

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 ZemirosShabbos - 21 Feb 2011 22:54

wow!

good attitude you have there

please keep sharing it

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Re: The biggest challenge ever
Posted by Yosef Hatzadik - 21 Feb 2011 22:57

[MovingUp wrote on 21 Feb 2011 22:48:](#)

And equally (or more) important is that I know I have Hashem to talk to and help me through this. He wants us to grow through this! Nothing crazy deep, just to talk to Him, about my struggles and goals. I'm not happy about this addiction, but if it wasn't for it, I would still be going about my daily life which was too busy for G-d, and I would have missed out on this opportunity.

Wow! You are thanking Hashem for giving you this addiction - to bring you close to Him!

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Re: The biggest challenge ever
Posted by MovingUp - 21 Feb 2011 23:18

[Yosef Hatzadik wrote on 21 Feb 2011 22:57:](#)

My grandmother had a Yiddishe saying "Don't make yourself so small, you're not so big."

Meaning someone as small as me should just take whatever compliment they can get and not protest.

So... thanks!! ;D

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Re: The biggest challenge ever

Posted by MovingUp - 22 Feb 2011 00:23

This prayer says it all

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.

(Twelve and Twelve, p. 41)

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Re: The biggest challenge ever

Posted by MovingUp - 22 Feb 2011 15:58

So i was feeling a boatload of RID last night - both stress and anxiety. It's scary how I automatically turn to my self-medication - the acting out, to make it go away.

But that's not real living - that's running away from life.

Instead of falling in my downward spiral I spent some time reviewing my notes on the 3rd step just to remind myself that I can only do my best in regards to these things stressing me out, and the ultimate outcome is in Hashem's hands.

"Hashem, I offer myself to you - to build with me and do as You will. Relieve me of the bondage of self, so that I may better do your will"

The Third step prayer is so powerful - it's really what us frum jews should be thinking throughout the day. Most of us don't, but as a sick person I can't afford not to.

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Re: The biggest challenge ever
Posted by ZemirosShabbos - 22 Feb 2011 16:01

wow

good for you

you are aware and you are doing the good work!

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Re: The biggest challenge ever
Posted by MovingUp - 22 Feb 2011 18:16

Thanks!

I've gained a lot from these forums - so I hope people can read this thread and see what works

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for me, and hopefully it can help them. Or maybe they can just see from me what NOT to do
Re: The biggest challenge ever
Posted by ZemirosShabbos - 02 Mar 2011 18:34

hi MovingUp,

how are you doing today?

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