

MY STORY...

Posted by Sasha 2 - 07 Apr 2015 21:28

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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 OTR - 25 Feb 2016 15:37

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[Sasha 2 wrote on 25 Feb 2016 08:43:](#)

I cant believe that i built up the courage to actually meet someone face to face.

I have a meeting later today!

I hope it goes well.

I'll keep you posted...

Sasha That is FANTASTIC- Please also share your experience in our group. It will help show the power of connecting with someone else. THAT is the power of a group. Hatzlacha!

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Re: MY STORY...

Posted by OTR - 25 Feb 2016 16:11

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[dd wrote on 08 Apr 2015 22:44:](#)

You need to see what works for you.

There are no general rules rather a support group.

The above is an instant favorite post... Do what puts YOU into a frame of sobriety. Those crazy thoughts that make you feel insane.... those are the enemy. Anything (barring a violation of halacha) that helps you cope with them is a friend. That's my two cents...

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Re: MY STORY...

Posted by Sasha 2 - 25 Feb 2016 21:01

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Wow, I cant believe i met someone to discuss these issues, it definitely took a lot of courage, but now that i did it, i am so happy B"H. I think i gained a lot from this meeting & learnt some new things as well.

Thanks cordnoy for bringing this idea up to me a little while back & thanks to all those others that encouraged me to do this and more!

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Re: MY STORY...

Posted by cordnoy - 25 Feb 2016 22:06

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[Sasha 2 wrote on 25 Feb 2016 21:01:](#)

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so you won't hunt me down?

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Re: MY STORY...

Posted by Gevura Shebyesod - 26 Feb 2016 00:52

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Well, he might want to thank you in person...

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Re: MY STORY...

Posted by cordnoy - 26 Feb 2016 02:02

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[Gevura Shebyesod wrote on 26 Feb 2016 00:52:](#)

Well, he might want to thank you in person...

Now that will be a nice beginnin' instead of a happy endin'.

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Re: MY STORY...

Posted by Mesayin - 26 Feb 2016 17:48

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[Sasha 2 wrote on 25 Feb 2016 21:01:](#)

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Wow wow! That's great! Chazak v'emutz!

Would you like to give over what you learned at the meeting?

And leave the hunting of cordnoy to the expert hunters.

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Re: MY STORY...

Posted by cordnoy - 28 Feb 2016 01:17

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[Mesayin wrote on 26 Feb 2016 17:48:](#)

[Sasha 2 wrote on 25 Feb 2016 21:01:](#)

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Wow wow! That's great! Chazak v'emutz!

Would you like to give over what you learned at the meeting?

And leave the hunting of cordnoy to the expert hunters.

Where I hang out, we are always packin', so happy huntin'.

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Re: MY STORY...

Posted by Sasha 2 - 28 Feb 2016 11:22

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I learned a lot!

The person i met has experience in these areas for years (which i hadnt known before).

One important thing (among many) which he brought to my realization was that every time i had a fall Ive always looked at it as if i failed and i must start again at the beginning, to which he showed me that one fall in a month (for example) is a whole new level, from falling daily/weekly.

This could have be obvious to everyone else but i felt that it was a great lesson.

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Re: MY STORY...

Posted by OTR - 28 Feb 2016 16:42

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That is a really powerful insight. ANd one that we need to learn again and again to value what living (sober) "One Day at a time" means. - I find that when I look at it from a ruchniyus standpoint, it actually goes against my ability to value one day at a time. Becasue i am 'holding cheshbon' on my madrega.... One day at a time means one day at a time....

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Re: MY STORY...

Posted by Sasha 2 - 03 Mar 2016 11:39

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Just an update on myself...

once again, obviously it feels  
great!

This is not the first time ive made it this far but i definitely feel that this time its for good B"H.

I have a great group and phone conference (Thanx OTR) and a great support team behind me (Thanx GYE's)!!!!

Although i find that staying clean from acting out is getting easier every day I still sruggle with lusting every day & every where (i do think that it has gotten less though).

I try my best to not think too much when i go out but its still there lingering in the back of my head

any ideas to help?

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Re: MY STORY...

Posted by Shlomo24 - 03 Mar 2016 18:16

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[Sasha 2 wrote on 03 Mar 2016 11:39:](#)

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any ideas to help?

My experience was that I couldn't just STOP. I needed to replace. I need to be doing positive things that lead me on the right path and give me fulfillment so I don't have the need to act out. Maybe think of something positive that you would like to have as a part of your life and do it, it might help a little. It can be anything from small to large from spirituality to religion, my experience was that it had to be immediately positive, not an ideal that wasn't so gratifying, (in my case that would be learning more).

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Re: MY STORY...

Posted by yiraishamaim - 03 Mar 2016 19:43

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I agree with Shlomo24. I once heard from an Adam Gadol that when walking one should think over some Torah thought. It need not be that deep necessarily just something of interest. Perhaps something you are currently learning.

The ba'alei mussar say that when the cup is full nothing else goes in. However if it's empty - since nature abhors a vacuum other non-desirable elements can enter.

Of course, a short Tefillah that Hashem should " please take away my lust" is invaluable.

Your confidence and positive self-image is exciting and coming through loud and clear.

Hatzlacha!

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Re: MY STORY...

Posted by Mesayin - 03 Mar 2016 20:26

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[Sasha 2 wrote on 03 Mar 2016 11:39:](#)

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any ideas to help?

Hey Sasha! Good going, you're a chizzuk to all of us!

In my experience, I used to get really frustrated with these things, thinking "Darn! I'm working so hard to be clean, when are these thoughts going to exit my brain already?"

Well, I learnt that this battle won't get easier so quickly, you gotta keep honkin' your horn until you get there, and once you get there, keep on honking.

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