

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 Strength365 - 04 Mar 2016 10:54

Sasha, I just finished reading your forum, you are doing great and have given me chizuk to continue.

Thank you and hatzlocha.

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Re: MY STORY...

Posted by Sasha 2 - 05 Mar 2016 18:26

I have a random question,

Am i dreaming or this addiction is harder then other ones, for e.g. smoking, i know many guys who stopped smoking and of course it was hard for the first while but eventually they have no problem. Why is it that lusting is so much more difficult then that? Is it because there are more triggers or its much more psychological then other addictions?

Anyone have an opinion?

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Re: MY STORY...

Posted by cordnoy - 06 Mar 2016 01:39

Can I ask you what the difference is (if it's harder or not)?

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Re: MY STORY...

Posted by Sasha 2 - 06 Mar 2016 11:37

Your right, good point!

I don't know why it makes a difference, i guess i was feeling a little down about the whole situation i'm in and it got me thinking...

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Re: MY STORY...

Posted by Sasha 2 - 06 Mar 2016 11:50

The real question is why am i feeling down, i am still clean (40 days B"H), i know others have discussed withdrawal symptoms, i guess that could be a reason but this isn't the first time i'm at 40?

Anyone else know of such feelings?

Any help?

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Re: MY STORY...

Posted by Josephsbrother - 06 Mar 2016 14:03

[Sasha 2 wrote:](#)

The real question is why am i feeling down, i am still clean (40 days B"H), i know others have discussed withdrawal symptoms, i guess that could be a reason but this isn't the first time i'm at 40?

Anyone else know of such feelings?

Any help?

The body can not have waste of its substance of its power to create life, without such feeling of such lost, it takes much time for the body to return the lost of substance that was lost in M. We must take the slow road of recovery as much of the health and strength we might of had if we had never fallen many times. Do we really know what it takes to make sperm, what the body has to draw from to make of 22 proteins millions of DNA life possiblities for just one next hope of your and wife's generation. We live is a depleted world, with the marketing of food that is not the food our Maker made for us, and then we think that we will lust without much lose, we will spend the substance of our DNA! We have awoken, the value of every sperm only our Maker knows for He set the limits of our existence. Our Maker set our soul in physical matter that we might learn the law of righteous abundance in all realms for in physical matter we have a tangible to learn what matters spiritually. We shall not waste ourselves this day, and we will treasure every other soul for we feel the pain of lost of our substance, and yet we come to sense in the journey, that our Maker wants more children to enjoy life journey with Him.

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Re: MY STORY...

Posted by doingtshuva - 06 Mar 2016 23:19

[Sasha 2 wrote on 05 Mar 2016 18:26:](#)

I have a random question,

Am i dreaming or this addiction is harder then other ones, for e.g. smoking, i know many guys who stopped smoking and of course it was hard for the first while but eventually they have no problem. Why is it that lusting is so much more difficult then that? Is it because there are more triggers or its much more psychological then other addictions?

Anyone have an opinion?

We can live without smoking, gambling, drugs and etc' but we can't live without food or sex.

theoretically we can live without sex, but as a yid we know that its part of a Jewish home. Maybe even the yesod of a Jewish home.

A single guy in away has it easier. Not sure.

Therefore those who are addicted to food or sex have to learn how to control themselves properly.

At the same time the alcoholic doesn't touch a glass at all, so he doesn't learn to control himself he just doesn't start with that first glass.

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Re: MY STORY...

Posted by cordnoy - 06 Mar 2016 23:43

Sex is the yesod of a Jewish home!?

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Re: MY STORY...

Posted by doingtshuva - 06 Mar 2016 23:48

[cordnoy wrote on 06 Mar 2016 23:43:](#)

Sex is the yesod of a Jewish home!?

Do you agree to the rest of my post?

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Re: MY STORY...

Posted by cordnoy - 07 Mar 2016 00:05

[doingtshuva wrote on 06 Mar 2016 23:48:](#)

[cordnoy wrote on 06 Mar 2016 23:43:](#)

Sex is the yesod of a Jewish home!?

Do you agree to the rest of my post?

As I wrote above, the question makes little difference to me, and therefore, I can't delve into the answers. It is not beneficial for my sobriety.

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Re: MY STORY...

Posted by doingtshuva - 07 Mar 2016 00:20

It may not make any difference to you, but it makes a big one for me.

You asked a good question and maybe I was wrong, so please take your time and answer.

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Re: MY STORY...

Posted by doingtshuva - 07 Mar 2016 00:23

Cordony

Please pm me instead of posting here.

Thanks

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Re: MY STORY...

Posted by Shlomo24 - 07 Mar 2016 03:06

[cordnoy wrote on 06 Mar 2016 23:43:](#)

Sex is the yesod of a Jewish home!?

Sounds like fun, how come I didn't know this?

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Re: MY STORY...

Posted by BenTorah.BaalHabayis - 07 Mar 2016 04:00

[cordnoy wrote on 06 Mar 2016 23:43:](#)

Sex is the yesod of a Jewish home!?

This is actually something I'm a little confused about. My Rav very clearly said in his hakdama to the Hilchos Niddah shiurim he gave during SHOAVIVIM that "Mitzvas Onah" as he called it, is an "ikar" of the Jewish home. That's why the pasuk which the gemara uses as a source for being poreish from one's wife during her onah talks about "not being metamei the mishkan".

It seems to me that when all is normal and the intimate relationship between husband and wife is done right it really is an "ikar" of the Jewish home. But for us porn addicts we may need to shift our focus.

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