

we all want to be good

Posted by laagvokeles - 15 Dec 2010 16:18

hey i am new here bla bla bla.... and my english is not the best

bekitzer i ``officially`` seat and learn.....but in my free time i wach films and porn.....

Oh yes i allready cutted (geshniten, chotachi) the wires that provide internet, i took out the possibility of wlan of my laptop, NOTHING HELPS in the long run.....

I dont understand how dos a jewish frum person "relax"? i mean bederech heter.... how? by reading a book? by eatting steake? by waching a concert of lipa? come on!.....

I am not eaven talking about porn! waht about waching films....? thats also included in the "veloi sosuru"! there is also in normal films not tzniesdige woman....., but with what else can we relax?

I have more than 2 children and i am after my 30 years and i study.... i am ven very good at it... very deep... and i enjoy it very very much i can seat in koilel 13 and and sometimes 15 hours!!! true! i can also seat as a regular koilel yungerman 8 hours, nothing really makes a diffrence, after a month and a half sometimes less, i get a "lust atack and sometimes i can struggle for hours sometimes for a day BUT NOT MORE!!!

oH RIBOINOI SHEL OILOM WHAT ALLSE CAN I SAY

what allse there is here to say ill say at a diffrent ocasion

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Re: we all want to be good

Posted by desperate_teddybear - 15 Dec 2010 17:57

[laagvokeles wrote on 15 Dec 2010 17:51:](#)

teddybear i got your point...

nu? what should i do?

hahaha holy cow no don't do that.

read through the handbooks. learn to say no, learn to occupy yourself with other things.

ask yourself WHY are you acting out?

a person acts out because when they are acting out they are in a different world where they don't need to think about anything and only the pleasure.

what is this pain/unhappiness that you are escaping from

most importantly, learn you are not a bad person. forgive your mistakes, make small changes. the Ribono Shel Olom still loves you, he is proud you are trying you know and feel this deep down i am sure.

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Re: we all want to be good

Posted by laagvokeles - 15 Dec 2010 18:08

teddy bear you are good!

you got it! its my attitude! nu? what could i do? i dont enjoy climbing, and i dont enjoy sports (to watch i do....)

and i hate going to simches, hate! what can i do....? it doesnt make me happy at all that someone got a "zochor" and i have to shlep my self after the shabes seuda to a sholom zochor....

hakitzer im stuck

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Re: we all want to be good

Posted by desperate_teddybear - 15 Dec 2010 18:18

u can enjoy the little things in life. like a nice day. a good peice of cake. someone returning your smile. nu, even computer games are better way to blow off steam then what's happening now.

and there is a lot of kosher movies out there too that don't need to be shmutz.

have you checked out gye's 'kosher aisle'? www.guardureyes.com/GUE/Time/time.asp

what it says there is interesting though

people who suffer from consistent boredom should seriously consider therapy. Boredom is often a symptom of underlying emotional issues. People that grow up emotionally healthy, usually find things that interest them (without looking at others or trying to meet unreasonable expectations) and naturally develop the internal motivation to pursue them, and therefore are not bored very often. Therapy can help you find the underlying issues that may be causing this boredom or "void" in your life.

not that you should go for therapy. just that there's more going on here than just 'boredome'

like why you find things most people enjoy to be a bother... why aren't you happy to hang out in social settings - are you shy? are you an introvert?

i am trying to help you together to find out what is BEHIND all this. what is the CAUSE, not the symptoms.

theres so much to do in this world..

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Re: we all want to be good

Posted by laagvokeles - 15 Dec 2010 18:37

lol im not shy at all.... on the contruary (lehepech, by the way im very very not comfortable around women, but between man, no problem....)

ill tell you the emes, even im not shy, i still dont look for friends, i mean, if it happend that im together with ppl, ill talk and enjoy etc... But i dont look forwards for it.. "yo yo nain nain" i dont really need it.

and about what you said im not happy: well im happy and very happy when im in good relations with hashem, then a davenen has a taam, the learning even better and my wife really satisfies me....

I mean when i have porn i dont really need her... i still have relations because she bh dos not have porn and has her needs..... but i can be with her and bichlal not to be mazria...., i just fell she got her "tension" down.... and thats enough for me....

bekitzer im very happy when i behave nice.....but even then i only enjoy the davening and lerning i dont go to simches, the good food i have any way, and i "shmuesd" enough with my chavruse about pshat in rashbo,....

And then when the lust atack comes or i just want to refresh, i only have movies, by movies i mean regular hollywood movies.... you have any other idea?

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Re: we all want to be good

Posted by desperate_teddybear - 15 Dec 2010 18:41

i think maybe you just don't want the effort of being active in your distraction, just want to veg out and chill a bissle. ok so nu?

you like a break where you don't have t o interact with the activity, just relax empty mind etc.

but what's os bad watching some innocent kids movies or whatever? why's it a problem you do

this? better this than porn.

lots of them out there, family films that will not be triggering.

what happens when u are w/ ur wife, what u say about not needing her- this ocmmon symptom of viewing porn but being w/ another person is a lot more fulfilling.

i will let the married people answer this one.

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Re: we all want to be good

Posted by laagvokeles - 15 Dec 2010 18:47

you right but also not right.

you like a good action movie, it includes how not a bit of.....

besudes i have been exposed to porn (when i say exposed i mean with my fault) so you have the gemara in front of your eyes and suddeny you get this famous atack.... now you tell me wich gemara can fight a man with thoughts (machshavot) of !"\$% ? imposible!

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Re: we all want to be good

Posted by ur-a-jew - 15 Dec 2010 19:17

[laagvokeles wrote on 15 Dec 2010 17:05:](#)

I simply dont understand, how somebody who has been exposed to porn can really get rid of it "leolmei oilomim" forever.

Welcome LvK. One of the things you will learn about if you stay here long enough (which I hope you will) is that its not about getting rid of if the addiction "forever." It's about staying sober today.

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Re: we all want to be good
Posted by laagvokeles - 15 Dec 2010 19:23

ur a jew, you really depress me lol!

are you out of your mind? you realy want to live a life of war for 120 years?

sorry sir not me!

or ill fight it and kill it or ill just live with it and burn in hell

but every day to fight this monsteur (monster? i dont know how to spell it but ya know what i mean) NO WAY! i dont have koiach!

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Re: we all want to be good
Posted by ur-a-jew - 15 Dec 2010 19:36

[laagvokeles wrote on 15 Dec 2010 19:23:](#)

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I don't have the Koach either and frankly its impossible to do it on my own. **But** I and you have a Friend upstairs who can help me do it. Frankly, I think my track record for trying to "fight it and kill it" alone is not very good, as is the experience of most people here. So stick it out and learn from some of the more experienced people here (not me). One thing I can assure you is that "fighting the monster" even every day sure beats "burning in hell."

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Re: we all want to be good
Posted by laagvokeles - 15 Dec 2010 19:41

[quote="ur-a-jew" link=topic=3289.msg89261#msg89261 date=1292441802]

[laagvokeles wrote on 15 Dec 2010 19:23:](#)

One thing I can assure you is that "fighting the monster" even every day sure beats "burning in hell."

lol you right about that

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Re: we all want to be good
Posted by bardichev - 15 Dec 2010 19:50

you guys have it all wrong

lv this is not an addiction you can talk your way out of

sorry

i will sound a "bissel" apikorsish here

you kmat cant daven your way out of it

for sure not learn your Torah your way out of it

NO YOU CANT

and i learnd daf noon bays (NEEN BAIS 52) is succah like everyone else did

ok and i am not a koifer!!!!

LV

you need to make up in your mind that oyur life is un manigable

that means you cant live with the shmuts and you cant live without the shmooots

the means un manigable

what will happen if you stay here

or if you join one of the phone groups

or join SA

you will learn tricks

you will learn how to make your life managble

it is work

in this forum i and my gang (ZEMMY WORLD DESPERATE 7UP RAGE YH etec etc)

we provide some cheer chizzuk a gitt vort ah lichaim

we will support you 100%

your decision

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Re: we all want to be good

Posted by the.guard - 15 Dec 2010 19:59

Laag,

Have you seen our Kosher Isle? www.guardureyes.com/GUE/Time/time.asp

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Re: we all want to be good

Posted by laagvokeles - 15 Dec 2010 21:00

hey guardeyes thank you for this special site, you help me be mekayem dago belev ish yasicheno....

and all those things mencioned in that site are only like a little tickle.... i am loockong to laugh.....

And "derbaremdiger"(barditchever):

i refuse to admit that there is no way out of this!

im today 30 plus, you wanna tell me that thats it? ill always have this adiction? no way!

I know i know im not an idiot, i tried many many times to get rid of it, and i was a choizer lesuroi.

and this really makes very very sad, how can i enjoy a davenen like this?

I am so gelous when i see many of my friends that they are so pure, they never saw porn, its unbeliveble, they are like from a other dimension!

i wanna be just like them! my nisyoinos should be not to speack loшон horo! or not to see a shmutzuge propaganda in the street, BUT NOT PORN!

HASHEM YERACHEM

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Re: we all want to be good

Posted by bardichev - 15 Dec 2010 22:05

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HASHEM YERACHEM

LV

if you saw me on shabbos dancing by lecha dodi

you would swear i was the holiest thing after menupatz lishmah kufill shmoineh tzizis

you gotta "DO SOMETHING"

i am almost 2 years clean minus a few slips and 1 notable fall

I did this with the help and the accountability i have on this forum

will I ever be free of lust? ENN OH no!!!

ayyy its not fair chaim yankel is free of lust (efsher)

moisha groinim looks so holy

boorich velvel only shvebt in the himmlen thinking of hassugos and madraigos

ushir zellig learns gants shas every year

uchhh I hate being LAAG VIKELLES

i hate it

im the only person i know that gets turned on when he sees women

poor me poor me

hey

u can rty the bardichevr route

my zaideh talks about it in seffer

that the basheffer has mor nachas re-achh from you laagg vikkelles

(oy reb levi ytzchak would shpring if a yeed had such a name ahh kik oif laag vikkeles in "duch"
vill err dinnen de basheffer)

tataelleh you dont have the avoidah of borich groinem or moishe velvel

you have your avoideh

"with" your addiction

with it

deen de basheffer

keep on trucking

b

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