

Mesayin's Motivative Messages

Posted by Mesayin - 15 Oct 2015 21:08

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Hello everyone Mesayin here, I've been on the site for about a week now and B"H i've learnt a lot (thank you everyone) and i think now its time I write my story.

Before I came to this site I thought i was one of very few people that had these struggles and that my struggles were one of the hardest, but as i started reading people's stories I realized that there are a lot of people in this fight and are in much deeper problems than I ever imagined and the fact that they are on the path to cleanliness is **Amazing** and gives me strength.

So I will bezra"h write my story and hope people will gather chizzuk from it.

I started playing computer games since I was 2 years old (that wasn't a typo) in a family that pretty good at the time but year after year became more broken, my parents were having serious shulim bayis issues and the children were caught in the middle of it all and it was getting worse and worse.

MY life was very tense as well other than being caught in a fight I was emotionally mistreated by my parents especially my mother, I used to get yelled at and beaten up, and there was inconsistency, one day she was nice another she was brutal, I was stuffed up with computer games and so on.

My father was very quiet and sometimes negligent which didn't help.

At about the age of 12 or 13 my family started having access to the internet, at first it was just watching three stooges and abbott & Costello and over the years it became regular movies and tv shows.

P.S. If its at night and you want to fall asleep you might want to read this.

One humongous miracle happened to me in which I have to continue thanking Hashem for it is that from when I started on the internet I have never intently gone onto bad sites, which is pretty amazing considering that I was teenager from a dysfunctional home, internet w/o a filter and watching during the night without anybody seeing me, not only that but anytime in the movie it got to a dirty point i would skip that part or even just look away.

I'm mostly convinced the reason behind that was because of my severe complex, I was paranoid that someone might find out about it and that is what kept me from deliberately looking at those stuff even though sometimes there were pop-ups of these stuff right in front of my face.

However I did take pleasure whenever by accident I would look at those stuff, furthermore I would try to watch a movie that I thought might have some of those stuff and I'll watch it in a way that it seems like I innocently fell into it and make it look like I didn't know about it. (How clever is the Y'h)

On top of that at about the age of 13 I started doing mz"l, I had no idea what it was or if was something wrong, as a matter of a fact I thought I was the only one in the universe that knew how to do that.

That was until the age of about 18 when a mentor of mine reveal to me what it was and on top of that it is an issur, of course I took out a shilchan aruch and tried to find a heter, with no luck.

The first night That I heard that I wasn't mz"l but of course it was an addiction already so two night later i started again.

And so it went on, the three way vicious cycle of broken home, internet and the other thing, until a couple of years ago my sister recommended me to a great therapist who helped me on the path to emotional and mental recovery, and that year I went to sleepaway camp and for the first half I tasted happiness for the first time B"H.

But then I came home for a day in middle of the summer and things started spiraling, so I decided I need to move far away from home and far away from the internet, and so I made the tough decision to move away and decided that if i get bored due to lack of internet I can then come home but first move out.

To make a long story even longer, I moved away last year about this time, got myself a job and was off the internet for a few months, keep in mind though I was still being mz"l regularly so I decided to look for some help in that matter.

The first guy I went to was an old satmarer guy, he started telling me all sorts of chazal to try to get me to fear mz"l, I went out of there shell shocked and didn't know what to do with myself, but then Hashem put a thought into my brain that maybe Hashem gives so much punishment for being mz'l means that he loves us so much that he is trying to do everything in the world to make sure we choose not to do it, and with that thought I never felt happier in my life.

A couple of weeks later I went to another satmarer guy and he was much more about chizzuk, he gave me a tefila (see my signature) that worked instant wonders for me, and for the next few weeks I was totally clean.

One day confusion struck me, my mother started texting me her nonsense and the next day someone at my job reported me and I got suspended from my job, it was devastating, so I decided I'll calm down with some computer games, so I borrowed a computer from a friend of mine, little did I know that the computer had movies on it, do the math, it had a ton of triggers and was drowning into lustful thoughts all day, that led to a couple of mz"l over the next few weeks.

The person I went to said I need to use the tefila more often, but more importantly he revealed to me that having lustful thoughts is just as bad as committing the sin itself, that gave me motivation to stop and since then (which is about 4 or 5 months) I'm B"H totally clean and I also got myself a new job which I like. (Even though I work on the internet I B"H can control myself much better)

Obviously I still have a fight and since i'm very sensitive to lust I have to be real careful with what I do and what I look at.

And then last week I found this great website and I'm learning new ways deal with lust and trying to help other people too.

I'm now 21 years old and single and with Hashem"s help I'll find a shidduch b"kuroiv and I hope I will say **It was all worth it.**

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Re: My story

Posted by stillgoing - 11 May 2017 02:10

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Can I say something about marriage?

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Re: My story

Posted by Markz - 11 May 2017 02:12

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[stillgoing wrote on 11 May 2017 02:10:](#)

Can I say something about marriage?

If your wife is out of earshot, go ahead, you have 20 seconds

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Re: My story

Posted by stillgoing - 11 May 2017 02:17

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Shtika k'hodah.

Obviously others here have come back after (despite/because of) their marriage, but they are not Mesayin. Mesayin could be right. We are all different.

On the other hand, Mark has a good point, we have no idea how we will be in five minutes, certainly months, perhaps one should be very hesitant not to 'hold strong' that one will be safe in

another situation.

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Re: My story

Posted by stillgoing - 11 May 2017 03:30

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[Markz wrote on 11 May 2017 02:12:](#)

[stillgoing wrote on 11 May 2017 02:10:](#)

Can I say something about marriage?

If your wife is out of earshot, go ahead, you have 20 seconds

I guess that I can't say anything out of Mark's earshot. I wanted to get those two posts in in a row so it'll look like no one minded me giving my two sense on marriage but somehow Mark slipped into the middle. :-)

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Re: My story

Posted by neshamaincharge - 11 May 2017 03:50

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[Mesayin wrote on 10 May 2017 21:32:](#)

Masterbation is happening to me on a nightly basis.

Sorry to hear what you're going through.

Try to be careful with how you speak (even to yourself). I know when I say that things "happen to me" I'm usually absolving myself of responsibility, and then I convince myself I'm just a victim of circumstance.

Wishing you much Hatzlacha!

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Re: My story

Posted by Hashem Help Me - 11 May 2017 04:47

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Must be pretty demoralizing to fall and get into a rut after 2 years clean. We are all here to help you shlep yourself back out. You did it before and iyh will do it again.

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Re: My story

Posted by MayanHamisgaber - 11 May 2017 10:46

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Wow to be clean then have such a hard fall

YET STILL COME BACK TO US CRAZIES IS

GEVALDIG

So keep on posting and let us no how we can continue helping

We are in this together

KOMTNMW

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Re: My story

Posted by Mesayin - 11 May 2017 19:03

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Thank you all.

Markz

GS

stillgoing

neshamaincharge

Hashem Help Me

MayanHamisgaber

Stillgoing, I can understand why you ask before you voice your opinion because you might get this:

**Warning: Spoiler!**

But you shouldn't be afraid to voice your opinion, **ever**.

neshamaincharge, you are absolutely right. I just used a poor choice of words.

MayanHamisgaber, you are the one that helped me the most, you made me look back at my old posts, I seemed like a spunky, full of positive energy kind of guy and now I seem like a cold intellectual full of complaints. The post about happiness really moved me. If it worked for me then, it should probably work for me now.

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Re: My story

Posted by stillgoing - 11 May 2017 19:22

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[Mesayin wrote on 11 May 2017 19:03:](#)

Thank you all.

Markz

GS

stillgoing

neshamaincharge

Hashem Help Me

MayanHamisgaber

Stillgoing, I can understand why you ask before you voice your opinion because you might get this:

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But you shouldn't be afraid to voice your opinion, **ever**.

I wouldn't mind if bigmoish wrote me that, so long as he's talking (read, writing) to me. :-)

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Re: My story

Posted by Bigmoish - 11 May 2017 19:31

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[Mesayin wrote on 11 May 2017 19:03:](#)

Thank you all.

Markz

GS

stillgoing

neshamaincharge

Hashem Help Me

MayanHamisgaber

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My apologies.

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Re: My story

Posted by Mesayin - 11 May 2017 20:50

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[Bigmoish wrote on 11 May 2017 19:31:](#)

[Mesayin wrote on 11 May 2017 19:03:](#)

Thank you all.

Markz

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stillgoing

neshamaincharge

Hashem Help Me

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My apologies.

No need to apologize, you should also voice your opinion.

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Re: My story

Posted by Mesayin - 12 May 2017 15:13

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One of my long standing issues has been trying to figure what I enjoy doing in my life other then playing ~~mature-rated~~ video games and watching movies, if I could find out what I enjoy and put my life into it then I would be much more fulfilled and be more motivated to deal with my lust issues.

B"H I recently discovered a few things that I enjoy and that I think I can be good at.

(By the way I am told that I am very talented and smart which makes it no surprise that I am suffering, "Kul hagadol m'chaveiroi yitzroi gadol mimenee(u)". Also I once heard from Rabbi YY Jacobson that he asked Rabbi A.J Twerski what he learned in his 60 years of dealing with alchaholics, he said: "The people that suffer from addiction are the most sensetive among us".)

The few things I would enjoy are the following:

Philosophy

Psychology

Humor

Music

**Warning: Spoiler!**

So I would like to try out here on the forum, and I indulge you that you please respectfully give me a piece of your mind on anything I write.

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Re: My story

Posted by Gevura Shebyesod - 12 May 2017 16:09

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or you can do a philosophic study on the psychology of funny songs

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Re: My story

Posted by Mesayin - 12 May 2017 17:17

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Something about atheists...

"There are no atheists in a foxhole, but there are plenty of foxholes in an atheist."

There are three words that religious people and atheists say but are interpreted differently:

**Warning: Spoiler!**

The proof that god exists is: Chassidim say that there is a god and the litvaks don't disagree.

**Warning: Spoiler!**

Proof that god can make a mistake: Chayav udum loimar bishvili nevrah haolam, he created the whole world for/because of me.

BIG MISTAKE.

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