

MY SSA STRUGGLE SINCE MY CHILDHOOD

Posted by AlexMall - 07 Mar 2013 10:59

I am a 16 years old boy, I'm religious, and I have experienced SSA struggles since 4 years ago, when I was 12.

It all started when I went to a friend's house, we first started playing with the computer in the internet, for the first time our life we saw a complete girl's naked body photo which made us a huge shock in our minds. like always it is normal in google to see similar pictures, and we find a boy which had an erection. that was completely different, and new for us. we exit the page and forget about it.

In weeks I couldn't forget about what we saw, so as a curious kid, I start researching about the same thing, but searching only for naked men. that's when it changed my life.

I started getting information I completely disown. suddenly I got too involved in gay pornography. I couldn't let it go. I felt with guilt and shame, and I started having a inner struggle towards religion.

I have never talked about it with anyone in my school, just once I asked my Rabi for an advice of quitting porn, but it never involved the main detail, that it was gay porn.

one year after, in winter vacations I had for mi first time in my life a wet dream. Didn't know how to react. I had already seen it but never experienced myself. I felt too guilty, that I stopped eating. I had nausea all the time. I decided to talk with my father, I told him all the story from the beginning,, and of course he didn't take it fine. He told my therapist about it, and I had to deal with knowing someone else knew about it.

I couldn't accepted, I still had hope that my sexual twist was going to disappear with time, but it never really happened.

a few months ago I got involved again, and I felt disgusted to imagine what could happen if my friends would find out. I just couldn't live with it. I couldn't learn tora at the same day I do this stuff, and what about the laws of the motzei zera, and the punishment of this sin.

I cried to Hashem, and asked him to free me from this addiction which was repulsive.

I started to deep myself in torah and mitzvot, and by this way, I forgot completely of this issue that I had.

I thank Hashem with all my being for helping me to get over this, and even though I haven't overcome the SSA, I know Hakadosh Baruch Hu will do all the best for me.

My best advice for someone ho is experiencing this kind of things, is to have something to do all the time, and when you don't, have that time to read Torah books and sacred writings. This will help, and it will fill that empty space you have.

GYE - Guard Your Eyes

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Other advice for parents, is to secure your children internet access, they can reach some information they'll regret of seeing, and to be sincere with them about this stuff when they're ready, before they find out from somewhere else.

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