

**My LIFE story**Posted by mayer613 - 12 Nov 2014 18:38

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When I was at the age of 7 I remember coming home with friends, we all got undressed and were busy showing our private parts.

When I was 10 me and my friend used to lock up and act out. This continued until I was 17 years old.

In School, when I was 12, I was talking a lot about this subject with my classmate. I also used to act out with one of my classmates.

When I graduated, I extremely often locked up inside a room with a friend of mine, we used to act out together, we were talking nonstop about sexual desires. I also continued to act out with my friend from school quite often.

Since approximately the age of 13, I always continued to act out, I tried to stop so desperately but I always failed. I made so many promises but never kept them. If I were to keep my promises then I would have to fast for a full day after acting out, donate to a charity £200, and say 200 psalms of Tehillim. I rely on Kol Nidrei and therefore do not keep the promises.

At the age of 15 I got hold of a computer with internet connectivity, I slowly started to search for nude pictures online and used to act out over them. The situation only got worse and worse. I tried so many times helplessly! I then started to watch porn movies and fell deeper into this addiction. Once I was so upset, that I threw my MacBook into the water and broke it. Thereafter I only acted out in my mind. Later on I got hold of another computer, then I also dumped it. Thereafter I connected my PSP to wifi and were browsing through nude images. It all continued non stop! I was at failure. I always thought that things will get better tomorrow but never did.

When I went to study in Israel, I hoped that I'll stay lean. I had made a vow to stay clean for 20 days otherwise I would have to pay fortunes towards a charitable item for poor families. I ended up paying fortunes. I mostly acted out in my mind. Later on I got hold of a Nokia phone, which I used to watch pornography.

After I got engaged and then married I continued acting out in my mind, or by watching pornography. I was always expecting and demanding from my wife, and only gave when I had pleasure from it.

My addiction is driving me mad day and night, I was never able to achieve sobriety, no matter what and how I tried.

I have now joined the SA program and am trying to take one day at a time and attending meetings whenever possible.

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Re: My LIFE story

Posted by serenity - 06 Jan 2015 23:58

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That's truly wonderful to hear! "If ya work it, it works."

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Re: My LIFE story

Posted by mayer613 - 12 Jan 2015 03:42

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Hi,

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Re: My LIFE story

Posted by yidtryingharder - 12 Jan 2015 05:21

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First and foremost kol hakavod for being honest it shows your serious

2) you didn't lose any progress made during the last 21 days and

3) the yetzer hara's game plan now is to get you down and out with arguments like now that

you reset anyways why don't you fall a few more times then you'll really do it etc. forewarned is forearmed

4) the best way to make sur it doesn't happen again is to analyze what led up to the fall for example stress or a certain place etc.

and most of all know that hashem loves you just the way you are and now that you fell it was pre destin as a test to see how and how long it will take you to dust off and onward March

Hatzlacha

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Re: My LIFE story

Posted by serenity - 12 Jan 2015 08:42

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21 days of being sober! That's gevaldig. So for 21 days you did teshuvah and masim Torah. One hour of teshuva and masim tovim in this world is better than all the olam habah. Your 21 days of success is huge.

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Re: My LIFE story

Posted by mayer613 - 12 Jan 2015 13:07

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Thanks for your courage.

I am going to start fresh today!

I know that 21 days is a lot, on the other hand I don't want to have a single fall! That's a bit contradicting with 1 day at a time, because I'm confident that I can stay sober today if I will do the necessary actions.

I am also shy to inform my group members that I had a fall.

All the best!

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Re: My LIFE story

Posted by gibbor120 - 14 Jan 2015 03:22

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Re: My LIFE story

Posted by Shakeitoff - 14 Jan 2015 04:35

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I don't want to fall either. But I know the things everyone else has written are true. Above all, that you haven't lost any of the progress you made before you fell. From the secular world, I've had some counselling with the Cognitive Behaviour Therapy (CBT) approach. One of the irrational beliefs CBT points out is "all-or-nothing thinking"...if it's not perfect, it's no good at all. Perhaps we can say it's one of the Yetzer Ha-Ra's tricks.  
pick yourself up and KOT!

What about this idea? Even on the day you fell, you "fell" for only a few minutes of all your waking hours. If you say you have 16 waking hours a day and on Day 22 you spend 1 hour doing something you regret, you might say you were "clean" for all but 1 of 22 times 16 hours. That's 351 out of 352, which to me at least sounds even better than 21 out of 22 days. Just a thought.

The very best success in everyone's efforts. This group is the best thing I've found.

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Re: My LIFE story

Posted by cordnoy - 14 Jan 2015 04:38

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I have been around CBT for some time as well; I don't recall that which you say. perhaps, it's my

bad. I do know that we should always be usin' our 'wise mind.' They also discuss not fallin' further, and don't make a bad situation even worse.

b'hatzlachah to all nonetheless!

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Re: My LIFE story

Posted by mayer613 - 24 Feb 2015 01:46

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I keep on falling. No matter what I do. I just can't anymore!

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Re: My LIFE story

Posted by yidtryingharder - 24 Feb 2015 02:08

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JDI

The depression and helplessness are the yetzer haras guns know them and nutrillize them

It says Sheva yipol tzadik VIKOM

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Re: My LIFE story

Posted by serenity - 24 Feb 2015 02:25

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Sounds like you may be ready to surrender.

Do you call someone before you "fall"?

Hatzlacha!!!

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Re: My LIFE story

Posted by yiraishamaim - 24 Feb 2015 04:23

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I feel for you

The feeling of despair is a killer. serenity gave you good advice. calling someone before a possible fall is standard good policy in other addictions as well.

What do ya think?

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Re: My LIFE story

Posted by cordnoy - 24 Feb 2015 09:54

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[mayer613 wrote:](#)

I keep on falling. No matter what I do. I just can't anymore!

Welcome back!

I have reached out to you many times on the chat thingy.

Are you ready to connect with the oilam here?

Additionally, what steps did you take for recovery?

What have you done in the past?

which tools did you use?

People here can better guide you if they know what worked by you and what did not.

We are lookin' forward to more of your postin'.

b'hatzlachah

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Re: My LIFE story

Posted by cordnoy - 24 Feb 2015 09:58

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Just reread your thread.

Saw that you went to meetin's and 12 steps.

That's a very good start.

Perhaps the key might be in stayin' connected here.

Try a daily update at least.

b'hatzlachah

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