to overcome it are available.

pas besalo having what you need

What guarantees that you will be totally satisfied? Pas Besalo is a beneficial side effect of intimacy, not a cure for lust. That's why you've heard many mention that marriage did not fix their struggles. You need to do the internal work, not just relying on external changes.

loneliness feeling a lack of a companion

People feel lonely for various reasons. You may crave a companion to fit with you, to share life with your other half. Some people have self-loneliness, like they want someone else to fill all their holes and voids. Marriage can provide connection, but is there a healthy 'you' there for her to connect to? (Maybe the answer is yes, just something to consider that it's not like marriage = no more loneliness. Many couples unfortunately feel isolation, because there are often differences which are normal but require work to figure out a balance).

building a bayis having children

Building a bayis, bezH you should merit to do so, is also not an automatic thing. There are ups and downs, twists and turns, satisfaction and frustration. You really won't know until you get there. Opportunities but no guarantees.

perfect the best possible result

Should someone not try to be their best possible self in inyanie kedusha before getting married?

I believe these are concise and accurate definitions.

It's important to contemplate how these definitions apply to you. Life isn't so easy to define - and that's part of the beauty of it. You aren't buying someone's art. You are having the opportunity to paint your own masterpiece. It will be unique, but it will require learning new skill and figuring out what you want to paint together, because it's a shared canvas.

If anyone would like to interject, reject, elaborate, correct, or anything of the sort, please do.
We'll all share the opportunity to learn and grow.

Kol Tov

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