

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 - 12 Jul 2015 10:28

Im staying clean B"H, but i desperately need help to stop lusting, everywhere i go, i lust!! can anyone give me some tips how to avoid thinking thoughts like these?!

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Re: MY STORY...

Posted by polar bear - 12 Jul 2015 18:17

When you have a lust thought, quickly think of an orange.

Now, try as hard as you can to NOT think about the orange.

Eventually, you'll be focusing so hard on getting the orange out of your head, you'll forget you were originally trying to get lust out.

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Re: MY STORY...

Posted by serenity - 13 Jul 2015 01:07

All this was scary. We couldn't see the path ahead, except that others had gone that way before. Each new step of surrender felt it would be off the edge into oblivion, but we took it. And instead of killing us, surrender was killing the obsession! We had stepped into the light, into a whole new way of life.

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Re: MY STORY...

Posted by Sasha 2 - 11 Feb 2016 11:08

Wow i have not posted in a long time, (though ive been around). I would like to hear what everyone thinks (or knows) about this:

I am really nervous because i am going into shiduchim soon and if i dont have my masturbation under control, my mind is just warped!! I feel i wont be able to make an honest desicion! I feel i cant push it off, because i feel that i need marriage to stabilize myself and i cant wait, i am on

the way to 90 days and i think ill be clean with Hashems help when i start going out?

I cant give enough thanks for everyone being here for me!

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Re: MY STORY...

Posted by doingtshuva - 11 Feb 2016 12:26

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welcome back , instead of being nervous , start doing something for your recovery.

Marriage wont help you! Recovery will.

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Re: MY STORY...

Posted by doingtshuva - 11 Feb 2016 12:29

[Sasha 2 wrote on Unknown:](#)

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Re: MY STORY...

Posted by Sasha 2 - 11 Feb 2016 12:39

[doingtshuva wrote on Unknown:](#)

[Sasha 2 wrote on Unknown:](#)

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welcome back , instead of being nervous , start doing something for your recovery.

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I def. agree and im trying to work on it, my question though is with recovery is 90 days ok and enough to feel safe to start (bec i feel i cant wait longer! - not because of lust)

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Re: MY STORY...

Posted by markz - 11 Feb 2016 12:58

Is it enough to run the program; the 90 days, read the book etc. or do i need more?Welcome back!

Hatzluche

IMHO 30 days can sometimes be a cool Shidduch number too

Care to share what has worked for you in the past 10 months

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Re: MY STORY...

Posted by cordnoy - 14 Feb 2016 14:25

I think you need to speak to a mentor, mashgiach or rebbe, for thirty days or ninety days is not the magical answer, and what is it that you can't wait longer for?

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Re: MY STORY...

Posted by markz - 14 Feb 2016 14:32

I was thinking yesterday about what I wrote here, based on what I heard from Rabbi Twersky about being dry drunk, and have to delete what I wrote above about a timeline, although I meant to say if you have a program in place then 90 days isn't necessarily the magic #, whereas if you have no program in place, then the sexaholic inside just stays dormant until the bear re-awakens it, which may be the day you get married, or any other time it rears its beautiful head

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Re: MY STORY...

Posted by Sasha 2 - 15 Feb 2016 10:12

[cordnoy wrote on Unknown:](#)

I think you need to speak to a mentor, mashgiach or rebbe, for thirty days or ninety days is not the magical answer, and what is it that you can't wait longer for?

I had first started the 90 days a while back & i was very involved solely because i finally found a way out of this, but when i fell and i wasn't on that first streak i felt that i didnt care and i didnt

have the courage to push through! Only recently did i (i hope) fully realize the mess i was in and i feel that i really want to be clean & i find its even easier then last time around (although at times it aint easy) & i feel i have the real drive to finally stop once and for all!

I find the Taphsic method works for me as well as parts of the steps (surrender etc.) - I never fully got involved in the full 12 steps because the times dont work out for me in yeshiva.

I dont feel that i can bring myself to speak to one of my rebbeim even though i know i should have long ago!

The reason i feel i cant wait is because all my friends are mostly married and i feel left out.

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Re: MY STORY...

Posted by doingtshuva - 15 Feb 2016 11:40

I got married later than all my friends so I can understand your feelings.

Btw' then as an older single is when I started to work on my recovery, I was clean for a year, got married and after some time being married I fell back.

I wish you an easy recovery and may hashem help you find your right zivug.

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Re: MY STORY...

Posted by markz - 15 Feb 2016 12:57

[Sasha 2 wrote:](#)

[cordnoy wrote:](#)

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Any married friends that have your struggle may be having a lot harder time recovering than you

On the married forum an oft quoted line is "Without disclosing to my wife, how can I go to a SA meeting?"

If I was in your shoes I wouldn't push off marriage at all, and I would also not delay real recovery till I'm 90 years old. This lust problem doesn't go away, it can only get worse...

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Re: MY STORY...

Posted by cordnoy - 15 Feb 2016 13:02

What does twelve steps have to do with time?

I don't know if you need it, but it sounds like you need something, especially due to the hiding.

If you have an issue, I wouldn't rush into marriage.

B'hatzlachah

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