

i fell and need to begin

Posted by sababa - 03 Aug 2011 15:25

Hello guys

I presented myself to the other forum and here I wanted to tell you what I think and what I go through

I fell 3 days ago and I am very discouraged and now I think about the pictures and the porn and sometimes I have 'wet dreams', it's even more frustrating to me

In the street very difficult for me and I do'nt want to fall

Guys anyone here has an answer to what should really keep the brit? this interested

Every time I get up I fall and discouraging

Hope I will not fall, because every second I feel Stimulation

Guys I admit my English is not so good

I still hope will ce'zuk you and I will also receive cez'ukim Hope you understand me

Thanks you very much

sababa

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Re: i fell and need to begin

Posted by mechazek - 08 Aug 2011 10:16

Sabbaba keep dem posts coming.How is your life besides your sexual thoughts?

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Re: i fell and need to begin

Posted by sababa - 08 Aug 2011 13:04

Without it, life is sababa.. (also with this the life is sababa...)

Even when I'm not on the computer and not on the street I think about them

The first week was difficult and I begin again to be depression.

Why is this happening to me? why I think about women all day, I'll stop?

Hope to succeed even though it seems very hard

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Re: i fell and need to begin

Posted by helpfyi - 08 Aug 2011 17:18

i feel for you it called healing pains, it hurts but as time goes youll feel better... hazlocha just daven to hashem!

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Re: i fell and need to begin

Posted by bardichev - 08 Aug 2011 17:29

pain is fear leaving the body

US MARINES ADVERTISEMENT

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Re: i fell and need to begin

Posted by sababa - 09 Aug 2011 08:05

Lately I'm thinking to myself: What? Whole life I would be without it? Strange feeling

I feel I must do one more time (like every time ..)

I feel like I need to do this and that now it's time and age

And after the marriage is over, it's true?

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Re: i fell and need to begin

Posted by mechazek - 09 Aug 2011 11:03

what marriage?

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Re: i fell and need to begin

Posted by Eye.nonymous - 09 Aug 2011 14:05

SABABA, are you DOING anything about this feeling of yours?

Are you following any of the suggestions you have gotten from all the folks here?

One thing someone told me here, which took a while for it to sink in, but was one of the most important pieces of information I picked up here, was "STOP LIVING IN THE PROBLEM; START LIVING IN THE SOLUTION."

Self-loathing doesn't make the problem go away; it makes it worse.

--Elyah

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Re: i fell and need to begin

Posted by sababa - 14 Aug 2011 07:02

mechazek I asked if after marriage, it'll stop?

Accidentally I saw a woman not wearing and I thought - I could no longer and I looked more at that woman

I thought about it all day and I had a 'wet dream'

If I didn't have 'wet dream' I was already fall.

That discourage me and I don't know if I can

Need help - my brothers

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Re: i fell and need to begin

Posted by JackAbbey - 14 Aug 2011 09:37

famous statement of twersky: MARRIAGE IS NOT A HOSPITAL

start now, keep strong, day after day, no exceptions, if you notice something triggering, just look away immeditely, and dont think about it, remember, you can allways ask hashem for help, as he is waiting for your call, chazak

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Re: i fell and need to begin

Posted by mechazek - 14 Aug 2011 11:21

sababa you are amazing,even though you fell you still post you dont go and hide with your yetezer harah in the corner.Great work.

I got married and it got worse I did much worse things.Dont wait for marriage.I think the reason is because if we look at porn or masterbate we just want to please ourselves.So then yo also look at your wife to please you and you have no real respect,you become very selfish atzmaee.

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Re: i fell and need to begin

Posted by sababa - 14 Aug 2011 14:12

I must admit guys I wanted to fall today and I started doing, but I read what you wrote and that helped me

But it's still hard for me and I feel I have to do only 'once' more

I think the Nshimm all day and I want to masterbate

I don't know what to do with myself

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Re: i fell and need to begin

Posted by sababa - 14 Aug 2011 15:04

I fell now ..

I don't know what to do

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Re: i fell and need to begin

Posted by Eye.nonymous - 14 Aug 2011 16:09

[Eye.nonymous wrote on 09 Aug 2011 14:05:](#)

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--Elyah

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Re: i fell and need to begin

Posted by mechazek - 14 Aug 2011 18:39

It is ok you are ok take a deep breath(you can cry a little its fine).We know you really want to stop this.

What happened it might be a good idea to share what happened from the begining untill you fell.what you were thinking about and what you actually did.

What are you actually doing about it know?I am not trying to be hard on you just to help you get out a little.I feel for you and respect you so much for the efforts to stop.

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