

I really need help I don't think i can ever get ma
Posted by bochurinneed - 10 Jan 2025 14:09

Hi guys

it's with great shame I introduce myself,

i somewhat plucked the courage.

it started when I was around 12 getting curious with an u filtered phone.

i started getting addicted to p.

it went further and I started getting a thrill at finding banned content and I just spiralled down thinking I'll grow out of it.

i didn't.

now I'm 21 and have real banned desires.(I'm sure you all know what I mean whether you want to believe it or not)

i have nowhere to turn to and I won't be able to get married.

yes I found the courage for therapy but it hasn't helped me. How am I supposed to live with this real desire?

guys I'm pleading with you from the bottom of my heart filled with shame and guilt.

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Re: I really need help I don't think i can ever get ma
Posted by chancyhk - 13 Feb 2025 21:50

Dear Holy Bucher, For Hashem's sake, please don't pay attention to what outsiders say. They often don't understand. If you tell a non-Jew that it's possible to be married from the age of 18 until 120 to the same woman without ever cheating, they would never believe you.

Or if you mention that there are hundreds of thousands of observant Jews who abstain from pornography and masturbation, they might think you've lost your mind. The truth is, anything is possible! Start engaging with the discussions here, and talk to others who have been through similar struggles. You will see that many of us once believed what we were facing was impossible to change or control.

I'm not sure what specific struggle you are dealing with, but help is always available. Sometimes it's harder than other times, and you might need more intensive support, such as deep therapy, 12-step programs, or SA meetings. However, there is always a way out if you truly want it. That's what matters most: How much do you want to become a better person? How committed are you to working on it? You can't approach this halfway.

If you want to talk, I'm here. My email is Chancygye@outlook.com.

Good luck!

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Re: I really need help I don't think i can ever get ma
Posted by lamaazavtuni - 13 Feb 2025 23:16

Habuuchur hachushiv welcome !!! Your nefesh is unique but unfortunately your struggles are not. We understand you cause we were all in the same boat as you give or take some more or less hours watching..... And many of us have developed unhealthy sexual ideas and obsessions. Yet many of us have changed or are in the process.

hatslcha my friend , keep us posted how your doing, we wanna hear.

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