

Introduction of myself

Posted by Joenoahi - 30 Jan 2013 18:20

Hello Everyone,

I'm glad to be part of this website and this process of cleansing. First of all I was raised baptist but as a grew older I started asking questions and now I don't consider myself a Christian but rather a righteous gentile if you will, or another word is a follower of Noah's seven laws, which is one of the reasons I decided to live without addiction. I actually emigrated to USA with my family in my childhood years. Here's a little about me and my weird story...

I have been mast****ing from like 10 to 17 but didn't really know it was hurting me or any idea what was happening. I was numb through out high school, until 11th grade. I'm 22 now and I'm able to go through like 2 weeks before I fall again. I guess I was a "dry drunk" for a long while I used to do it like 3 times a day for a while in my teens before I was like 17.5.

I feel like I've missed my whole childhood and obviously I won't get it back, I have been through child sex abuse by stepbrother who was 7 years older when I was like 9. Since I love being brutally honest, and because I'm anonymous and people don't know me, I would like to share what really happened to me. I was masturbated multiple times by while I was sleeping and having to pretend like nothing is happening. Somewhere in those days I started to masturb** myself, not sure how often but I did. I was completely alone, nobody knew absolutely what was going on, not even my abuser, my parents had no clue.

One of my biggest guilt is my ability to keep a secret. I became a great actor, I know how to keep secrets for real, after all why would I not listen to my older brother who was supposed to be respected according to my parents. I could watch porn, and go to church and sing in chorus and talk to my leader and be an example to everyone, including my younger brothers. And nobody knew but me. I feel like I'm a dangerous person, and a liar at a very high level. And I feel like it was my own choice through out this. Its hard to learn otherwise.

I never even had a girlfriend because I am too ashamed. I was able to be free for like a half year, because I once read online that people who view porn have high chance of becoming criminals so it scared everything out of me. But after a while i found that others watch it too so than started watching pornography again and masturbating more and more often. I don't know what my life will be like, because I feel really bad that I missed so much time from my teenage years to pornography and masturbation. I don't feel normal. Anyway it feels better to share my issues with you guys and I greatly appreciate all the efforts done on this website.

It also made my character a weird, creepy, shy and quiet one. So I never really had any friends because I was always ashamed to tell the truth of what happened to me. I think the only way

possible for me to make friends is if I tell them the truth, I hate hiding the truth and I love to be honest, I am often brutally honest and it gets me in trouble, but I'm sick of hiding so I try to share everything. I would love to be fully honest with you guys.

=====

=====

Re: Introduction of myself

Posted by MBJ - 06 Apr 2014 10:03

In a way I worship truth, it gives the most freedom. So there it is..

When I first started on this path I became more sensitive to my lusting, I said, wow all this attention on guarding my eyes is causing me to stare at every woman on the street. Then I realized, I was always staring at every woman on the street, I was just so anesthetized to it that I didn't even notice. That made me feel like a real creepy pervert.

=====

=====

Re: Introduction of myself

Posted by Joenoahi - 07 Apr 2014 23:58

Good thing I noticed now, because otherwise it would have been embarrassing for a long time.

=====

=====

Re: Introduction of myself

Posted by dms1234 - 08 Apr 2014 03:28

Careful....you have to remember who we are and how far we can still fall. Now matter how many days we are clean. We always have to be mindful

=====

=====

Re: Introduction of myself

Posted by Joenoahi - 16 Apr 2014 20:02

Almost 40 days clean and I'm feeling great.

=====

Re: Introduction of myself

Posted by dd - 16 Apr 2014 22:10

So much more has changed!

ROTOW!!!!

=====

Re: Introduction of myself

Posted by Joenoahi - 27 Apr 2014 22:52

50 days clean and a lot of things have changed.

I talk more, there is more energy around me, I'm not afraid to be open and vulnerable and one of the best things is I don't give a care about what people think about me anymore, because I feel like I have that confidence within, therefor I don't look for anyone's approval which is an amazing level of confidence.

I've realized before, that in the past when I fell, I immediately started looking at others for approval and confidence and it just weird-ed them out.

A few things tho:

1. In a way, I regret being so honest on these forums, haha, because it made me so much vulnerable to criticism and rejection. I'm sure I couldn't meet anyone of you guys and look you in the eye without feeling very weird.

One question for you guys is how open and vulnerable can you be. I feel like someone who can be most transparent and open, like speaking thoughts honestly as they are thought, is a strong

person. Stronger than anyone else. So lets hear it, what are you hiding from the world that no

=====

one else knows but you?

Re: Introduction of myself

Posted by dms1234 - 27 Apr 2014 23:29

WOW!!! Incredible, Keep it Up!

=====

Re: Introduction of myself

Posted by Joenoahi - 08 Jun 2014 07:41

Fell on the 88th day. its sad. so depressing.

=====

Re: Introduction of myself

Posted by dd - 08 Jun 2014 09:00

and don't forget its also amazing you kept clean for 87 full days i could just imagine how many times you had to overcome a urge or controlling your eyes, so brush it off and start trucking again,

=====

Re: Introduction of myself

Posted by dms1234 - 08 Jun 2014 23:26

Im going to be blunt. I can see youre true intentions. You want 90 days!!!! "YAYAYAY. WAHOOOO. I reached 90 days, YAYAY. I DID iT! I REACHED IT!. "

Thats right. I don't know if you want the prestige or just to get over the lust obstacle and get on with the rest of your life. Clearly you didnt want to TRULY recover.

TRULY recovering means living day by day and if we slip or even fall were not depressed because we know its just a little bump in the road. AND we are imperfect. We know we aren't able to jump on to the top rung of the ladder. We have to get step by step. Sometimes we slip and end up on a lower rung but thats okay because we just get right back up to where we were and keep going.

You really did incredible and i hope you will learn what you did wrong, patch things up and carry forward.

KOL!!!!

=====

Re: Introduction of myself
Posted by cordnoy - 08 Jun 2014 23:44

I don't know how you know his true intentions to be so blunt.

=====

Re: Introduction of myself
Posted by Joenoahi - 09 Jun 2014 00:40

I do have to admit that I didn't take one day at a time, and the reason is that I just wanted to reach the 90 days. Well I guess now i need to learn how to truly take one day at a time.

=====

Re: Introduction of myself
Posted by cordnoy - 09 Jun 2014 01:25

DMS1234: My apologies.

b'hatzlachah

=====
=====

Re: Introduction of myself

Posted by dms1234 - 09 Jun 2014 02:53

cordnoy

DMS1234: My apologies.

Nope, you are absolutely right. I shouldn't assume like that. I am sorry Joenoahi. I shouldn't have jumped to any conclusions.

=====
=====