

Let's go, and let go!

Posted by eiyantov - 08 Sep 2024 04:25

Hi. I grew up pretty close minded. I actually discovered masturbation without actually knowing what I was doing. I just knew it felt good, and kept doing it. I was 12 at the time. Only a year later did I finally comprehend what happens in the bedroom, and realized what I was doing was the male action. At that point I was addicted, and ashamed. I knew I needed to break the habit, but it was stronger than me. When I entered 9th grade, I made up in my mind I won't masturbate. That lasted pretty short. Going forward, there were many times, I told myself I must stop, but stop I couldn't. Masturbating actually led to breathing issues, but the addiction was too strong. In order to climax i needed to think pornographic thoughts which just filled my head with more garbage. I don't recall the first time I saw porn, but I do remember where and what. Those memories don't go away sadly. Thank goodness I didn't have much access or I probably would've been even a bigger mess. I remember when I went to learn in Eretz Yisroel, telling myself the journey of masturbating must end. I came summer zman and lasted until the Shabbos after Shavous. I still can recall the feeling of utter helplessness and worthlessness when i fell and masturbated. I felt so deflated. I continued to have up's and downs, but did not succeed in kicking the addiction. I came back from Eretz Yisroel and got engaged relatively quickly. Of course I told myself once I'm married this problem is gone. After all I'll have a wife. How naive and foolish I was. I don't recall the first time I masturbated after marriage, but it felt awful. I felt and continue to feel like I'm betraying my wife. I wish I could come clean with her, but she would never understand. Once I got more internet access porn became more added to the problem. No matter how many times i filtered my devices I always seem to find another way to watch. But BH I've been more controlling on porn than masturbation. I don't fall to often to porn. Because I've trained my mind to think pornographic thought to reach a climax though, my mind is full of them, and by habit reverts to those thoughts when bored, which makes me sick. I have a hard time looking at women, because my mind goes straight to thinking about their body. I wish to kill this devil for once and for all and live the right way, without this terrible addiction. I hope that this site will help me get there! Let's go, and let go!

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Re: Let's go, and let go!

Posted by ivelt - 23 Sep 2024 02:16

[Pinchaszev wrote on 11 Sep 2024 06:08:](#)

Wow. I have so much in common in your story. Really appreciate for posting

unfortunately same here

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Re: Let's go, and let go!

Posted by yitzchokm - 23 Sep 2024 02:25

[ivelt wrote on 23 Sep 2024 02:16:](#)

[Pinchaszev wrote on 11 Sep 2024 06:08:](#)

Wow. I have so much in common in your story. Really appreciate for posting

unfortunately same here

You are here for a while already. How about opening your own thread and posting a little bit about yourself without going into little details that can be triggering to others?

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Re: Let's go, and let go!

Posted by redfaced - 23 Sep 2024 02:29

[ivelt wrote on 23 Sep 2024 02:16:](#)

[Pinchaszev wrote on 11 Sep 2024 06:08:](#)

Wow. I have so much in common in your story. Really appreciate for posting

unfortunately same here

A very many much of us GYE's have a lot of things in common with this story and all of the other painful stories written.

The main thing that we have in common, might not be what our our story was yesterday, but rather, its what we so desperately want, with every fiber of our being NEED, our story to be today, tomorrow and the rest of our life.

And that is something that we control.

At this point we only look forward, One Day At A Time, until one day we look back and see WOW!! look how far we've come!!

KOT!!

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Re: Let's go, and let go!

Posted by rebakiva - 23 Sep 2024 02:37

[redfaced wrote on 22 Sep 2024 11:46:](#)

[whywatch wrote on 22 Sep 2024 11:27:](#)

Is it really possible to end a 19 yr addiction?

It'll have to be replaced with a positive thought process.

Such as Dibuk Chaveirim (with YKW being the Dibuk and myself being the chaveirim)

Reading, re-reading and then reading again [The Battle Of The Generation](#)

And yes, possibly even going through the [Flight to Freedom](#)

And certainly reaching out to [HHM](#) (if you haven't so far) @ michelgelner@gmail.com (much cooler email address than Eerie's BTW)

If only we'd all have red-faced humor I believe we'll get out of this easily

Simcha humor and laughter is always key

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Re: Let's go, and let go!

Posted by redfaced - 23 Sep 2024 02:47

[rebakiva wrote on 23 Sep 2024 02:37:](#)

[redfaced wrote on 22 Sep 2024 11:46:](#)

[whywatch wrote on 22 Sep 2024 11:27:](#)

Is it really possible to end a 19 yr addiction?

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I didn't get out easily Humor isn't enough

It takes grit, determination, sweat and FRIENDSHIP

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Re: Let's go, and let go!

Posted by rebakiva - 23 Sep 2024 03:14

That's definitely true but when I came here I was sure I'm in for lots of pain only talking about pain and dealing with pain of dropping something that I was so addicted to etc but I must say it definitely is extremely exciting to see that we can do this humerously as well looking forward to a great future with happiness not just with the pain of leaving the dark past thanks a million for all your great humor I really love it and I love laughing every time I read stuff on the forums it definitely gives a sensation of wanting to return and continue the great journey ahead so long as we can do it happily

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Re: Let's go, and let go!

Posted by whywatch - 24 Sep 2024 22:31

Hi all. Firstly, I spoke to HHM. He truly is someone here to help. So worth calling him. He really understands you, and understands this sugya. He is here to walk you through to the other end.

One piece of advice he gave was to read a book, preferably one with a bit of spirituality to it, or listen to a shuir, so your mind doesn't wander to fantasy land when going to sleep. Last night I listened to a shuir from R Daniel Kalish.

At the end, he has a talmid strum a guitar and sing a song. This song was literally directed at my heart. I felt so mechuzak from it.

I attached a link to the song!

So worth listening to!!!

mostlymusic.com/products/mendy-worch-chaim-ghoori-yidden-single?srsId=AfmBOoqqkOMEZX-Ejg8KoG_07fCluNFUcd7ruSdxc_IM7msMvdq09Y8R

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Re: Let's go, and let go!

Posted by chosemyshem - 25 Sep 2024 13:47

[whywatch wrote on 24 Sep 2024 22:31:](#)

Hi all. Firstly, I spoke to HHM. He truly is someone here to help. So worth calling him. He really understands you, and understands this sugya. He is here to walk you through to the other end.

One piece of advice he gave was to read a book, preferably one with a bit of spirituality to it, or listen to a shuir, so your mind doesn't wander to fantasy land when going to sleep. Last night I listened to a shuir from R Daniel Kalish.

Great advice. Rav Shimshon Pincus has a couple of powerful speeches about krias shema al hamita, and one thing he says is that what you go to sleep thinking about is where your mind hangs out for the whole time you are sleeping (on some spiritual level). So going to sleep thinking about connecting to Hashem = hours of connecting to Hashem. Going to sleep fantasizing = hours of lusting.

Obviously we're talking about subtle spiritual dimensions. And I hate, hate, HATE segulos and spiritual shortcuts being presented as a solution to lust. But largely because of that speech I started saying hamapil and krias shema al hamita for the first time in my life. And I feel like it's made some small difference. Regardless of any effect, it's, like, an explicit halacha I was neglecting for absolutely no reason as well as a nice relaxing routine. But this idea was good motivation to start doing it and I do feel like it's had an effect.

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Re: Let's go, and let go!

Posted by whywatch - 25 Sep 2024 14:09

Thanks!

That is actually one of the bedtime routines HHM told me to do. One of the side kicks of saying it, that I feel, is, it makes going to sleep feeling heilige. It is such a satisfying feeling.

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Re: Let's go, and let go!

Posted by whywatch - 26 Sep 2024 08:21

I woke up an hour ago at 3am with this inexplicable urge to masterbate. This urge is like nothing I've felt before. Literally on a new level. But I knew I couldn't fall, and I was going crazy. I got out of bed, went to the couch and listened to R Leib Keleman (inspired by someone else's post earlier tonight). It's now 415, the urge has slightly abated, but it's still here. I keep telling myself, in a couple hours the sun will rise, and we will win Bezras Hashem. Doing whatever I can to occupy myself and put my focus elsewhere. ??? ? ???? ??????!

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Re: Let's go, and let go!

Posted by whywatch - 26 Sep 2024 09:57

Thank you Hashem, I made it through the night (Not sure how I will stay awake at work, barely slept since 3am) Heading to shachris victorious. TYH!!!

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Re: Let's go, and let go!

Posted by upanddown - 26 Sep 2024 10:43

Wow. You're amazing... A real inspiration!

These are the real Zechusim. The ones that noone knows about. The whole world is sleeping. Whywatch is up. Nobody around. Just him and the YH. And he fights him off like a lion!!

I'm so happy for you!

Keep it up!

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Re: Let's go, and let go!

Posted by odyossefchai - 26 Sep 2024 12:43

I'm starting to understand when Chazal say that the definition a GIBBOR is someone who conquers the yetzer hara.

Anyone can train a bit to lift 200lb weights.

Try fighting this yetzer hara for a while and see what kind of mental, emotional, philosophical and psychological strength you need to win over it.

No one is going to comment on your victories (except your beloved chavirim here)

No one is gonna tell you that you have big muscles, no one is going to compliment you on your wins.

Heck, you probably can't share your feelings with anyone.

You are mamish a real gibbor!!

Keep up the ~~good~~ GREAT work

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Re: Let's go, and let go!

Posted by empoweredowl90 - 26 Sep 2024 13:04

wow,good morning your nothing short of a tzadikk and a gibor keep fighting, and inspiring people(me for sure:)

Warning: Spoiler!

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