

Chazak Amenu's climb

Posted by Chazak Amenu - 28 Feb 2010 02:09

I am an orthodox 14(turn 15 march 30) years old who home schools, i have come to the conclusion myself that homeschooling has nothing to do with my addiction because I don't have time to view porn during school hours do to homework. I first saw porn when I was nearing the end of 6th grade. I saw it accidentally while doing a book report for class. The character in the book was also the name of the porn star and pictures of her popped up. The first time i saw it I immediately closed down but i was curious and had just hit puberty so i opened it up again and looked. I did not know what s-x was at the time and only looked at nude pictures for a while but then I began looking for videos and could not find any for a while. I contented myself with opening multiple tabs at time viewing hundreds of non clothed females. One day I downloaded a virus thereby forcing my dad to buy a new computer. While at the store he bought me a laptop which until recently I never used because I did not want to betray my parents trust further. I found out the filters password and used it. I recently changed the password so I don't know it but no one knows it so hopefully that does not become a problem. There are still two other computers without filters. No one knows about my addiction not even my twin brother. I don't feel clean and I feel like I need to go to the Mikvah but I don't know how to go by asking without people becoming suspicious. I feel really bad because I have a slight break before learning Gemmara and a few times I have watched porn right before learning. I hope I can stop the addiction early in my life and continue to become a good Jew!

=====

=====

Re: Chazak Amenu's climb

Posted by briut - 15 Jun 2010 23:21

[installed wrote on 15 Jun 2010 23:03:](#)

just do something distracting (and get off the site). You made up your mind and I'm sure that it will work out fine....

I especially liked the "get off the site" advice. Now's the time for deep cleansing breaths and beautiful music. Not for listening to a buncha "guys with issues" talk about their wives. (Yes, I'm including myself in that number.) Go! It'll be fine!

=====

=====

Re: Chazak Amenu's climb

Posted by Chazak Amenu - 15 Jun 2010 23:39

OK GUYS! I AM GOING TO DO IT! i am going to print it out and give it to her to read and i am going to tell her to not read it till i am outside and that when she is finished she should meet me. Please just reply to let me know you guys are here!

=====

=====

Re: Chazak Amenu's climb

Posted by Chazak Amenu - 15 Jun 2010 23:42

this is the note i am going to give her...

Mommy, You said i could tell you anything. This is very hard and difficult for me to do but because of recent events i feel i should tell you what is going on with me. You know how i have been depressed and moody recently? Well even though i have told you it is nothing... that was not the truth. You know that i fell behind a lot in math this year and that i don't practice drumming except a few days before my lesson even though i like to drum and how I don't read as much of the History books as I myself would like. The reason is because I am a chronic procrastinator. I have tried much harder to stop the procrastinating since I found out it is more than just a little bit of pushing things off. When i do fall behind I get very anxious and depressed. You also know i am lonely because I don't have friends. This also gets me down. What I am about to say is very hard to say and is probably even harder to hear. I deal with my procrastination and my pressure, stress, loneliness and all of my other stuff by trying and find comfort in this through "inappropriate images, videos, and stories" which lead to other things. AND I HATE MYSELF for it!!In order to deal with this I joined a website for religious and non religious Jews alike who have the same problem in varying degrees of difficulty who are all trying to stop and serve Hashem better, I am also in touch with a few members from the site on my email. I love you Mommmmy!"

=====

=====

Re: Chazak Amenu's climb

Posted by briut - 15 Jun 2010 23:47

YES!

YOU ARE DOING A VERY VERY GOOD

AND VERY VERY POWERFUL DEED.

=====

Re: Chazak Amenu's climb

Posted by Ineedhelp!! - 15 Jun 2010 23:48

Daven before you do it buddy. Daven hard.

=====

Re: Chazak Amenu's climb

Posted by installed - 15 Jun 2010 23:49

Sounds PERFECT! Print it out , put it aside and do something distracting. As mentioned above, listening to music is also a good idea. We're holding our breaths.

=====

Re: Chazak Amenu's climb

Posted by Chazak Amenu - 15 Jun 2010 23:50

I am about to go! daven for me!

=====

Re: Chazak Amenu's climb

Posted by Chazak Amenu - 15 Jun 2010 23:56

AAAHH!

my mom is on the phone

which is great for me

because i could give her the letter and get outside

accept that

my sister is sitting next to her!

=====

Re: Chazak Amenu's climb

Posted by briut - 16 Jun 2010 00:17

min ha'meitzar yarati y-a

anani va'merchav y-a.

I called to Hashem from my straits,

He answered me with liberation.

You go, guy! Daven, talk, daven. Repeat.

=====

Re: Chazak Amenu's climb

Posted by Dov - 16 Jun 2010 00:59

Nu? Whats tootsach?

=====

Re: Chazak Amenu's climb

Posted by installed - 16 Jun 2010 02:22

CA, hope it went well. I'm sure you feel a real sense of relief now that it's behind you!

Well done, you really have guts.

Good night.

=====
=====

Re: Chazak Amenu's climb

Posted by Chazak Amenu - 16 Jun 2010 02:46

I did it, my mom and I had a long talk and then my father joined us. I am not going to say what we talked about but it really helped, my dad is going to cut off my internet connection and so i won't be on, we have also decided that even though GYE might be helpful sometimes it is not helping me specifically so i won't be on very much anymore if at all. Thank you everyone!

=====
=====

Re: Chazak Amenu's climb

Posted by installed - 16 Jun 2010 03:05

That is great news. There is no better support than direct support from your parents! I'm really happy that it went well and that they were understanding. Much success with everything you do! I'm sure we'll hear great things from you.

There is a tip I used to overcome procrastination that may be helpful for you. Log your daily activities and have a friend (or parent) monitor it. It will do you wonders. Seeing your daily activities on paper will make you feel more accountable.

BTW, I read your entire thread, wow, you are really an amazing guy. You and your parents have a lot to be proud of. You will be ahead of the game once you overcome your "problems."

Good night.

=====
=====

Re: Chazak Amenu's climb

Posted by oneday - 16 Jun 2010 03:51

My friend, it seems that it all went well! Sadly, we won't be able to talk as much, but as long as this helps you I'm all for it. May you have continued success in all your endeavors!

=====
=====