

let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 06:06

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im an 18 year old bachur who struggles/adicted to zerah levatala.i also struggle with anxiety..i just signed up to this website.i just started doing the 90 day chart.i sometimes do it to let off stress or just when i get a urge.i can do it up to 4 times a day.if anyone has any tips/advice/suport please post i means alot to me.also what i should do,what to read etc thank you

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Re: let me introduce myself

Posted by dms1234 - 31 Mar 2014 01:14

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Welcome!!!!

I would suggest reading: [Skep's tips](#). They are incredible and perhaps you could find them useful.

Stress is my problem too!!! yay! What can you do today to get whatever you need done?

Welcome! Its great to have you!

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Re: let me introduce myself

Posted by ich bin zainer - 31 Mar 2014 06:06

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i want to tell you guys something personal.i have social anxiety.which means i get very nervous in social situtions.it gets in the way of everything .im also very scared of regection.my life is no fun this problem.i just started going to a therapist for it.this makes getting over this taiva much harder.so i use zerah levatala to run away from my problems of low self esteem,social anxiety,hyper sensitivety.if anyone once went through these things please post .also if you didnt your welcome t

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Re: let me introduce myself

Posted by TehillimZugger - 31 Mar 2014 06:23

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Wow. Congratulations on posting then. It must have been hard for you.

Actually, I think we all have low self esteem. Imagine, we've all been living in our own heads and masturbating thinking we're the only rasha in the world. How can THAT be good for anyone's self esteem?!

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Re: let me introduce myself

Posted by SIB101854 - 31 Mar 2014 06:27

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I also engaged in Masturbation and watching, reading and downloading massive amounts of porn as an escape from what I felt was rejection. I finally have realized that I have a great Eses Chayil, a wonderful family and eineklach, great friends and that what others who have no impact on my life may think of me is really irrelevant.

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Re: let me introduce myself

Posted by Pidaini - 31 Mar 2014 09:53

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I relate.

I have noticed that along with my keeping clean, I have become a much more comfortable person. Everyone used to say how shy I was, when really I was just afraid to open my mouth for fear of rejection.

I still find it difficult to call any company or worker to ask them to come do a job for me because I am afraid of rejection, for heaven's sake, I won't make a claim from the insurance company, even though they owe it to me, because I'm afraid of rejection!!

I think that I used porn and lust as a way to get away from all those bad feelings, and as I am stopping using, I am seeing how uncomfortable I am and am learning to accept myself just the way I am.

It's a journey, with bumps a pit falls, but I BH see progress, and that's the ikkar.

So KOT!! You've started, no turning back!! and KOP (posting)!!!!

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Re: let me introduce myself

Posted by Dr.Watson - 31 Mar 2014 11:09

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I have social anxiety disorder too. a big trigger for me to turn to porn for comfort is when I come back from any type of social situation, from weddings to a regular shacharis, and I feel stupid and embarrassed because I didn't 'perform' well enough. I'm finding SA groups help me a lot with it because I can talk to other people without even the slightest worry of being judged.

I think this problem and porn addiction are linked. porn addiction is a disease of isolation. as you recover from the addiction I think you'll find the social anxiety getting better and as you in turn get out of isolation you'll find recovery easier.

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Re: let me introduce myself

Posted by ich bin zainer - 03 Apr 2014 03:03

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thank you guys for your suport.ive been clean for 5 days so far a record for me.sometimes when i want tn act out i tell myself that i dont want to let you guys dow

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Re: let me introduce myself  
Posted by dd - 03 Apr 2014 04:52

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gevaldig!! keep up the great work!!

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Re: let me introduce myself  
Posted by ich bin zainer - 03 Apr 2014 06:15

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hey i want to know if any of you have had social anxiety and if you did how you overcame or deal with it

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Re: let me introduce myself  
Posted by ich bin zainer - 03 Apr 2014 06:27

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i have another question.why were we created with this taiva? .and when i get married is this taiva for my pleasure or something else? and when i do get married how can i be satisfied with my wife and not lust for other woman?

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Re: let me introduce myself  
Posted by cordnoy - 03 Apr 2014 07:58

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don't think so much...certainly about the future.

Focus on the moment ahead of you.

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Re: let me introduce myself  
Posted by ich bin zainer - 03 Apr 2014 08:04

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i feel depresed when i see evryone write take one day at a time i thought it gets easier as time goes on

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Re: let me introduce myself

Posted by TehillimZugger - 03 Apr 2014 12:16

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[ich bin zainer wrote:](#)

i have another question.why were we created with this taiva? .and when i get married is this taiva for my pleasure or something else? and when i do get married how can i be satisfied with my wife and not lust for other woman?

You may want to read the book "The First Day of the Rest of My Life" available here

[guardyoureyes.com/articles/first-day-of-the-rest-of-my-life](http://guardyoureyes.com/articles/first-day-of-the-rest-of-my-life) and here

[guardyoureyes.com/ebooks/item/the-first-day-of-the-rest-of-my-life](http://guardyoureyes.com/ebooks/item/the-first-day-of-the-rest-of-my-life) especially the chapter about Pizza Toppings

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Re: let me introduce myself

Posted by TehillimZugger - 03 Apr 2014 12:18

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[ich bin zainer wrote:](#)

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