

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 Sasha 2 - 24 Mar 2016 08:48

My purim here in yerushalayim starts tonight, I just gotta hang on & pull through Be"H!

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Re: MY STORY...

Posted by Sasha 2 - 26 Mar 2016 19:38

Purim itself was really ok, but Friday night (motzei purim here) was crazy hard for me!

I honestly don't remember feeling that way since I started this count again, I felt that I was gonna fall & there was absolutely nothing to do about it!! I realized that I am totally powerless and I davened that Hashem should help me get through this situation.

B"H I made it through ok!

I think what made me pull through was just the simple fact that I realized how far I've come & I **can not** start all over again.

I am presently working on the 4th step so I tried to think what might have caused me to feel this way but couldn't really see a clear explanation, I guess I got to work on it some more...

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Re: MY STORY...

Posted by realsimcha - 27 Mar 2016 02:33

Your strength is an inspiration. You have some amazing accomplishments behind you. I can understand why you would not want to go back there. Hatzlacha with your amazing work!

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Re: MY STORY...

Posted by Sasha 2 - 04 Apr 2016 18:12

I haven't posted for a while so here I go: I am home now for bein hazmanim and it's harder than I thought it would be, this is the time when I would have viewed everything and acted out in the past and just being in those situations and places that last time were so harmful are very triggering to me.

I also don't have easy access to Internet to post when I'm low or down...

But I know that I just can't allow myself to fall and I gotta pull through to my 90!!

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Re: MY STORY...

Posted by markz - 05 Apr 2016 04:23

Sasha you're gonna post every day now? Please

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Re: MY STORY...

Posted by doingtshuva - 05 Apr 2016 10:45

[markz wrote on 05 Apr 2016 04:23:](#)

Sasha you're gonna post every day now? Please

But shahsa wrote,

I also don't have easy access to Internet to post when I'm low or down...

Shasha,

I hope you find ways and tools to cope till you get back to Yisheva.

Print out reading materials for when offline.

our sobriety can't depend on the forum.

you can print out from here guardyoureyes.com/ebooks

all the best

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Re: MY STORY...

Posted by Sasha 2 - 05 Apr 2016 18:16

[doingtshuva wrote:](#)

[markz wrote:](#)

Sasha you're gonna post every day now? Please

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all the best

I could usually get online once a day (I just don't always have access at the time when I'm feeling down).

I will bli neder try to post once a day (or something like that)...

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Re: MY STORY...

Posted by Sasha 2 - 05 Apr 2016 18:26

For my post: This is being a lot lot harder then I expected it would be!

I think that if I wouldn't have been at 70 days clean I probably would have fell already (I know it's depressing to think that way).

I have a lot of time myself without anyone around so that definitely doesn't help my situation.

Lusting (back here in America!) is just so much worse then a week ago, I thought i was getting better as I was getting over it...

I sound like I'm giving up, but I really am trying and b'ezras Hashem I'm gonna make it!

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Re: MY STORY...

Posted by realsimcha - 05 Apr 2016 18:32

I know exactly how you feel. I know you can do it. You may be alone but you're not alone --- we are here!

Some ideas?

1. Keep a schedule even though you dont officially have one. when you daven and where, what you do each day.
2. Post each day
3. Have [clean fun!]

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Re: MY STORY...

Posted by doingtshuva - 05 Apr 2016 20:58

Make yourself busy.

Look out what is possible.

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Re: MY STORY...

Posted by Sasha 2 - 06 Apr 2016 22:54

Today was a little better because I had a bunch of errands I had to take care of.

I dont really have too many ideas of how to keep busy...

Anyone got any?

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Re: MY STORY...

Posted by realsimcha - 07 Apr 2016 02:10

Maavir Sedra

Shopping for clothes for yom tov

cleaning for yom tov

visiting friends

visiting rebbi

learning hilchos pesach

preparing the hagada

buying things you need for next zman

pursuing some hobby or something that you always wished you had time for...

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Re: MY STORY...

Posted by thanks613 - 07 Apr 2016 04:32

On a less serious note, very few questions are ever asked anymore on GYE that have not already been answered EXTENSIVELY. Follow the link if you're interested

[Things to do when bored](#)

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Re: MY STORY...

Posted by Sasha 2 - 08 Apr 2016 16:53

Thanks for all the ideas, I will really try to stay out of harms way...

I made myself sort of a schedule so i wont be home during the day at all, I will keep posting how it goes...

I hope I can and will make it! (I better)

Good Shabbos everyone

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