

struggle's thread

Posted by StrugglingGuy - 21 Jun 2010 18:39

i watched some p*** today for the first time in a couple months...

i started with p***, erotic lit, and mast*** probably when i was around 15, 16 i guess.

I started to mast*** mostly on shabbos afternoons thinking about girls (jewish girls in my neighborhood, etc.). did i realize this was wrong? was there a struggle back then? No. It felt very pleasurable and i did not think anything of it. at a certain point i probably started regretting it; why am i masturbating? I am wasting my time on shabbos. I don't think, though, that those feelings were like: this is assur and im still doing it. It was more like "O I feel a little unclean now"

I guess the lowpoint was when i just started fantasizing long stories of seduction with girls- again girls in shul, my sisters friends, my friend's sisters, the list is quite long unfortunately. in fact there are few girls i can think of in my neighborhood that i have not 'masturbated to' at one time or another.

Another

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Re: struggle's thread

Posted by StrugglingGuy - 17 Aug 2010 02:48

thanks.

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Re: struggle's thread

Posted by StrugglingGuy - 18 Aug 2010 15:38

I would like to appeal to the wonderful members of this group who live in Israel.

If you could send me a PM, I would appreciate it. I am looking for people to call late at nite when I feel an urge.

thx

-sg

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Re: struggle's thread

Posted by installed - 19 Aug 2010 08:08

Sorry, but Yiddle is right...

Thanks for the clarification.

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Re: struggle's thread

Posted by Ineedhelp!! - 19 Aug 2010 14:35

[installed wrote on 19 Aug 2010 08:08:](#)

Hey SG,

Did you get the email with the list of numbers and times for the guys in our group? If not, I can send it to you and you can contact them. This would probably be better because people may not see your post...

Regards,

Avraham.

I think that list is only for those who participated in it...

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Re: struggle's thread

Posted by StrugglingGuy - 19 Aug 2010 14:56

i got someone's number, thanks.

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Re: struggle's thread

Posted by Dov - 23 Aug 2010 14:06

how's it going?

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Re: struggle's thread

Posted by StrugglingGuy - 26 Aug 2010 03:58

BH- started YU today...reminded me how stressful it can be but I hope that my torah, tefilla, and other hishtadlus will let Hashem heal my lustful tendency.

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Re: struggle's thread

Posted by Dov - 26 Aug 2010 12:09

Keep your eye on the prize (real life) rather than *ever* worrying about not lusting; relax and let Him make your efforts in school/learning/life all work out; stay involved in what really matters (learning, homework, relationships, and real life) and stay in close contact with your family and friends in and out of the recovery world....and things will be imperfect, but OK.

Is that too much to ask of us?

Is 'imperfect but OK' enough for *us*?

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Re: struggle's thread

Posted by StrugglingGuy - 06 Sep 2010 21:06

Thanks.

To keep everyone updated, IYH, I plan on working the 4th step with a therapist tomorrow....

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Re: struggle's thread

Posted by Dov - 07 Sep 2010 21:58

Mui Excellente'!

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Re: struggle's thread

Posted by StrugglingGuy - 08 Sep 2010 03:46

Just to be honest with the group, there was a mix-up and I didn't get to meet with him today.

Next week IYH we wwill reconvene.

Til then I will think about the step on my own.

ksiva v'chasima tova everyone.

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Re: struggle's thread

Posted by ur-a-jew - 08 Sep 2010 14:18

Yaakov, K'siva V'chasima Tova to you too. Wishing you success with the program and in life.
May it be a year in which great things happen for you.

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Re: struggle's thread

Posted by StrugglingGuy - 08 Sep 2010 20:29

Thank you ur- vchain l'mar.

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Re: struggle's thread

Posted by StrugglingGuy - 14 Sep 2010 21:28

I am not working the steps as I should; the counselor said today that IYh I will start next week
with a new therapist at school.

IYH I will committ through this to a firm working of the 12 steps.

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