

Recognizing the TRUE problem of P&M addiction

Posted by dreamyunicorn28 - 13 Sep 2024 02:28

As someone who's still struggling but has come a miraculously long way, I'd like to share with my beloved brothers what has worked for me.

I've been masturbating excessively for 15+ years of my life. I've been involved with online (and offline) forbidden relationships... doing a lot of garbage! I also managed to be Mechalel Shabbos and dabbled in atheism. Lost a few jobs and got close to losing my marriage. And my

life.

I went for therapy and B"h it helped me through crisis and kept me afloat.

I only began to really heal when I recognized the REAL problem. I'll try to explain.

You can have two people with the same difficult situation but they have completely different problems. A non believer also has a problem with P&M but for him it's all about him and how he wants to feel - his ego. But for a holy Neshoma, the problem is that we're disconnected from Hashem. And when you cry to Hashem for such a problem - that we want to be close. Hashem makes miracles happen!

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