

1.5 years strong- still fighting Baruch hashem
Posted by g-dgave26 - 28 May 2015 15:44

Love the idea of this community. I grew up in Orthodox family but was not made aware of harm that can occur from porn and masturbation habits. I started at 13, slowly and progressively getting worse. Finally, at 26, a friend introduced me to the nofap community(Internet slang for no-masturbation). Him and I made a bet to hold strong for 4 weeks with \$50 on the line. We both made it, and as hard as it was, I caught a spark of the freedom not masturbating can bring.

I fell a number of times over the following six months, then decided I'm ready to take back control. Thank g-d, I'm clean 17 months and find my focus, inner calm, and contentment unprecedented.

Nonetheless, every day still brings struggles, at work, home alone(I'm not married yet). So I'm overjoyed to find this community. I look forward to sharing and gaining chizuk.

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Re: 1.5 years strong- still fighting Baruch hashem
Posted by gibbor120 - 28 May 2015 15:54

WELCOME! You are in the right place. Keep reading and sharing!

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Re: 1.5 years strong- still fighting Baruch hashem
Posted by serenity - 28 May 2015 23:15

Welcome to GYE! Thanks for sharing.

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Re: 1.5 years strong- still fighting Baruch hashem
Posted by pischoshelmachat - 29 May 2015 00:23

Welcome to gye. I wish I had the sense to start at 25 to shake this affliction.

Power to you.

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Re: 1.5 years strong- still fighting Baruch hashem
Posted by fulfillinglife613 - 29 May 2015 01:20

Welcome!

If you take a look around the forum, you will find many posts from people who thought that the struggle to stay clean would be easier with marriage. It's not the case.

We bring all our problem into our marriage and then it's two people getting hurt instead of one.

Kudos to you for working this through before marriage.

In this zechus may you be zoche to find the right one b'ita u'bizmana.

Good luck and keep posting!

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Re: 1.5 years strong- still fighting Baruch hashem
Posted by cordnoy - 29 May 2015 02:42

Welcome

continued success!

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Re: 1.5 years strong- still fighting Baruch hashem

Posted by justmetoo - 29 May 2015 17:30

Welcome!

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Re: 1.5 years strong- still fighting Baruch hashem

Posted by cordnoy - 14 Jun 2015 21:22

Uummmm.....

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Re: 1.5 years strong- still fighting Baruch hashem

Posted by embarrassedhusband - 15 Jun 2015 09:28

Welcome!!

It will be great to hear what tools you have used to help you through this journey!

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