

The biggest challenge ever

Posted by MovingUp - 15 Jul 2010 00:23

Hi Everyone, Nice to be part of this community.

I need some serious help

Without getting into too many details, I have been looking at porn on the computer and masturbating for almost 15 years on a steady basis. This past year I have tried to stop as I realize this is out of line and can't continue. Yet I cant stop. Everyday I say I am starting anew yet I keep giving in again and again. I have used filters for the Net, but even when I get away from the computer I can spend hours fantasizing. When Im not looking at porn I am touching myself improperly. If Im not doing that then I am fantasizing Just today I spent hours at work fantasizing about someone. I have done some horrible things because of this lust I dont even feel comfortable describing. I feel like absolute scum of the Earth and can not honestly think of one reason why God could care less about me. When I pray to him I feel like a faker. I really do want to stop but then when the feeling goes over me I cant stop. And then I regret it afterwards. And the cycle continues.

I am really not a bad person but I need help and get myself out of this hole I dug myself into.

Please someone hear my cry! I need a way to stop. I need a real plan. Has anyone ever beat this thing and if so please tell me how. I am willing to try anything.

Thank you form the bottom of my heart

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Re: The biggest challenge ever

Posted by MovingUp - 01 Feb 2011 17:01

Thanks guys - my brain is saying no; the addiction is saying yes.

But you guys are right.

Im gonna take a little break outside with Hashem and talk to him

thanks

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Re: The biggest challenge ever

Posted by ben durdayah - 01 Feb 2011 17:55

Good decision.

My last fall is still very fresh.

It isn't worth it. Period.

Hang in there, and KOT!

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Re: The biggest challenge ever

Posted by MovingUp - 01 Feb 2011 17:57

- Love you all

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Re: The biggest challenge ever

Posted by ben durdayah - 01 Feb 2011 18:00

Glad we were here.

Glad you pulled through.

KOT and KUTGW!

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Re: The biggest challenge ever
Posted by MovingUp - 01 Feb 2011 19:01

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Thanks for having my back

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Re: The biggest challenge ever
Posted by ZemirosShabbos - 01 Feb 2011 19:02

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Re: The biggest challenge ever
Posted by MovingUp - 07 Feb 2011 19:58

Bad day - a trigger set me off and I can't get it out of my head. And I've tried all the tricks (got

some fresh air, distractions etc) but the lust keeps coming back.

I've tried everything except for asking Hashem to help. I obviously can't beat this on my own. And I'm scared of falling. But the only thing I am scared of more than that, is admitting I need hashem's help to deal with this. What is wrong with me??????

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Re: The biggest challenge ever

Posted by ZemirosShabbos - 07 Feb 2011 20:09

if you tried everything else and it didn't do the trick then that is a kind of admission

why are you hesitant to admit that you need Hashem's help?

everyone does, from the greatest to the smallest. it should be liberating to recognize that, take some of the weight off your shoulders

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Re: The biggest challenge ever

Posted by MovingUp - 07 Feb 2011 20:51

I don't know. I'm not being logical. but Im on my longest clean streak in a while and I'm about to fall

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Re: The biggest challenge ever

Posted by ZemirosShabbos - 07 Feb 2011 20:55

i'm with you on that, logic never really works for these kind of things

do you have people you can reach out to?

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Re: The biggest challenge ever

Posted by ben durdayah - 07 Feb 2011 21:23

Moving,

There is an old saying that wise men learn from their own mistakes...

Smart men learn from other's mistakes...

I have drunk those salty waters all too recently...

It's just not worth it...

Hang tight, speak to Hashem...

Don't make the same mistake that I did...

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Re: The biggest challenge ever

Posted by MovingUp - 07 Feb 2011 22:06

I've been looking at your thread and you're really an amazing person. thanks for the chizuk

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Re: The biggest challenge ever

Posted by ben durdayah - 07 Feb 2011 22:10

Anytime (at least, almost any time... I'm on my way out for the night...)

Hang in there...

It's Kdai!

KOT!

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Re: The biggest challenge ever

Posted by bendurdayah - 08 Feb 2011 00:35

MU, why do you find it hard to ask Hashem. I don't mean this as a judgment, but as a discussion. I think we could all (or at least only me) gain from discussing why this is hard to do.

I know for myself, sometimes I am not in the "G-d" mood. Yes, I daven, and learn. But I feel no connection. So, the personal tefilah, asking for help, seems to be totally out of my ability. Maybe on some level I want to fail. A personal challenge for me has been feeling a modicum of

connection to Hashem.

So, are we to develop just that smallest feeling and make the ask?

Or, forget about the feeling altogether and make the ask!

I don't know if you are going through any of this. In any case - May Hashem grant you the strength to Move Up!

BA

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