

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 pleasurfl and i did not think anything of it. at a certain point i probably started regretting it; why am i mstrbting? I am wasting my time on shabbos. I dont 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 fantacizing long stories of sedcution 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 'mstrbted to' at one time or another.

Another

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Re: struggle's thread

Posted by StrugglingGuy - 20 Oct 2010 00:23

Steady Improvement... We would like that Hashem curbs my sex drive for now... But if not (possible) then our next step is too take slow steady steps in the right direction. Push off our actions for a little while and a little while more...

We realized that when I am in my bed at night, I lose focus and lose a grip on reality. I feel that I become a different person when I want to mstrbt- So I have a pic on my phone of me in the counselor's office; hopefully I will be able to look at it and remind myself of where I really want to be...

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Re: struggle's thread

Posted by Dov - 20 Oct 2010 03:07

It might help to have a few people or family members who you can call - not necessarily to tell about the lust, but just to get reconnected to reality with. Works wonders for me....

Hatzlocha

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Re: struggle's thread

Posted by StrugglingGuy - 21 Oct 2010 16:40

Problem is it is late at night; 1 in the morning, 5 in morning, etc.

Also, I have to train myself to WANT to call someone (like on the site) instead of saying, forget it.

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Re: struggle's thread

Posted by Dov - 22 Oct 2010 02:39

There are guys in eretz Yisroel, LA, Englan, or China (really) who you could call. Just call. That's the best training. Hatzlocha.

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