

My LIFE story

Posted by mayer613 - 12 Nov 2014 18:38

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.

=====
=====

Re: My LIFE story

Posted by serenity - 02 Apr 2015 03:31

=====
=====

Re: My LIFE story

Posted by mayer613 - 07 Apr 2015 23:37

Hi everybody.

I'm doing great B"H.

It really "works **if you work it**"

By the grace of God I'm now sober for 43 days, it has been hard work, however it was worth every bit of effort.

I'm forever grateful to GYE, GYE Chat, SA, my sponsor and friends in the fellowship.

=====
=====

We only have today!

Re: My LIFE story
Posted by cordnoy - 08 Apr 2015 00:56

[mayer613 wrote:](#)

Hi everybody.

I'm doing great B"H.

It really "works **if you work it**"

By the grace of God I'm now sober for 43 days, it has been hard work, however it was worth every bit of effort.

I'm forever grateful to GYE, GYE Chat, SA, my sponsor and friends in the fellowship.

Great to hear.

Can you, perhaps, elaborate on what you mean when you say "hard work"?

i think it might be beneficial for the oilam.

thank you

b'hatzlachah

=====

====

Re: My LIFE story

Posted by serenity - 08 Apr 2015 02:27

Glad to hear, Mayer!

=====

====