

Trying to Stay CleanPosted by dying4freedom - 06 Jan 2015 01:40

I am 27 and I am married with 2 kids. I have heard of GYE in the past but have never really gotten into it. I was shmoozing with a friend of mine and he was telling me about an article on the website so I decided to sign up. I have always struggled with controlling what I look at. When I was younger and stupider I didn't really care about or believe in the damaging effect that spilling seed had. I hung out with many girls and did many different things that I have not and would not tell my wife about. When I was 19 I went to yeshiva in Israel and the Mashgiach was very into trying to get people to stop jerking off and he was very straightforward about this topic....somehow he always knew when someone had masturbated recently. It was then that I tried to stop and realized how hard it would be. For a while I stopped watching TV shows and movies but that didn't help. I have been trying (probably not hard enough) to stop for the past 8 years and I usually don't last more than 5 or 6 days. Every time I do it, one second after I hate myself and I get upset at hashem for giving me a test that is so hard (or as I see it impossible) to pass. I used to go so far to blame hashem for what I was doing and then I would pray to him for forgiveness. It is a long road and it has been a while since I have sat down to watch porn...maybe about 2 months. The problem is that just because I dont watch porn doesn't mean I wont jerk but it definitely makes it less likely. My main shmiras einayim problem now is trying not to look at scantily clad womens parts. I sometimes catch myself and look away but not often enough. Lately I think I have been getting better. I am on a shmiras bris streak that is longer than I can remember (almost 6 weeks)and I am thankful to GYE for the support.

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Re: Trying to control my addiction

Posted by gibbor120 - 06 Jan 2015 02:16

WELCOME! It sounds like you are doing great. Keep up the good work!

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Re: Trying to control my addiction

Posted by cordnoy - 06 Jan 2015 02:17

Welcome,

Kein yirbu!

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Re: Trying to control my addiction
Posted by dms1234 - 06 Jan 2015 04:00

WELCOME!!!

Check out the [GYE Handbook](#) and [Skep's tips](#)

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Re: Trying to control my addiction
Posted by Bigmoish - 06 Jan 2015 06:10

Welcome!

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Re: Trying to control my addiction
Posted by dd - 06 Jan 2015 15:37

Welcome!!!

Looking forward to seeing you around!!

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Re: Trying to control my addiction
Posted by Shmeichel - 06 Jan 2015 21:17

hello dear dying4freedom

welcome to gye

what a great good start

KeepOnTrucking

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Re: Trying to control my addiction
Posted by dying4freedom - 06 Jan 2015 21:18

What is the Whitebook, Handbook? TIA

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Re: Trying to control my addiction
Posted by cordnoy - 06 Jan 2015 21:55

[Resources](#)

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