

MY STORY...

Posted by Sasha 2 - 07 Apr 2015 21:28

I feel that it would help to share my basic story & hear what everyone has to say.

My story: when i was abt sixteen i once masturbated (More or less by mistake) im not sure but i think it was just that good feeling that pushed me to do it more and more and more! At one point in yeshiva there was someone who always spoke unclean and caused me to check out some sites (Porn etc...) when i got internet, and that got me hooked, there was nothing to do to stop it! (Even 6 years l8r!!!!) i just felt this need to masturbate with the porn, at one point in yeshiva without internet access i tried phone sex in place of the porn! All this warped my mind and i used to see people and think, wow they have a nice ____ etc. It drove me insane that i cant see normal things even like people around me, and cant think straight anymore!!

What does everyone think, is this just the enjoyment that caused this (like i think) or some underlying factor that i dont realize?

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Re: MY STORY...

Posted by shomer bro - 07 Apr 2015 22:08

I really resonated with your story as it reflects my own. It can be an addiction where with time if left untreated will only get worse. From what I've learned from a JONAH weekend and my therapist is that our acting out and lusting is an effect. The cause is the underlying emotions and thought patterns we have of shame, loneliness, anger, sadness, etc. By working on the cause, we can change the effect.

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Re: MY STORY...

Posted by cordnoy - 07 Apr 2015 22:21

What happens when you try stoppin'?

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Re: MY STORY...

Posted by dd - 07 Apr 2015 22:34

Welcome Sasha 2!

Keep on posting!!!

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Re: MY STORY...

Posted by serenity - 08 Apr 2015 02:46

Welcome to GYE! Keep posting, learning and using the tools here!

Hatzlacha!

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Re: MY STORY...

Posted by Sasha 2 - 08 Apr 2015 19:19

Is it enough to run the program; the 90 days, read the book etc. or do i need more?

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Re: MY STORY...

Posted by dd - 08 Apr 2015 22:44

You need to see what works for you.

There are no general rules rather a support group.

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Re: MY STORY...

Posted by Keepclimbing5 - 09 Apr 2015 01:27

Welcome and thank you for posting. Pls know that Your feelings and your emotions are very normal and are most prob related to lusting... Lusting has an effect on almost every facet of our being including our spiritual ,emotional and phycological health... The constant feeding of pleasure to our head coupled by the negative and helpless thoughts we experience when we fall can make us feel like someone we never met... Read the handbook, try completeting the 90 days and try out the other options on this site to see if they work for you... If you still have those feelings after trying these out it might not hurt to speak with someone who deals with such issues. Just know that you are not alone and that lmh with time and effort you will get back your former self . hatzlocha and please Keep posting:)

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Re: MY STORY...

Posted by serenity - 09 Apr 2015 01:41

Take it one day at a time and keep growing.

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Re: MY STORY...

Posted by Sasha 2 - 12 Apr 2015 19:31

I dont think i had such a hard time since
i started as yeaterday i could not stop lusting, im not
sure what caused it but i just felt this extreme need to act out, and
i actually started to masturbate and i thought abt the past two
weeks what i gained but it jst didnt help! I honestly dont know how i
got the strength to stop and read some of the gye handbook and shifted
my mind to other thoughts, i cant describe how hard it was for me, and
i just have to thank Hashem for the power that he gave me, but this
all serves as a reminder that this can happen any time, and im really
powerless!

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Re: MY STORY...

Posted by dd - 12 Apr 2015 20:46

Keep up the good work and the positive attitude!!!

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Re: MY STORY...

Posted by serenity - 12 Apr 2015 22:17

Thanks for your honesty.

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Re: MY STORY...

Posted by Sasha 2 - 13 Apr 2015 20:35

Im leaving to yeshiva its a little harder there, i just hope i can keep what i gained so far, and i hope i can keep growing!

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Re: MY STORY...

Posted by serenity - 14 Apr 2015 00:35

Daven to Hashem every day to help you do that and to show you what His Will is for you.

Hatzlacha!!!

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Re: MY STORY...

Posted by Sasha 2 - 17 May 2015 16:58

I cant believe what happened to me, i feel worse than terrible!!!!!!!!!!!!!! i fell twice over shabbos!!!! This is after FIFTY DAYS CLEAN!!!!!! I feel like theres no hope!, Help me out please! Need CHIZUK!!!

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