

Posted by Yidster - 06 Jan 2010 22:28

I got a few messages to share a little bit about myself so here I go....

I was officially a good boy and then good bochor doing the right thing not getting into trouble, on the outside I was good but inside I had a deep secret that is my pleasure for lust and women, as a teen I would find magazines in the house, fast forward movies to you know what, novels... and that would lead me to mast..., I did not get into heavy stuff or internet, it was just mast.... over catalogs... I had my ups and downs I tried to work on myself, when I was out of town yeshiva it was better but when I came home bein hazmanim I made up for the year... At around age 20 it got worse, I was one track mind no matter where I went and what I looked at I was in a fantasize world, all I thought about was sex, I thought when I get married all will be good and no more mast.... But I was wrong I got married and married but matter how good it was I still felt the urge to mast...t I was not getting satisfied my yetzer harah always wanted more and more, I got hooked to internet surfing, at events I think and fantasize about other women.... When I have a bad day or stressed out I mast.... it is my medicine It makes me feel good ( of course not after, I feel like s..t and say never again) I finally came to realize that I do not have the power ( step 1) there got to be something else out there...

I feel good that I went ( I broke my self) but I am still not sure if I should go again, I just don't see myself opening up, and it felt wired that I am on the same category as those people ( goyim).

today I went to a restaurant and saw a women that.... I wanted to look and think... but I pushed that thought out, a few times, I don't what to have to fight the thought I just don't want it to come or not want it to matter, how can I do that?

I will stop for now, any thoughts?

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Re: Yidster

Posted by silentbattle - 22 Jan 2010 00:25

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[Yidster wrote on 21 Jan 2010 23:41:](#)

three weeks thats it i was only able to do....

That's *it*?!?!?!?

You kept yourself clean for three weeks! That's incredible! How many seconds is that? Every single second that you held yourself back, you got an incredible connection to hashem, and that doesn't go away! What you built, remains!

It seems to me like the yetzer hora saw you starting to build something beautiful with your wife, and he wants you to have a hangover...

Connect with your wife! Keep on trucking!

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Re: Yidster

Posted by Kollel Guy - 22 Jan 2010 08:02

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What would you be willing to do to correct the fall?

The Chozeh of Lublin says: People think that after they do an aveirah - the Y"H got them, his plan worked, and he succeeded in getting out of them what he wanted. Therefore they are depressed. But the truth is, the Y"H doesn't really care too much about the few aveiros he gets a person to do. What he **really** wants is for him to fall into depression and despair so that he has access to control of his **life**!!

Reb Yidster, he managed to distract you and got you to look his way. But don't let him convince you to start actually moving towards him.

If you feel your negative state is legitimate, then you have to be that way all the time. 100 Honesty. If your not bursting with joy every time you put on tefillin which is a huge mitzva, then you have no right to be dejected when you do an aveirah. It's obviously not coming from an honest place, or it would be present in all situations - for better or for worse c"v.

If you want to correct the fall - **get back up**!!

I hope you have a lichtiger Shabbos.

Have extra kavanah by "samach nafsheinu b'yeshuosecha".

Kiddush on leil Shabbos is the greatest time for teshuvah.

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Re: Yidster

Posted by Yidster - 24 Jan 2010 01:43

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Thanks for the words of chizuk, I thought I can do it by being on GYE and phone meeting.. But I fell.. I went to a sa meeting ( for the second time) on Friday and I have to admit it was really nice, there was about 8 guys all very normal, they were very welcoming, it felt good being there and I plan I"yh going at least 1-3 times a week, I believe it is the only way out to be free forever, if I do what I have been doing this past three weeks I will just have ups and downs.. I want to be a mench a real mentch not a fake with a sick dirty secret..

I daven to hashem that he give me the koach to do want I need to do to be free.

A gut voch to all

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Re: Yidster

Posted by silentbattle - 24 Jan 2010 01:46

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It's incredible to see you doing whatever can be done to grow. You are truly inspiring!

I would point out that sometimes, even with the best support system, you might fall - and at times like that, you just need to pick yourself up. It doesn't mean that there's something wrong with the system - we just need to figure out why we fell, and avoid making the same mistake next time.

Rock on!

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Re: Yidster

Posted by Dov - 24 Jan 2010 23:24

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[Yidster wrote on 21 Jan 2010 23:41:](#)

i regret to inform my holy brothers that i fell big time, now i am hung over, yokkkkkkkkkkkkkkkkkk. three weeks thats it i was only able to do....

Three weeks?! I am not able to do even *one* week...probably even one *day*. And I mean it.

It's letting Hashem in, for a change, that makes the difference for me.

As far as the hangover, youch! oh boy do I remember that....sorry to hear, hope you get back in the game soon, as: a yidster deserves the good life!!

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Re: Yidster

Posted by Yidster - 25 Jan 2010 21:10

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hi guys,

i dont have much to write now other that i am back and rolling, i went to another meeting yesterday it was okay and i look forward going to another one, i hope tomorrow, it is another location so i got to build up my courage all over again...

take care my friends

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Re: Yidster

Posted by Dov - 25 Jan 2010 22:01

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KOCHA! (keep on chugging along)

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Re: Yidster

Posted by imtrying25 - 30 Jan 2010 21:58

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Kol Hakavod to my dear yidster for going all out and attending meetings!!! Hope things are working out for you. Between meetings and this forum and the posts of the Great R Dov you'll get very far. Please keep us updated on your progress. Wishing you the best week ever!

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Re: Yidster

Posted by silentbattle - 31 Jan 2010 07:10

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Glad to hear that you're rocking - no matter what, keep moving, and never give up! Instead, give it to hashem!

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Re: Yidster

Posted by Yidster - 14 Feb 2010 04:28

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Hey everyone I am still around and with hashems help I am clean for almost three weeks, meeting are good.. I feel so blessed over the past six weeks since I started to stop my lustful thinking, I feel like a real mentch and my yiras shamayim is starting to increase..

A gut voch to all

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Re: Yidster

Posted by silentbattle - 14 Feb 2010 07:30

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Fantastic! I hope you feel incredibly proud of yourself, because I know that Hashem is proud of you!

Hope you have a great week!

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Re: Yidster

Posted by Yidster - 20 Apr 2010 21:31

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Hello Chevra

i have been out of touch with this website but have been in touch with dc's calls and have been going to SA meetings, b'h the meetings really help and as long as i am doing the program i am doing well, the problem is when i think i have everything under control and that all is good and fine, i need to practice step one, i need to say it, i am powerless over lust and turn it over to hashem.

i am on a whole new level of recovery now that my wife knows, she found out last week and of course she was extremely shocked, she totally did not see that coming from a guy like me, b'h after three days of her not talking to me, she finally was able to come to terms with it, she has

checked out all my post on this site and now she kind knows where i am coming from, i need to thank hashem for blessing me with such a great wife who will be on the road with me, she will do all that she can that i remain sober ( although she did say that if she catches me one more )

Hatzlacha to everyone

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time she will tell my mother her mother... yikes

Re: Yidster

Posted by silentbattle - 20 Apr 2010 21:33

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Thanks - and thank you for updating us, it's always wonderful to hear such good news!

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