

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 hwhap@gmx.com - 09 Jun 2015 14:26

You are right, and I'll take just thoughts over porn any old day of the week, because with porn you build new thoughts. Now I just think about past sexual experiences, or things I want to do to my wife. My memories fade over time, and my imagination is not nearly as powerful as full-motion video.

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Re: MY STORY...

Posted by Sasha 2 - 10 Jun 2015 12:04

Its so true what everyone is commenting, Thanx u all! Now is the hard part of actually doing it all!!

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Re: MY STORY...

Posted by serenity - 10 Jun 2015 15:52

One day at a time! Easy does it! Thanks foe being here chaver.

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Re: MY STORY...

Posted by Sasha 2 - 10 Jun 2015 16:18

Im still wondering if anyone can give me info on the "taphsic method" how it worked for them? im nervous to try it, (tho not sure why)

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Re: MY STORY...

Posted by hwhap@gmx.com - 10 Jun 2015 17:55

Why not try it for one day and report back tomorrow. Make a neder for one day. Worst case scenario you masturbate and you give money to a worthy cause.

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Re: MY STORY...

Posted by Sasha 2 - 12 Jun 2015 09:02

Great idea, i will try it just until after shabbos and report back, if i see it works then ill hop on the wagon!

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Re: MY STORY...

Posted by polar bear - 12 Jun 2015 17:27

I've used the Taphsic tool, and it's worked wonders. Only now I'm discovering how psychologically deep it is on so many levels.

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Re: MY STORY...

Posted by Sasha 2 - 14 Jun 2015 10:37

I fell!! trust me when i say its hard to keep, but a promise is a promise, i hope it will work now even stronger since i see how hard it is! I dont know whats wrong with me that i couldnt keep it for just one day!

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Re: MY STORY...

Posted by hwhap@gmx.com - 14 Jun 2015 10:57

Doesn't mean that it doesn't work in the long term.

But hopefully some of the scariness of the neder went away. Now you're in a better position to decide whether to keep it for a week, say.

And I think the GYE handbook has several methods. You don't have to use the neder if you don't like it.

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Re: MY STORY...

Posted by cordnoy - 14 Jun 2015 18:31

[Sasha 2 wrote:](#)

I fell!! trust me when i say its hard to keep, but a promise is a promise, i hope it will work now even stronger since i see how hard it is! I dont know whats wrong with me that i couldnt keep it for just one day!

Care to elaborate?

thanks

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Re: MY STORY...

Posted by Sasha 2 - 15 Jun 2015 10:54

Sure ill explain, basically i tried the taphsic method just for shabbos and i fell so i was upset that i couldnt even keep it for one day? and i had to do the knas!

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Re: MY STORY...

Posted by cordnoy - 15 Jun 2015 11:39

So which method will you be trying for today?

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Re: MY STORY...

Posted by Sasha 2 - 15 Jun 2015 20:46

Well now that i see how hard it was, i think ill be trying this again!

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Re: MY STORY...

Posted by cordnoy - 15 Jun 2015 22:38

[Sasha 2 wrote:](#)

Well now that i see how hard it was, i think ill be trying this again!

the same method?

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