

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: Jewizard21's Journey

Posted by lamaazavtuni - 05 Mar 2025 23:01

Beautiful!!! Klur !!!!!!! and inspiring!!!!

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Re: Jewizard21's Journey

Posted by jewizard21 - 05 Mar 2025 23:51

Just adding that when I see a jewish woman it is a different thought process than when I see someone that is non-jewish. Of course I am not saying that I linger or look back but I am saying that them being a jewish person adds more meaning to seeing them. Maybe this is because I am used to not seeing jews everywhere but I am sure others also feel an extra connection when seeing another jew. There is a difference of thought process when seeing a jewish woman that is married from what I can tell versus a jewish woman that is single and probably around my age.

When I see a married jewish woman I say to myself "I hope she is happy and that her husband is/has/will developed skills with regards to this nisoyon so that they can have a truly happy marriage"

and for a single woman its a bit different because there's that added edge of unrealistic "is she the one". The way I try to go about this is to tell myself that "not every jewish woman that's single is your age is 'the one' so don't look/look back" and then "I hope the person she marries is/has/will develop the skills with regards to this nisoyon so that they can have a truly happy marriage"

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Re: Jewizard21's Journey
Posted by jewizard21 - 17 Mar 2025 19:28

Hashem loves me!

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Re: Jewizard21's Journey
Posted by lamaazavtuni - 17 Mar 2025 19:35

Old hock !!! Happy you realized

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If I am crazy, let me know
Re: Jewizard21's Journey

Posted by jewizard21 - 19 Mar 2025 16:57

One of those days that start slow and you just push off things that need to be done. Lots of stress rn and a bunch of anxiety. I feel my head and eyes want to lower their guard and just look at everything, but Im not letting that happen and if it does Ill make sure that I move on.

This week has been the epitome of One Day At A Time. Had some real highs, lows, anxiety, stress, fun, enjoyment... all on different days and all unexpected. I hope the rest of my day goes better than start and I hope tomorrow will be better than today although I cant change what happens tomorrow so I will focus on today.

Keep on Trucking, One Day At A Time!!

Also will hopefully start shidduchim in the near future and am so happy that I am at this stage of my journey with this nisoyon while entering this next chapter of life, Thank you to everyone that reads and posts and gives me encouragement to keep moving forward.

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Re: Jewizard21's Journey
Posted by jewizard21 - 31 Mar 2025 20:04

I am having a really tuff time right now. Baruch Hashem no urges but I am definitely in a vulnerable mental state. I'll be on watch.

One Day At A Time, today is a hard day but I'll make it

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Re: Jewizard21's Journey
Posted by jewizard21 - 01 Apr 2025 15:58

Baruch Hashem I'm in a better mindset today. Still have a lot to do in a short amount of time.

One Day At A Time!!

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