

My Story...

Posted by jay95 - 07 Jan 2015 06:29

First a little about me, I'm 20 and in college.

I have been jerking off ever since I was a young kid (maybe 6/7), back then I didn't know what it was I just new it felt good.

My story really starts when I got my first laptop. I was 12 – just hitting puberty. I didn't have a filter on it and I soon discovered porn. I became hooked. It became almost a RITUAL of mine, I would watch porn (and jacking off) almost every single day not even aware it was going to 'take over my life', have a huge negative impact on me or that it was even a sin. As I got older (around 13), the usual videos didn't 'do it for me' anymore. I needed something more erotic. So began looking at more and more explicit porn.

At the same time I was very isolated lonely and depressed (circumstantial reasons) this lasted from the age of 13 till the end of high school. I think this made me tern to porn even more as a form of escape.

Then I was off to yeshiva for the year. I met new people and made friends and totally change from being depressed to very stable happy and normal functioning (physiologically speaking).

As well as this in yeshiva I learned SERIOUSLY how important it is to stop watching porn and the negative effects it was having on me. I realised it was sucking the life out of me. Simple normal things which people get pleasure from I realised that i didn't and never had. Making me question my sexuality. Making me shy, depressed...ect. Was going to effect my marriage one day.

So I decided to make a serious commitment to stop. WOW this was a harder challenge than I thought. I have gone cold turkey more times than I can remember. The longest I have lasted for is around 2 months whilst I was a counsellor on camp this summer.

I have a filter on all my devices but there is ALWAYS content I can find when I get that feeling

creeping into me which makes filters almost useless.

I have come to the conclusion that i needed to post, I feel isolated and hopeless and need others advice.

thanks for reading

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Re: My Story...
Posted by gye5770 - 23 Oct 2019 14:34

Welcome back

If you are on here means you want change. By me the change had to happen in my head first - that is the best filter - not wanting to see as by seeing i do not gain anything. The second filter is on my computer, that if the internet does bombard me it gets stopped in the tracks.

Behazlacha

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Re: My Story...
Posted by Captain - 28 Oct 2019 01:08

If the old isn't working, why don't you try something new? Best thing I've found for this is this book The Battle of the Generation: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. Also check out these classes called The Fight by Rabbi Shafier: <https://theshmuz.com/series/the-fight/>.

Good luck!

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