

I need help

Posted by joeshmo - 19 Oct 2009 22:10

I am not addicted to viewing porn but I have been going into talk forums and seeking out transgendered people. Im not gay and have never acted out in this way but I feel this "Dirty Talking" and viewing pictures of them is getting to be to much, it fills like its killing me with guilt. I hate getting an Aliyah anymore becuase I feel so terrible. I have a beautiful wife of 20 yrs and I have been neglecting her in the bedroom. Please any advice is appreciated. Toda.

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Re: I need help

Posted by silentbattle - 25 Jan 2010 23:23

I can understand that...I've done things like that. It can feel wonderful, especially since you're actually communicating with a real person.

But it's not something you want. It's fake. Remind yourself of this. And stay clean, one day at a time.

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Re: I need help

Posted by joeshmo - 26 Jan 2010 14:31

why is it I see xtians saying HaShem helps them so much when they pray and with me he's not there? I don't understand.

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Re: I need help

Posted by Ineedhelp!! - 26 Jan 2010 14:37

[joeshmo wrote on 26 Jan 2010 14:31:](#)

why is it I see xtians saying HaShem helps them so much when they pray and with me he's not there? I don't understand.

Just because you dont see something doesn't mean its not there. Hahsem is always there, it is our job to make ourselves really believe that and see it in everything.

-Yiddle

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Re: I need help

Posted by silentbattle - 26 Jan 2010 16:53

I could point out that when they feel like they're being answered, it doesn't have to be hashem

Have you ever heard this story? It's a great story, and well worth listening to...check it out. And I think that at the end, he addresses your point.

www.simpletoremember.com/media/a/weareNeverAlone/

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Re: I need help

Posted by joeshmo - 26 Jan 2010 18:51

I will listen to that later SilentBattle, thanks. I been praying today and talking to HaShem..Thanks

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Re: I need help

Posted by silentbattle - 26 Jan 2010 22:54

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Re: I need help

Posted by joeshmo - 27 Jan 2010 21:17

Always good things...

Silent, that was a wonderful story..Hashem was with him the whole time..thanks for sharing that with me , it put a smile on my face and a tear in my eye.

Joe

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Re: I need help

Posted by silentbattle - 27 Jan 2010 23:42

It's an incredible story, and he's a great storyteller, too. I was laughing and crying throughout the story!

Hashem is always there, even when things feel dark - and sometimes that's when he's there the most. That's the way this world is built.

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Re: I need help

Posted by joeshmo - 28 Jan 2010 21:35

another fall...no time to feel sorry for myself..I just got to try harder..maybe one day I'll get it.

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Re: I need help

Posted by silentbattle - 29 Jan 2010 00:17

If you feel comfortable doing so, can you explain if there are certain times or situations that make you more likely to fall?

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Re: I need help

Posted by Kollel Guy - 29 Jan 2010 09:08

[silentbattle wrote on 29 Jan 2010 00:17:](#)

If you feel comfortable doing so, can you explain if there are certain times or situations that make you more likely to fall?

Why don't you write on your thread what exactly led up to it and stuff. Write down the thoughts going through your mind before and after, just always update what's going on in your head - for better or for worse C"V. This way at least you can learn from your experience.

I have found that one of the most powerful tools for me is reading my old posts, and seeing how easily I let myself be taken advantage of.

It really helps, try it.

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Re: I need help

Posted by imtrying25 - 29 Jan 2010 09:19

Hey joeshmo. Whats up?? Lets not allow the falls to get us too down. BUT we NEED to do something different in order that we shouldnt always be in the position of a potential fall. Like KG said. If we log what brought us to our fall we can use this to try and change things a little

and hopefully have it easier the next time.

Pischi li pesac k'chudo shel machat..... when we do this FOR REAL then we will feel Hashem there. Its a promise he makes to us.

Hatzlacha and have a great and peaceful shabbos.

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Re: I need help
Posted by joeshmo - 29 Jan 2010 12:05

when Im home alone I sometimes feel the need to go onto the forums and email people and look at thee pictures...these people are looking or sex now and its kind of like a Hi I guess...then when I create a fake email address I send emails and after a few hrs I masterbate and the Low Feeling comes over me like a tidal wave and I feel like crap...then I beg HaShem for help..I have a thing for womens under garments..so that is my state of mind...Im like a 16 year old boy..

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Re: I need help
Posted by imtrying25 - 29 Jan 2010 12:27

Filter??

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