

i fell and need to begin

Posted by sababa - 03 Aug 2011 15:25

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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 sababa - 29 Aug 2011 08:43

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Thank you my brothers

I want to fall again and now I don't want

It is very hard but we try

Without you I couldn't have more!

Thanks brothers

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Re: i fell and need to begin

Posted by mechazek - 29 Aug 2011 09:44

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sababa tishma tov mah shheim omrim lechah.when you fall it is koeiv to you so now think how did my yetzer harah get me what happened.I just think about ladies and then i fall or there or things that I use to help me be aroused and horny?write it out its hard but you have been so brave untill now take the next step it is matim lach.

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Re: i fell and need to begin

Posted by sababa - 29 Aug 2011 10:29

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I am see now a lot porn!.

I can't,I'm going to fall!

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Re: i fell and need to begin

Posted by mechazek - 29 Aug 2011 11:59

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where are you?can you call one person?try to do something to get you away from computer.

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Re: i fell and need to begin

Posted by sababa - 29 Aug 2011 13:09

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I looked and I fell!

Two days have fallen!

I'm desperate

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Re: i fell and need to begin

Posted by mechazek - 29 Aug 2011 13:40

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Falling is an oppurtunity to change.how do you feel now?

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Re: i fell and need to begin

Posted by sababa - 29 Aug 2011 16:55

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I don't know I'm a little confused ..

I think about women and I also want to stop ..

And I think I'm worse

I hope succeed!

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Re: i fell and need to begin

Posted by mechazek - 29 Aug 2011 17:07

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do you have a computer that you use to watch porn?

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Re: i fell and need to begin

Posted by Yossi.L. - 29 Aug 2011 21:02

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It is quite evident that you desperately want help. It's also quite evident that this conversation is not doing much for you. Maybe it's because of the language barrier, or because of the lack of connecting through writing. Maybe someone who speaks hebrew can offer their number to

Sababa for him to call??

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Re: i fell and need to begin

Posted by sababa - 30 Aug 2011 11:23

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Language - is no problem I understand what you say.

But because of the things I see I'm falling

mechazek I saw in the Phone..

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Re: i fell and need to begin

Posted by mechazek - 30 Aug 2011 11:37

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would it help to drop your phone at my someone else for the day or even at my house for the day?

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Re: i fell and need to begin

Posted by mechazek - 30 Aug 2011 12:53

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you have this malach outside of you that is called the yetzer harah it is not you that wants to look at those pictures I know because you keep coming here to tell us that you dont want to do it.HE DOES NOT CARE WHAT YOU WANT HIS JOB IS TO HAVE YOU LOOK AT THOSE PICTURES TO THINK ABOUT WOMAN ALL THE TIME AND THEN WHEN YOU DO IT ALOT THEN YOU WANT TO DO IT MORE AND WATCH EVEN MORE KINDS OF SEX AND THEN YOU WANT TO ACTUALLY DO IT AND THEN YOU START TOUCHING PEOPLE FOR SEXUAL REASONS YOU ARE ALLWAYS THINKING ABOUT SEXUAL THINGS AND THEN YOU START HAVING TO HIDE WHAT YOU ARE DOING FROM YOUR FREINDS AND FAMILY AND YESHIVAH AND THEN YOU START LYING.....I CAN GO ON AND ON my point is he wants to destroy your life and you have to do battle it is real milchamah,so we got to get some intelligence on how he keeps on getting you and then we will start taking away his kochot.So if he keeps on getting you to look at girls on the phone we have to stop the phone you will then be able to think a little.It is alot of fun but you have to very serious about this

war.ARE YOU READY?

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Re: i fell and need to begin

Posted by kidushashem - 30 Aug 2011 13:55

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Sababa, what are you doing to make sure you don't fall, besides for complaining about all your falls? Do you have a **filter** on **all your computers and phones**? Are you on the 90 day chart? Are you doing (not just reading) the 12 steps? Do you have a partner or sponsor?

Are you trying to be shomer einayim?

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Re: i fell and need to begin

Posted by laughingman - 31 Aug 2011 00:08

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hmm i feel your problem sababa

i have had a problem too in the past and technically a filter is pointless to me cause i have the knowhow to get around them all

i have found personally that a more .....as the israeli saying goes "little by little" approach works sometimes ....but you must personally commit to a set of workable rules and not change them .....ever

i used to have much more severe mas..... problems but now Thank G-d im down to only rare problems with that and looking at things i shouldnt

you need to make a deal like every time you look or etc you will give tzedakah to counter it (and make it a sum that matters) and for every thing you trip up you must give this will ultimately

make it to difficult and costly to continue and the tzedakah may help counter the negative effects

i myself had a fall but what i call a fall now wouldnt even be considered a fall to me 2 years ago see if this gives you any ideas

G-d help us all combat these problems and the problems that trigger them

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