

I'm newI hope I came finally to the right place

Posted by ulay-yachus - 25 May 2011 20:34

Shalom!

I will start that I'm a native Israeli' and that is why my English isn't so good....so I guess you will see many many mistakes...what can I do?

Ok ' so I found this site at Pesach' and was soooooo happy! at last' I found a place that I can be there and share and hear from others[The only problem here' that I need something like that' in Hebrew' and the Hebrew forum here is died....and the only Hebrew site I know is ATZAT NEFESH, but I found this site is much more helpfull for me]. I just came to a point where I can't continune any more...I'm 35 years old' father of 5 lovely kids. I have learned in a Yeshiva for years, and also got a Smicha [I use Hebrew words, I hope you will understand me] , I teach Tora, and try to serve Hashem, as much as I can.....but as I talk to him, I tell him, HTZ"L is my main problem in Avodan Hashem....for 22 years I have tried and tried but it just didn't work! Lately' I thought to my self going throw 12 steps recovery group, but I have few problems with that : 1) what shell I tell my wife? 2) The truth, I'm ashame [MITBAYESH] to be with others' and although the gmora on kidushin says, about that Rav who saied , I prefer being MEVAYESH my talmidim in this world and not in the next world....It's difficult.

Anyway' I red the handbook, and I really got new advices! I read the e- mails' each and every day, and get a real chizuk! I have srtated my journey for the 90 days, for now I got to 29 days!! I have never got so many clean days! I used to mastrabte at least 3 times a weak, there were weeks , that I did it for 7 times a week. I just can't belive it , that with g-d help, I have 29 clean days.

I make a Neder, that if I use porn , I will pay 3,000 nis[New Israel's Shekel] for tzdoka, I make this Neder at Shabat, and I say that it is only for 1 week, until the next shabat. The reason I do that is , that at shabat and Friday, I don't do these sins [for years] so shabat is a time when my soul is high, and the mind can control the body. At the last Shabat ,I found it very tough, to make the Neder, like my brain said to me : "What?! for the whole week you will not be able to get any relief? What will happen if you will feel bad about yourself, or be in stress, what will calm you?!" The last week was not so simple, and this is why the Yestzer Harar got to talk to me so hard! He may be fulish and old, but he defantly[bevaday] has his weapons.... ok so thats's my story for today....I wish I can continue , but I have to do some other things now... Thak's alot!!!! You are raelly great.... [My **real desire** today is to come to the Yomim Noraim, when I am clean for months....

I hope for all of us, just all the good in the wold, Bezrat Hashem....

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Re: I'm newI hope I came finally to the right place
Posted by heuni memass - 27 May 2011 15:35

Think about what you really want- clean days ,weeks , life, or maybe your wife will want the password la la la ala la? Do you know you can send the password to the filter gabai and he will hold it for you. Dont hold the sheretz while you are in the mikva. Give it up my friend, just give it up. If you want it to work you need to work it.

That is alef bais... we need to get past that to get to gimmel.

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I NEED HELP HERE!

Posted by ulay-yachus - 01 Jun 2011 22:08

Shalom again! and again sorry about my English, I'm an Israeli.

I have a problem. I'm now haveing 38 clean days' and I thought to my self' that the more clean days I will have the more easy it will be... Yestarday and today' were two really hard days' I thought I'm going to act out - but with a big hug from Hashem - I didn't. [I also made that Neder' which stop me from doing that] but it was soooooooooo hard! How can it be that after so many clean days [for me 38 is a lot! It's my record until today] it still so togh? [kashe in Hebrew] What did I do wrong? If I will get to 80 clean days' will it still be like that?! I'm very frustarted [metooskal] cuz I don't see how will I have power to such hard work? I was thinking all the day and the day before about the suffering that I'm going throw.....I know I need to think positive' but it was so hard, so I couldn't think about something else. The only time which I could think positive was when I learned Tora, but when coming back home it all start again.

Do everyone feel like me?!

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Re: I NEED HELP HERE!

Posted by TheJester - 02 Jun 2011 07:37

[ulay-yachus wrote on 01 Jun 2011 22:08:](#)

Do everyone feel like me?!

Everyone feels differently... But those who find it hard to do alone sometimes reach out to other people around them for help. It's a heavy burden you have, and sometimes, others can help you carry it.

Are you getting enough support?

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 02 Jun 2011 09:28

The only support I have is this foru, and the Hebrew one.

The feelings I have discribed' aren't always' but at the former 2 days I felt like it's burning.... It's not always that I feel like that....

If youe meant by support SA meetings' I have a technical problems' going there. I don't think that a therapist is alsow the answer , I just hope that it won't be so hard like it was.

Today I feel much better...B"H....

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Re: I'm newI hope I came finally to the right place
Posted by TheJester - 02 Jun 2011 11:23

I am glad that today is better. *Baruch Hashem.*

If (when) things get hard again, consider reaching out to someone before you fall, not afterwards. Maybe identify that person now... Easier now than later. Call it a "backup plan".

Hatzlocho in your battle!

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Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 02 Jun 2011 14:35

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 02 Jun 2011 16:48

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Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 02 Jun 2011 17:09

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 02 Jun 2011 18:53

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Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 02 Jun 2011 19:00

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 02 Jun 2011 22:25

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Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 02 Jun 2011 22:32

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Re: I'm newI hope I came finally to the right place
Posted by ulay-yachus - 03 Jun 2011 11:52

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Re: I'm newI hope I came finally to the right place
Posted by laagvokeles - 03 Jun 2011 12:01

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