

The manifesto of a lust addict

Posted by airmale613 - 27 Oct 2013 10:04

Hi all,

I joined this site right before shabbos when I realized that I am completely out of control. I come from a fairly modern orthodox family but became frummer over the years. I am married with two kids and we are doing ok in life. I have been masturbating as far back as I can remember. My mother being from the medical field told us it is healthy and normal, I guess we know how untrue that is. Over the years I never really gave stopping a try until before I went to EY to learn. It was there that I tried to stop and failed. Over the next few years I have tried to stop and failed a number of times. Over the years, with the advent of facebook, I began to have inappropriate conversations with women online. Its amazing how the shame can be masked through the text. One day I got an angry email from a husband...and that is when I finally realized the gravity of my problem.

Over this shabbos I came to realize a few things:

1. I am not really addicted to porn per se, but lust. I can stop porn at any time I want, it was the lust that was the root. I didn't need porn because I have years of garbage stored in my brain.
2. Along with the problem of not practicing shmiras einayim, I have an even bigger problem with yiras shamayim. Without yiras shamayin, there is no point to any of this.
3. I do not seem to lack emunah, I have complete faith in Hashem, I just can't seem to get the yiras shamayim back.

I am now on day 3 of being clean, and am doing ok. No urges recently because I am still shaken by the email I got.

My current strategy is to focus on attempting to finish the 90 day challenge while at the same time attempting to finish a masechta of gemara. I have shut down numerous email accounts and facebook accounts....permanently. I am also trying to find a sponsor. My only solace is knowing that with complete teshuva, I can turn these avairos into mitzvas....at least I hope I reach that right.

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