

MY STORY...

Posted by Sasha 2 - 07 Apr 2015 21:28

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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 - 16 Feb 2016 16:59

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Im finding that staying clean (so far 3 weeks) is much easier than the other times, im not feeling that crazy sruggle that ive felt in the past, is something wrong? Is it that one day it will just crash or could this be normal?

just i dont feel the need to act out

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I do not mean to say that im not lusting  
Re: MY STORY...  
Posted by cordnoy - 16 Feb 2016 18:47

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[Sasha 2 wrote on Unknown:](#)

[cordnoy wrote on Unknown:](#)

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

What i meant is to work on it with the groups.

so, go for it!

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Re: MY STORY...  
Posted by iwant2begood - 16 Feb 2016 20:29

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I feel the same way I'm 62 days clean but the first 3 weeks were hell. don't get fooled and think it went away your still allergic to lust. Just don't get caught of guard. Hatzlocha in your journey!!!

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Re: MY STORY...

Posted by Mesayin - 16 Feb 2016 21:08

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Hey Sasha! Hatzlacha and brach with your shidduchim, may you find your bashert bkuroiv!

I'm also in shidduchim, however I'm not that worried in the decision that the lust might bring because I trust the Hashem will send me the right one regardless.

That being said, it still doesn't take away from the fact that the lust should be under control when going in marriage.

Chazak V'emutz

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Re: MY STORY...

Posted by Sasha 2 - 18 Feb 2016 14:37

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[Mesayin wrote on Unknown:](#)

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Chazak V'emutz

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Hi! You should be zoche to find your shidduch very soon! I wonder why you are not worried, even though its obvious that Hashem will send the right girl, dont we also have to make a decision and not a blind one at that?

I feel to honestly decide on the right one I have to be clean so im not lusting. (correct me if im wrong)

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Re: MY STORY...

Posted by Mesayin - 18 Feb 2016 21:20

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[Sasha 2 wrote on Unknown:](#)

[Mesayin wrote on Unknown:](#)

Hey Sasha! Hatzlacha and brach with your shidduchim, may you find your bashert bkuroiv!

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Chazak V'emutz

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I feel to honestly decide on the right one I have to be clean so im not lusting. (correct me if im wrong)

Umein on the bracha!

Let me clarify:

Of course we are obligated to try to make the right decision and try hard not to make a decision based upon lust as much as we can.

However, at the end of the day , the decision has already been made, so I have no concern hat I'm going to end up with the wrong one because I have lust issues, but of course we have to try not to make the decision (which has already been made in shamayim beforehand) based on our lust.

Just like we have our parnassah already from when we are born but it is up to us to get it in a permitted way and not by stealing C"V, even though at the end of the day the guy that stole was going to end up with the money anyway because it was bashert for him, he still going to pay the price for after 120, so the same case is when we look for shidduchim, we have to try to do it the permitted way even though we know that the decision has already been made.

Hope I was clear.

Chazak V'emutz

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Re: MY STORY...

Posted by cordnoy - 18 Feb 2016 21:43

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Forgive me for getting involved, but can you provide the source for your statement that one who steals money - it was bashert for him to have that money anyway?

Thank you

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Re: MY STORY...

Posted by Mesayin - 19 Feb 2016 17:15

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[cordnoy wrote on Unknown:](#)

Forgive me for getting involved, but can you provide the source for your statement that one who steals money - it was bashert for him to have that money anyway?

Thank you

No need to ask forgiveness.

I heard it from Rav Fishel shachter and others, I will try to acquire a pinpoint source for it.

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Re: MY STORY...

Posted by cordnoy - 19 Feb 2016 20:07

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Thanks

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Re: MY STORY...

Posted by Sasha 2 - 21 Feb 2016 11:27

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I find that shabbos is harder to avoid triggers being that i sleep more and have more spare time.

Any ideas for these times when i can be caught off gaurd?

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Re: MY STORY...

Posted by Sasha 2 - 22 Feb 2016 18:20

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An oppportunity came for me to speak with someone (a Rabbi that i dont know) about my story, I feel that the right thing is for me to do this but im extremely nervous to do this being that i am so embarrassed & i am in shiduchim!

I need the push to do this can anyone help me get the chizzuk?

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Re: MY STORY...

Posted by realsimcha - 22 Feb 2016 18:25

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Sasha - you gotta find out two things: one does he understand this struggle? two, can you trust him to keep your confidence. if you can verify those things then who knows... maybe it will be the chizuk you need ?

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Re: MY STORY...

Posted by Mesayin - 22 Feb 2016 20:57

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[Sasha 2 wrote on 22 Feb 2016 18:20:](#)

An oppportunity came for me to speak with someone (a Rabbi that i dont know) about my story, I feel that the right thing is for me to do this but im extremely nervous to do this being that i am so embarrassed & i am in shiduchim!

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Sasha, please keep in mind the following:

1. This is a global problem, so there shouldn't be much embarrassment since everybody has lust issues, one more and one less.
2. Star off slow, don't be explicit right away and you'll get used to him.
3. Just like posting on the forum, at first it's embarrassing but then it becomes second nature and you'll be able to talk to him with ease.
4. Weigh your options on a scale, either you go to him and speak to him and you might be a little embarrassed or don't talk to him and you'll be left with the problem.

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Re: MY STORY...

Posted by Sasha 2 - 25 Feb 2016 08:43

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I cant believe that i built up the courage to actually meet someone face to face.

I have a meeting later today!

I hope it goes well.

I'll keep you posted...

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