

Hi, now you can't say I'm just a lurker

Posted by renewedunicorn23 - 27 Jan 2025 00:48

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Hi, just wanted to make a post on here, mainly as a reference for when I can hopefully look back on this as the "old" days, but also feel free to respond with any tips or things you think I should know.

I would say that I have struggled with P&M for about 7 or 8 years now, but I'm not sure that's totally accurate since for 1-2 years of that time, I was genuinely oblivious to the fact that masturbation is assur. I knew about pornography being assur but I probably put it in the same mental category as going to the movies. The topic was never brought up to me at home, in yeshiva, or anywhere else. Any information I had was from the internet which I had access to early on. Of course, I eventually realized the gravity of what I was doing, but for a long time, I was able to ignore it or intentionally remain as uninformed about the halachos as possible. It was only about 6 months ago that I decided to make a conscious effort to stop. That lasted 3 weeks (which was tremendously difficult) and then I fell right back down for a while.

A few weeks ago now, someone opened up to me about their struggle for the first time (He is doing exceptionally well for a while b"h)

I had never discussed this with anyone, but his opening up made me want to unburden myself, although I could not bring myself to do it. I really don't know where I fall as far as my difficulty with this, is everyone around me going through the same thing? Are some people just cruising through with no challenges? Are some people not even trying? I still have no clue. However, just knowing that at least one other person had fought and was winning gave me motivation to try again. I installed a filter on my devices and I found that I have almost zero urge to watch pornography whatsoever. I have not needed the filter or even come close. As far as masturbation, well that's another story. It's been easier so far than the last time around, but there have been a lot of urges, and since I decided to get clean, I'm so afraid of failing and having to start over that I'm almost afraid to change or shower. I'm proud of my success so far but I feel it getting more and more difficult, and I'm afraid that if I fall I won't be able to get back up.

Since my turning point Hashem has thrown me a few lines bh. My rebbi spoke about shmiras habris in shiur, and while most guys didn't speak too much, it was clear from those who did that others have at least had challenges. I have heard of various tikkunim/tshuvah although I don't really know too much about them, would appreciate if anyone wants to share what they have found to be helpful/meaningful. (I'yh 1 and done, especially as I don't and have never had a wet dream). I also want to go to the mikvah but I don't know how to access the mikvah near me and I would feel very uncomfortable asking as a single bochur, If anyone has any ideas would love to hear.

Thanks so much and I appreciate all you guys do for the klal!

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