

my lifelong battle with lust

Posted by Mordechai - 27 Jan 2011 13:52

Hello, everybody

Let me introduce myself. My nickname on this forum is Mordechai and I'm 34 years old and living in Holland. After reading many posts on here I'd like to start one of my own and want to share my story with you and tell you how porn and nudity affected a young boy at a very early age.

My battle started at a very young age. I was about 3 or four years old I think. Because of circumstances I had to stay a night at my neighbours house. They had subscriptions to a variety of magazines and one of them was a nude magazine. When I was playing I stumbled upon it and began to look at the images. It took quite a while for my neighbours to find out what I was doing and when they discovered it they took the magazine away and told me that I was not supposed to look at it. Ofcourse this sparkled my curiosity, and when I had another chance I took the magazine again and began to look at it again. Because it was forbidden it was extra fun to do it. this was the point when lust got a hold of me. It wasn't very long before I started to search for those kind of images. when catalogues of post order companies would come in I would look for women in underwear and the swimsuit section. One time when me and where collecting old newspapers for a project at our school at 6th grade we got a box full of old newspapers but with a bundle of playboy magazines at the bottom. We discovered them and started to look at them. A couple of friends from my school had older brothers who bought porn magazines and they got hold of them and took them to show them to me. What I'm trying to say is: that in my childhood there were plenty occasions where I was presented with improper images and wasn't able to refuse them. It felt like there was this power which got hold of me at a very young age and was not willing to let me go. During my childhood and teenage years I kept struggling with it. I also learned how to masturbate at a very young age and kept on doing it. I promised HaShem to stop doing it over and over again, but wasn't able to. Before I got married I confessed my struggle to my spouse to be and fortunately she was very understanding and willing to keep loving me in spite of my addiction. Unfortunately, I still kept falling back in my addiction and kept disappointing her. I'm now 34 and as you can all see on the chart am now 67 days clean thanks to HaShem for leading me to this great website. B'ezras HaShem I will reach 90 days and beyond!!! I have good hopes that I will stop this addiction for Good but I know (as is stated in Pirke Avot) to not trust myself until the day of my death!

I want to close with a general call to Please, please keep the filth out of reach of children because otherwise this addiction will grab hold of them too. Prevention is the best cure!!!

I want to encourage all of you who are in this struggle to keep up the fight!!!!

Mordechai

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Re: my lifelong battle with lust
Posted by ben durdayah - 21 Mar 2011 21:16

MaZeL Tolv!

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Re: my lifelong battle with lust
Posted by geshertzarmeod - 22 Mar 2011 21:59

AMAZING!!!!

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Re: my lifelong battle with lust
Posted by Mordechai - 23 Mar 2011 20:42

Thank you for the warm wishes chaverim!!!

I just read todays chizuk and the daily dose of Dov inspired me very much. It also sparked a new thought on the subject. He wrote that it takes a long time to change your bad traits into good ones. I thought to myself: why does it take a long time? Why don't we change in an instant? why do we have to work so hard on ourselves? -Because the harder you work for something--the more you will appreciate it! We have to appreciate our clean state enough to not go back to our old habits!! To stay on our current streak of cleanliness. We need to save each day we are sober and let them add up, and add up and add up, more and more and more!!

may we all have the zechut and chizuk to do so!!!

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Re: my lifelong battle with lust

Posted by Mordechai - 17 Apr 2011 20:33

It's been a long while since I posted. Well, I'm still clean!!! Sometimes I get overconfident and think I defeated this addiction for good, but then the temptation creeps in and bad thoughts enter my mind: My yetzer hara is telling me: "Is that website still up? Why don't you check it out? You can proof to yourself that you're strong and that it will no longer do anything to you. I then remind myself of the days I've won so far and the misery and shame I will feel when I give in. I also start reading obe of the chizuk emails to keep me focused on HaShem and then the temptation will go away.

Thanks GYE for all the chizuk and helping me win this lifelong battle with lust!!

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Re: my lifelong battle with lust

Posted by Dov - 17 Apr 2011 21:05

Beautiful!!

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Re: my lifelong battle with lust

Posted by geshertzarmeod - 27 Apr 2011 23:57

Keep up the good work! Youre a true inspiration!

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Re: my lifelong battle with lust

Posted by Mordechai - 20 Jun 2011 13:33

It's been a long time since I posted here, but my work has kept me very busy. We were preparing for an audit and had to make everything neat and check our work and accomplishments so that we would make sure that we would pass this audit. It took my mind off of my addiction and als reminded me of my own life. HaShem is always watching me and seeing all my actions. There will come a time when I will have to make an accounting for my

action, words and thoughts! Will I pass that test? There is **sooooo much cleaning** up to do!!!!!! I noticed that lowering your gaze and staying far away from ordinary advertisements and ordinary magazines and even newspapers helps a whole lot. But sometimes I have difficulty lowering my gaze and "accidentally" find myself staring. I know that it is the beginning of a slip and until now it didn't got any further. Baruch HaShem!!!! I know the battle is not over yet.....to be continued!

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Re: my lifelong battle with lust
Posted by Dov - 20 Jun 2011 22:54

I do not lower my gaze, for that does not work very well - i always end up seeing too much in the few milliseconds, you know of what I speak. And as soon as I see porn and it's related friends (like regular magazines with pretty women on the cover), my brain changes. I am allergic and cannot afford that, for I am sober b'H.

I am at such a low madreiga, that I need to close my eyes and direct my eyeballs to another direction, then open them.

Simple eitza, I use it often, and it works much better for me than 'diverting my gaze'. Boruch Hashem.

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Re: my lifelong battle with lust
Posted by Mordechai - 23 Sep 2011 22:29

Hey everybody!!

It's only 59 days untill I am one full year clean!!! i am counting the days!!!! Thanks to you all and guard your eyes this is my longest clean streak until now !!!!

Boruch HaShem!!!

by the way, I want to make a donation to guard your eyes, but also want to help someone reach 90 days with it. Can anyone help me or want to be my sponsee???

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Re: my lifelong battle with lust

Posted by obormottel - 23 Sep 2011 23:53

Amazing thread! I just read the beggining of it and now you're almost at one year! Wow...

I'd be honored to be your sponsee, I'm currently on day 51, my all-time longest.

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Re: my lifelong battle with lust

Posted by Back on Track - 25 Sep 2011 01:37

Wow mordechai. You truly were dragged as a captive in this war a true tinok shenishbah. I also saw some images as a young boy but not as ofen or as prolonged as it seems you describe. No child desereves to have their innocence so cruelly torn away from them. We can not know why Hashem leet this happen in your case but your climb back to Him is valuable every step of the way. Keep it up. And keep posting.

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Re: my lifelong battle with lust

Posted by bardichev - 25 Sep 2011 17:37

MORDECHAI!!!!!!!!!!!!!!

I CAN'T BELIEVE WE NEVER MET HERE

SOOOOOOOOOO SORRY

YOU ARE AMAZING!!!!!!!!!!!!

I WOULD FLY TO HOLLAND JUST TO SHAKE YOUR HAND

AND DRINK A FEW HEINIKENS!!!!

AMAZING AMAZING!!!

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Re: my lifelong battle with lust

Posted by Mordechai - 24 Oct 2011 18:43

thank you all for your kind words bardichev and obormotel! if it wasn't for this forum and this great website i would still be in the filth.

Obormotel, I'm proud to be your sponsor! sorry for my late reply. I have been busy last month.

Bardichev, if you are ever in Holland please let me know and we will certainly drink a few Heinekens. Although where I live Grolsch is more popular. (it tastes better to)

keep on truckin'everybody!!!

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Re: my lifelong battle with lust

Posted by tehillimzugger - 25 Oct 2011 01:01

beautiful thread- just found it, wish mine would look like this

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