

Hello. I'm in need of help.

Posted by giladl - 12 Apr 2014 21:37

Hello.

I found the "wonders" of the internet at the age of 13, but it wasn't for another two years until I Masturbated for the first time. After that, I couldn't stop for nearly a year and a half, until two months ago, when I decided I need to stop.

My addiction took a big part of my life. Whenever I had a hard time doing my homework, whenever I felt bored, I locked myself in the toilet and the rest goes without saying... the worst though, was on Sabbath, because then there is no school. I had a very big "Masber Emony" After my bar mitzva, so using my phone on Shabbat in order to look up porn on the internet wasn't a big deal for me, and until today I feel distanced from Judaism and Mitzvot.

So I decided to stop. I realized I couldn't let me urges control me. I was clean for almost a month, but then I fell. then I found this website. I went clean for another two weeks, but I couldn't incorporate any of the ideas in the guide into my everyday life. I was bored, so I fell again. I then tried stopping a couple more times but every week looked like this-

Sat.: decide to stop. Sun.: clean. Mon.: clean. Tue.: I'm bored so I fall. Wed.: affected from yesterday, I fall again. Thus.: I want to reset my 90 day calendar, but if I do so it won't be aesthetic, so i let myself fall. Fri.: Meh, what the hell... i'll stop tomorrow...

Now I really want to stop, I just don't know how. This is my first time writing here, so please, I need all the help I can get.

Thank you.

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Re: Hello. I'm in need of help.

Posted by dd - 12 Apr 2014 22:48

welcome giladi!!!!

you reached out to the right people and entered the right place.

everyone here can relate to all you said so make yourself comfortable and hang in there !!

kol tuv shavuah tov!!!

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Re: Hello. I'm in need of help.

Posted by Dr.Watson - 13 Apr 2014 01:23

Hello Gilad and welcome.

Stick around, post some, read some, it's all good. You're not alone, things can get better if you're willing to allow it to.

Have you called in to any of the phone conferences?

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Re: Hello. I'm in need of help.

Posted by Pidaini - 13 Apr 2014 01:28

Welcome there gilad!!!!

It's great that you are able to open up, great move!!

Have you read the Handbook? It can be found under the ebooks tab on the top of the page, it has a lot of great tools and information.

KOT (Keep on Trucking)!!!!!!!!!! KOP (Keep on Posting)!!!!!!!!!!

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Re: Hello. I'm in need of help.
Posted by Ezra - 13 Apr 2014 07:37

Gilad - Welcome. You are in the right spot and posting is a great start. Browse around the site and start getting to know the Chevra here!

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Re: Hello. I'm in need of help.
Posted by startrekuser - 13 Apr 2014 11:01

I'm no expert on stopping, but you keep saying you are bored. Finding something to do may help. Keep yourself busy - that way you can keep your thoughts clean.

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Re: Hello. I'm in need of help.
Posted by dms1234 - 13 Apr 2014 21:29

WELCOME!!!!!!!!!!!!!!!!!!!!!!

Its great to have you here!!It seems like you are already improving!! Perhaps chatting with a few guys here will help you!

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