

Saving My Soul

Posted by Mark18 - 16 Dec 2019 14:51

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I want to thank all of my fellow brothers for posting so openly and honestly in these forums and in the chatroom. We dont know who each other are but we are brothers nonetheless. Im now 45+ days clean and its been a tremendous struggle. If it wasnt for these honest and heartfelt chizuk postings i would have already fallen many times big time and hard. These postings together with my partners on the west coast and in england have kept me clean sane and strong. I have never been at a point like this in my entire life and you are all actually saving my soul. Im sorry if this sounds overly dramatic but its true and i mean it from the depths of my heart.

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Re: Saving My Soul

Posted by DavidT - 16 Dec 2019 15:28

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I can say the same thing and I am 100% confident that many many more people can say the same thing...

As of day I stand at 30 days clean from porn ... and 20 years clean of masturbation...

Thank You GYE from all of us and may you keep it up and save many more souls !!

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Re: Saving My Soul

Posted by Mark18 - 16 Dec 2019 16:20

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Im sorry if this is too personal but i find it really important to know this and the fact that we are both anonymous allows me to ask. i really struggle with masturbation and pornography although im 45+ days clean from both. I honestly know if i would watch pornography i would have an overwhelming desire to masturbate and i dont know how i wouldnt fall big time and hard. How have you been able to be clean for 20 years (!) and still have watched porn until 30 days ago and not masturbated. My brother you seriously must be an incredibly strong person with tremendous self control and you are way better than me. If you are married is part of the secret that you are with you wife frequently and intensely (sp)?.

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Re: Saving My Soul

Posted by DavidT - 16 Dec 2019 16:32

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Being that this is a forum post and not a PM chat, I'll try to explain in a way that might help others.

When I got married I made a firm commitment never to masturbate again and I kept to that. The reason I was able to do was because of a very firm belief in and fear from Hashem and the disaster we cause for us and our children when we act out.

When I later fell with porn I still had the fear of the actual acting out and I always stopped looking after a short period of time because of what it might bring on...

It's a fact that for me the gazing is a tougher test and urge than the actual acting out... There is a concept of ??? ????? ?????? ????? ???

So my life's project now is to completely STOP even the slightest action that has any connection to lust... only with the help of Hashem and the support of my good partners on GYE

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Re: Saving My Soul

Posted by Mark18 - 16 Dec 2019 17:02

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My fellow struggling brother thank you for posting publically for the true benefit of everyone. A pm is unnecessary considering how honestly you have opened yourself up.

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