

New here..Need to try this out

Posted by pni13 - 02 Feb 2016 21:03

All else has ultimately failed. I've been addicted to masturbation for years..and I am just 23 (tomorrow is my birthday!). I am taking this goal on for my birthday. 90 days is insane. I don't know if I'll hold through, as the most I've gone is maybe 6 days, but on average my breaks are 2-3 days. My main problem is before I go to sleep and when I wake up. Yes, I have both an iPhone and laptop in my room, but I need either music or something to help me fall asleep. I really want to overcome this battle and am constantly crying out to Hashem to help, but I know I am not doing my personal hishtadlut. I simply do not know how. I look forward to building relationships with others. At my age, it is extremely difficult. I want to quit this disgusting habit, and eventually find my bashert.

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Re: New here..Need to try this out

Posted by lomed - 02 Feb 2016 21:12

Welcome! you have come to the right place. while I feel your pain, I would congratulate you for taking the step and coming here. Here there are many success stories. as well as many tips that we find here. Please stay here until you find peace of mind and get clean.

lots of Hatzlacha

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Re: New here..Need to try this out

Posted by markz - 02 Feb 2016 21:20

Welcome!!

Great to have you join us!!

If you like - you can install a GPS on your truck - found in my signature

Safe trip!!

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Re: New here..Need to try this out
Posted by cordnoy - 02 Feb 2016 21:37

Welcome,

Your road to recovery should be blessed with hatzlachah.

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Re: New here..Need to try this out
Posted by Bigmoish - 02 Feb 2016 21:38

Welcome!

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Re: New here..Need to try this out
Posted by markz - 02 Feb 2016 21:47

Oh, and Mazel Tov on your Birthday!

It's a beautiful present you're handing yourself on the occasion!

In a sense I felt like I was reborn when Gd opened my eyes to GYE, that I was able to gain control of my out of control life, and iyH by you till 120, ODAAT

KOT!!!

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Re: New here..Need to try this out
Posted by gibbor120 - 02 Feb 2016 21:53

Welcome! Check out the handbook, and some great links in my signature. You are not alone.
Keep posting.

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Re: New here..Need to try this out
Posted by Changing - 03 Feb 2016 03:01

Welcome!!!! You should be blessed with alot of success. I wish i would have known about this
site before i was married... your a lucky guy!

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Re: New here..Need to try this out
Posted by heiligeryid - 03 Feb 2016 16:39

Welcome aboard!

I would suggest that in order you should have a safe & clean journey, firstly you have to either
get rid of those devices, or to put on strong filters, not to have easy access to any triggers.

Hatzlacha!

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Re: New here..Need to try this out
Posted by pni13 - 04 Feb 2016 04:31

Ah, thank you so much! I am familiar with GYE, but yesterday I decided to jump in and simply replace myself here. I always thought to myself, eh there's not much to gain from it, I have no hope, etc. But, if this is a huge battlefield, I am willing to battle head on!

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Re: New here..Need to try this out
Posted by markz - 04 Feb 2016 04:31

[Pni wrote:](#)

Well, I figured it would be awesome and perhaps encouraging to start a daily journal of how my days are, and the feelings I have. I feel having a journal is dual-faceted. One, it allows me to share my insanely huge battle with the Yetzer Hara, and two, perhaps others will see how many of us truly are suffering this constant struggle between the Evil inclination and the Good inclination. It's not easy to go in the path of the good inclination, but it is the will of our Creator. May He truly help us to overcome all our struggles together. "Kol Yisrael Arevin Zeh La'Zeh"- In my opinion, this is not only in relation to physically helping others, rather constantly helping our brothers and sisters spiritually. Giving them the push forward, holding their hand, so to speak. Just as people welcomed me, I wish to welcome others.

Day 1:

Today was not as bad as I thought. Perhaps there is extra Siyata D'shmaya due to it being my birthday, but I do fear that the struggle will get alot more difficult in the days to come. The Yetzer Ha'ra is ok with allowing a day, two days, etc..but then he decides to play with us again. But, I am attempting to put my full faith in Hashem that just like He led me to this site and these forums, so too will He deliver me into His hands which save us daily. I am also enrolled in a non- Jewish university, and today the shmiras einayim level was way down. I literally had to take off my glasses, but still kept staring here and there. The guy:girl ratio at my college is pretty bad for a Jewish person! I used to not wear my Kippah, and rather a hat so that girls would look at me, but lately I have been proudly going with my Kippah and it truly does remind me not to go after what my heart desires. Also, it is the first day that I used my laptop SOLELY outside of my room. I usually keep my laptop in my bed so I can read news, watch movies, and eventually we all know where that leads to. It really gave me a huge sigh of relief to not always spend time in my bed (when I am not in college or at work). Hopefully everyone's day has been great!

I don't know where you get the strength from!!!

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Re: New here..Need to try this out
Posted by Shlomo24 - 04 Feb 2016 06:31

Just saw this for the first time. Welcome pni! I hope this is a chizzuk to you: I am 20 years old and single. I am by gods grace a little more then 5 and a 1/2 months sober. My journey to an upward climb when I joined GYE.

Much Hatzlacha.

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Re: New here..Need to try this out
Posted by pni13 - 04 Feb 2016 18:20

Thanks so much, brother!! That is awesome news. I hope I can get to that level! Prayer, prayer, and more prayer. Care to share some tips as to how you fought the battle in the beginning??

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Re: New here..Need to try this out
Posted by Shlomo24 - 05 Feb 2016 01:48

I am not an any lofty level, believe me. I think that taking things ODAAT and realizing that I won't live or die by my feelings has really helped. It took me a long time to realize that it's ok for me to feel negative feelings and sensations.

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