

Its been a while...and Im in a deep deep hole
Posted by Will - 10 Jan 2010 07:01

Hey guys...

Im actually quite embarrassed to be writing this email. Ive been away for so long and I see that B"H the GYE community has grown exponentially. I see so many people have grown and are leading normal lives. I see the people that were helped now helping others. And I feel like garbage.

You see, Im about to be married in about a week...and I just masturbated about half an hour ago. I feel like my neshoma has been battled into oblivion. If the wedding was a couple months away, Id think "Ok, Ill start now and do some real teshuvah"...but THERES ONLY A WEEK!! I remember writing on the forum a while ago "Anyone not putting everything they've got into this fight against lust has no business getting married" and here I am still losing!!!!!!

The past 6 months have been very tough on me...I did so well for such a long time and only recently (after Chanukah) did I fall so hard. I have fallen about 5 times since then...and after the fourth time I tried to do some form of Teshuvah...and now I messed up again. I dont know what to do!! I feel like Im going into marriage as a handicap...lacking what I need to build a Bayis Ne'eman...What can I possibly do to rectify myself before my wedding, and ensure that I will not fall again afterwards?!!??

Please guys, help me!

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Re: Its been a while...and Im in a deep deep hole
Posted by cordnoy - 05 Jul 2015 20:41

[jerusalemsexaddict wrote:](#)

Will,

Welcome back.

I just want to tell you that you are gonna be fine.

You just made the mistake that so many of us made of judging our sobriety by days clean.

A filter does not seem to be the number one thing right now in my mind.

Hashem puts us all in the perfect situation,so if marriage is wat youre gonna need to recover,then marriage is what you get.(read that line backwards).

I once asked a well known sex addiction therapist who has more success in recovery:bochurim or married guys.

He said forsure married guys.

Why?

Because alot of this addiction is centered around living in our own world of fantasy and "security" and mistrust.

When a bochur wants to open up to the world,its hard sometimes to learn who to build trust in first.

But you have a great opportunity now.

You can leave the selfish world of lusting.

And move into the world of emes.Of giving.Of trusting,and being trustworthy.

Of honesty with onesself and with others.

May Hashem grant you the strength to undergo a complete recovery and may you be zoche to build a bayis neeman beyisroel amen.

good to think about.....if I'd be in da mood

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