

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 TalmidChaim - 16 Jun 2015 19:41

I know you could do it. One day at a time!

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Re: MY STORY...

Posted by polar bear - 17 Jun 2015 02:22

We're rooting for you!

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Re: MY STORY...

Posted by Sasha 2 - 17 Jun 2015 17:24

So far im on day 3 of my new 90 day trek, im just wondering if so far im clean without using the Taphsic method, should i still do it as backup?

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Re: MY STORY...

Posted by serenity - 17 Jun 2015 17:27

My philosophy is that I do overthinking that I think will help. I also don't always know what I need and in that case I err on the side of caution. Half measures availed me nothing.

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Re: MY STORY...

Posted by cordnoy - 17 Jun 2015 18:12

[Sasha 2 wrote:](#)

So far im on day 3 of my new 90 day trek, im just wondering if so far im clean without using the Taphsic method, should i still do it as backup?

so what method are you usin'?

[I have asked this to you several times i believe.]

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Re: MY STORY...

Posted by Sasha 2 - 18 Jun 2015 17:04

i dont have one as of right now, im just holding on for dear life!

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Re: MY STORY...

Posted by cordnoy - 18 Jun 2015 21:19

[Sasha 2 wrote:](#)

i dont have one as of right now, im just holding on for dear life!

ok

an honest share.

b'hatzlachah

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Re: MY STORY...

Posted by Sasha 2 - 21 Jun 2015 10:05

Wow shabbos was really hard, i almost fell twice, B"H im still clean!!

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Re: MY STORY...

Posted by Joe prezman - 21 Jun 2015 14:38

keep it up. i just read your posts and i am rooting for you. i have fell many times and i know the depressing feeling after a fall, and how the lust makes you forget the consequences, beforehand. Its important to have a good positive image of yourself and keep busy doing other stuff. exercize socialize etc. wallowing in lonliness and desperate thoughts is dangerous. (i am not saying u are doing that, but just mentioning it)

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Re: MY STORY...

Posted by serenity - 21 Jun 2015 19:24

How is today?

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Re: MY STORY...

Posted by Sasha 2 - 22 Jun 2015 10:21

Still clean B"H, during the week its not nearly as hard staying clean (im not saying its easy!) as it is over the weekend when i have more time on my hands!

So to prevent a fall over shabbos i did the taphsic tool, it was SO hard staying clean, in a way i feel that having made the shevuah it was harder to stay clean, because of the feeling that i was locked in and couldnt fall if i so called needed to, does that make sense?

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Re: MY STORY...

Posted by serenity - 22 Jun 2015 17:29

Glad to hear today is going well! Lets focus on that!

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Re: MY STORY...

Posted by serenity - 22 Jun 2015 17:33

You know we often say yesterday was hard, today is difficult and I'm worried about tomorrow. Maybe when we have good days, we should as big of a deal about that and acknowledge it. I have been talking about the hard couple days that I have had recently. Well today so far I haven't had any tests or distractions and it's B"H B"H an easy day.

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Re: MY STORY...

Posted by Sasha 2 - 23 Jun 2015 16:14

[serenity wrote:](#)

You know we often say yesterday was hard, today is difficult and I'm worried about tomorrow. Maybe when we have good days, we should as big of a deal about that and acknowledge it. I have been talking about the hard couple days that I have had recently. Well today so far I haven't had any tests or distractions and it's B"H B"H an easy day.

I couldnt agree more!! When im clean it means a lot to me!

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