

My struggle!!!!

Posted by hashemyishmor7 - 28 Nov 2024 04:17

Hi friends

Before I start I want to thank the founders and all the people that are involved in making and running this incredible site. And also a huge thanks to all the people that are active here with comments and ideas, it helped me so so much for the past few years that I'm on here quietly noshig for wisdom and clarity.

And ????? ????????? to the angel @hashemhelpme (I really think he is an angel) for all ur help and time you gave me there is no words to express my gratitude for all your help.

My story I think is too long to write it in detail, maybe I will get to it one day, but to sum it up in short, I'm now in my mid 30's, chasidish, wonderfully married (and fine tuned it after being here for a few years) regular person on the outside turmoil on the inside.

I've tried being clean for years without any real results. my longest and most successful run was 70 days and it ended a week after sukkahs.

Before that I think to myself, that if it would've been a contest of who watched the most p**n and M the most, I would win that contest.

I M'd from the 10 till my 30's on daily basis, I couldn't fall asleep without it. My routine was when I went that I went over what I saw all day and fantasized till I M and then I fell asleep and this was going on for years. I think that not too many people can relate to me with the part of how much my mind was into this. And also getting triggered by both genders makes it even more difficult for me to get out of it, (I stopped going to the mikvah except when I really have to go for a nice few years even though in my circle most people go daily). From my 20 and up p**n was my life, there were days that at work instead of working I watched all day, and at was all night watching sometimes till 5 or 6 am and the next day I walked around like a zombie. and it wasn't just single days here and there this was happening Day after day, and the same goes to the last 3 days. And for the last few years it got even much worse, I got hooked to one of the ppv websites and flushed there thousands of dollars, from money that I didn't have, and even now even without being able to cover monthly basic expenses I'm still spending tons on this

websites, don't ask me why I'm doing it, I also know that it doesn't make sense, but the urges are so strong that I can't control myself. Part of why it's so difficult for me to stop I think is because in order to stop, I feel that I have to change tons of things in my life in order to get clean. And also because of my past I feel that this took my away my life from me, I know that what I'm today is not what I'm supposed to be I feel that I ruined my life, God gave me a lot of talent and wisdom and I used none of them, and I that this is the reason why. I already listened more than once already to theshmuz.com/series/the-fight/Im already by page 300 of the fight of our generation book. I'm broken and feel shattered to pieces its a terrible feeling trying to get rid of this and not being able to, I don't know from where I took the strength to pull through till here. I could write hundreds of pages more if I would go more in to detail. But I'm pushing it off for a few years already to post here so I will just press the send button now and will come back for more one day may be. In the meantime anyone willing that thinks that they could be helpful to me. I would greatly appreciate it. Cause I can't continue anymore Thanks for listening

Maybe being more active, connected and engaged here will help.

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Re: My struggle!!!!
Posted by livingagain - 24 Dec 2024 05:31

[hashemyishmor7 wrote on 24 Dec 2024 05:23:](#)

Feels so awful doing something you don't want to do and know it's bad for you but you keep on doing it. I'm still going back to this sites and spend tons of money for 19 yo who r millionaires even though and drowning in debt.

I wish I could stop

There is nothing else in life that's satisfying me as this is. I know it's not right to say but that's how I feel

Did you try flight to freedom

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Re: My struggle!!!!

Posted by hashemyishmor7 - 24 Dec 2024 05:33

I have to say that being here and even more by talking to hhm helped me tons before being here I lived a different life. I didn't daven ??????, didnt learn, had no feeling to anything related to yiddishkiet and reached a low by deciding that I have seen and used everything a screen has to offer and I started having urges to take to the next level and getting physical with it with real people and even family members and etc. So being here and being in touch with hhm I could say probably saved my life.

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Re: My struggle!!!!

Posted by hashemyishmor7 - 24 Dec 2024 05:36

[livingagain wrote on 24 Dec 2024 05:31:](#)

[hashemyishmor7 wrote on 24 Dec 2024 05:23:](#)

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I started but didn't continue. I have 0 discipline.

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Re: My struggle!!!!

Posted by babayakob - 24 Dec 2024 05:58

Yoish Hashemyishmor, I not heer so much I more on yiddish site, but I cant just seeing you pain and just walking away, I feeling so bad fur you, and I think you very special just fur being heer and posting you pain.

I sorry fur my english I not so good in english, btw what's mean's "discipline"?

Anyways I love you mine heilige brother

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