

From the depths of my soul

Posted by Ez streak - 29 Mar 2012 18:00

I was a bal teshuva in 8th grade extremely innocent I had a friend that was a goy who introduced me toporn and masturbating, I didn't know what it was at the time and slowly but shortly I was doing it until I found out it was assur when I was 16 I tried quitting at the time I was still in public school but I was addicted and was to embarrassed to talk to anyone. In 11th grade I switched to a jewish day school. But I wasn't able to talk to any of the rabbis or did the rabbis address this issue. I was addicted and the only time I stayed away was shabbas. The funny thing was I managed to be shower negiah with no problem but i couldn't overcome this. After going to Israel for 2 years I came back at the age of 20 never telling anyone about wasting seed. Then the worsed thing happened to me I was on a chat room and the chances slim to none but there. Was a Jewish girl on there and we talked after 2 weeks of phone sex and her sending me a pic with clothes on. She was a 10 prettiest girl I ever seen. She told me she was married. I ended with her when I found out but the yetzer persisted. This was in the summer by parents where I had no close Jewish friends there all alone. I gave in and talked her and phone sex. Finally yeshiva and college started I told my chavrusa but it was hard to end it. I tried so many times to but she always came back into my life finally I gave into meeting her but I overslept and didn't see her. Irish I took that as a sign then I did meet her and a slippery slope I fell after seeing her the second time I touched her the third time we met we kissed after every time I ended it but it and felt so guilty I cried to god something like this even irreligious Jew knows this and here I am one who keeps shabbas and learns does. I felt discussed with myself I started sleeping later and later not waking up in the morning and falling so far down I did put on teffilin and prayed to god to get me out of it shabbas saved me bc it was the only time where I didn't fall and could do teshuva in the end I didn't go any further than touching and kissing and phone sex. I beg hashemite that he should forgive me then this year I was faced with a similar challenge with a goy I met her in a chat room and had phone sex with her. She wanted to meet me but I ended it. I Hope that counts as some teshuva and I am clean now for 7 days the most I ever went was 92. The thing that helped megetout was going to tell my rabbi about the married woman which was the hardest thing i ever did my skin turned white and became so cold from telling him this but after i felt much better. Thank you god for not letting me go lower than that. Iam sorry if I went into to much detail and I hope that this can help others and help them with their pain and struggles. If anyone can help me overcome this and help me get over the addiction of the Internet advice or support I will gratefully appreciate I am now 22 and single. I am scared to get married or date until I beat this. Please god save our generation for it pains me so much to know the damage I cause to myself the damage I cause myself in this world and the next. Thank you so much gye for this site.

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Re: From the depths of my soul

Posted by Holy Yid - 03 Apr 2012 05:54

[Ez streak wrote on 01 Apr 2012 09:17:](#)

I think I might join after pesach I am debating it.

I ask you partly in jest- who are you debating it with? Your yetzer hara or yetzer tov?

I am very happy you are doing so well.

I do not mean to scare you ch'v, I would like to share what I have seen here. I have been here since the days when there was very little funding and the members would do the programing for the site. It was not high tech. I feel blessed to have been here so long. But having been around I have seen differnat patterns.

Some poeple come, join, break free and keep rising. There is even a global moderater who is one such fellow.

Other come have a great start and then get a big test from the Y"H and fall. At that moment they are faced with an even bigger test- do they get back up and *continue climbing* (not starting over- continuing)or do the give up.

For many the first peroid of time here is amamzing, but then the big test comes.

I want you to be aware that this might happen.

The other thing I want to share is that from the little I know the best way to avoid being tested or to really break free of a big fall is to really embrace the ideas shared here on the site. One very good way to do that is with the phone calls. I am not trying to push you or scare you off. I only

want that if you find yourself slipping you sould know it is not only normal but also it is a bigger test than the test of lust and that there are ways to win.

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Re: From the depths of my soul
Posted by Eye.nonymous - 03 Apr 2012 07:18

Well put, Holy Yid.

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Re: From the depths of my soul
Posted by Ez streak - 06 May 2012 05:42

Sorry it's been a long time bh I feel very strong I haven't fallen I can't even stare at woman I tell myself they don't belong to me and I feel disgusted if I see immodest girls walking down the street. I spits on my hand privately to train my brain that it's not ok to look and to equate immodesty with a disgusting behavior. My learning is much more consistent for the first time in a long time I am consistent with shacharis and my relationships with family and friends are so sweet. My relationship with Hashem is so holy. When I say modim I cry for feeling so lucky to be free from those desires that destroyed my life. I have been clean since a week before pesach I hope I will never go back bc I don't want anything but this holy life. Everyone i wish you all success in ur battles be well my brothers.

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Re: From the depths of my soul
Posted by Ez streak - 14 Aug 2012 16:48

I made it 5 months without masterbating however I was doing well with guarding my eyes but now I am having a hard time. At times it's lonely not feeding my yetzer. I am trying to get more and more used to doing the things a Jew is supposed to do like learning be happy and praying. If anyone has any tips on this lemme know all the best

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