

helllo!

Posted by muststopnow - 25 May 2010 12:50

i am new to this site. just found it today.

i've been looking for something like this for a long time.

and yet, writing this post is very hard for me.

i am addicted to pornography and masturbation for 12 years now, and it's a total secret to everyone. it's hard to reveal it in such a public place....

i am married with a child on the way, and i feel that for the sake of my family, for my wife and child, i must change.

i must become a better man. my wife has no idea i'm addicted, and no idea i joined the site. for now, i think i will keep it that way. maybe when i'm doing better and feeling more pure i will tell her.

thank you for this site, i feel lucky to have found it.

i pray to the lord above that this will be the first step towards the purity that i so desire.

M

=====

Re: helllo!

Posted by installed - 17 Jun 2010 15:28

Hey MSN,

I read your thread and got lots of chizuk from the replies and from your determination. I'm also having trouble with secular media. There is no clear answer. Giving up EVERYTHING in one shot can be too much to handle but on the other hand as you abstain, you notice how much dirt there is everywhere and it triggers. As others have said, it is like having an alcoholic working as

a bartender. I started to try to stop looking at women and I only realize now how much I was looking in the first place. I decided to stop surfing youtube (too many triggers on the homepage and on the right hand side). I'll probably try to watch videos that are relatively clean as well. Did you see Food Inc? It's a great documentary. Also check out Trouble in Amish Paradise. I ignored the Christian element and applied it to myself and it gave me a lot of chizuk at the time! Just saw one very good and clean video last week. It's called The Good the Bad and the Ugly and as far as I can remember it's perfectly kosher (it's an old western film). I didn't watch a movie or video since I signed up to this site (I'm spending hours here - all my spare time) but I can't see myself stopping completely. Let me know if you have any suggestions about the media problem and I'll do the same. Hatzlocha.

Regards,

Installed.

=====

Re: hello!

Posted by muststopnow - 20 Jun 2010 12:55

i fell again.

spent a day doing nothing... the ended up falling.

what more, i made this neder foolishly, and now i not sure if i'm trouble as far as the halacha goes since i didn't really watch p____graphy...

i can't seem to see the end of this. i fear it will go on and on through my married life, and the thought really troubles me and scares me. i feel lost, if feel that god isn't on my side. i feel i have fallen out of grace.

i think i need to spend more time here. maybe for the first days out of the 90, i need to be here every day, reading, posting, internalizing. this time i didn't really visit here much and that may be

part of the reason i fell.

i can't seem to get past a 10 days of being clean.

when will this end?.....

please God save me! SAVE ME!!!!

M

=====

Re: hello!

Posted by teshuvahilaah - 20 Jun 2010 15:06

Reb Muststopnow, the best thing to is to just take it one day at a time.

There is a special time when we can draw near to Hashem. That time is really every single moment. We have to believe this and get back up. Things will get better. Just keep focus and take it one day at a time. And don't give up.

=====

Re: hello!

Posted by Ineedhelp!! - 20 Jun 2010 15:26

Hey Muststopnow,

Dont think for one second that Hashem is not with and on your side. Think about what that would mean! It would mean you have no purpose on this earth and Hashem would take you out

of this world. The fact that youre still alive and able to perform Mitzvos means that **YOU** have a purpose hear and have the ability to make a true impression on this world and can move to Olam Habah. Lets take advantage of the hidden gems that Hashem has put in front of us!

Be well!

-Yiddle

=====

Re: hello!

Posted by jewinpain - 21 Jun 2010 01:44

MSN! Don't beat urself up, 10 days is a nice stretch as a whole, besides that we r not competing here who gets a longer clean stretch, we work here day by day, and when the day is over and u r clean u r just like the rest of the guys here with 3 months or 9 months clean, I'm serious, every day is precious on its own,

Yes it would be worth being here more, posting if that makes u feel good, or at least reading, lots of good posts on here, maybe find urself here a good sponsor whom u can reach out in time of need,

Hashem is not on ur side??? Are u nuts?

Chazal in sanhedrin say that when a person was taken out for skila, schicna mu omeras "kalani miroshi kalani mizroie" so I once heard a briska vort, let's step back a moment and think about what type of person are we talking here, this is a guy who was mchala shabbos in public after 2 adults had warned him, or in our GYE case a guy was found doing a terrible adultery act! With solid evidence , still hashem sees in his pain and cries for him, so how dare r u to say that hashem is not with u, I doubt that u r in such a situation of being worse than that,

So hang in here , u r worth more than that, just do what the pros here say and u will be clean soon

=====

Re: hello!

Posted by the.guard - 22 Jun 2010 21:49

[muststopnow wrote on 20 Jun 2010 12:55:](#)

what more, i made this neder foolishly, and now i not sure if i'm trouble as far as the halacha goes since i didn't really watch p____graphy...

See here: www.guardureyes.com/GUE/Tips/TipsShavuos.asp

And Here: www.guardureyes.com/GUE/FAQ/FAQ33.asp

=====

=====