

First Time Talking

Posted by anontyva - 07 Nov 2011 23:54

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I am shutting my mind off and I am just going to write. I have never spoken about my struggles with anyone since my yeshiva year. Even then it was only to a couple of close rabbeim. Truth is, I never really felt guilty about it then because it was typical that as teenager, you masturbate. I always figured that as I got older I would stop. Well, here I am. Married almost 10 years and I can not stop on my own. I am not in control of myself. Nobody knows this though. Not my wife. Not my closest friends. I am a put together guy who has a leading role in my community. Today, after falling and failing to control myself again (2x) I have set up an account here. I have joined the 90-day program. And, I think, most important, I am talking about it and outing myself. I know theres alot more outing to do but I'm taking this step first. Hashem should be with me and I know He will.

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Re: First Time Talking

Posted by obormottel - 20 Jan 2012 21:57

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Gut Shabbos!

Keep giving it up to Hashem, you're doing great.

Mottel

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Re: First Time Talking

Posted by chaimyakov - 22 Jan 2012 15:22

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Pleased my words encouraged you.

What steps have you taken already?

If you don't have someone to call on the East Coast USA already, pm me and i will gladly give you my number.

Hatzlacha in all things GOOD.

chaimyakov

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Re: First Time Talking

Posted by anontyva - 12 Oct 2012 21:19

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Its been a long time since I posted.. But just wanted to check in.. I fell back in to the depths of my acting-out. I have been clean since Rosh Chodesh Elul.. I am not doing anything in regard to recovery just staying clean.

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