

The struggle

Posted by Poshuteryid - 05 Apr 2016 04:46

Hi there, let me start by introducing myself as a poshuteryid. The main reason I am writing this is because I feel that the best way to silently express oneself is through writing and not just mere thoughts alone. That being said I would like to share my story.

i was introduced to porn probably at the age of around 10 but it's been so long I don't exactly remember. It started off as a simple misjudgment by my parents as they left me alone to do schoolwork on the computer. Of course the last thing they thought was that their 10 year old son would even dream of such things but little did they know. At the time I didn't even know what masturbation was and I would just watch porn and let the fantasies play out in my head. However it wasn't long until I learnt and started on a direct spiral downwards into guilt and self loathing. Yes, even at a young age I knew that what I was doing was terribly wrong but there was no stopping it now. Over the years it progressed getting worse and worse and there were points where I honestly wished in the bottom of my heart that I would get caught so at least my parents would help me through it despite the embarrassment that would ensue. However I was too good at not getting caught and even on the occasion when my parents suspected something, I was usually able to cover it up and they seemed to believe me. The worst part about it all is that on the surface people think I'm just a normal guy. And that is the impression I give off, just a normal guy learning in yeshiva with no dark secrets. Well I can go on forever about the terrible things I've done but to make a long story short, here I am at the age of 20, still the same me. While it saddens me to the point where I often cry when I'm alone, I just don't have the will-power to break free. If anyone can relate I'd like to hear and possibly talk about this thing that is my struggle.

=====

=====

Re: The struggle

Posted by markz - 06 Apr 2016 05:13

I don't have much to suggest

The 90 day chart is what began my Trucking journey, and I highly recommend it

=====

=====

Re: The struggle

Posted by doingtshuva - 06 Apr 2016 10:39

[Poshuteryid wrote on 06 Apr 2016 04:56:](#)

Hi everyone it is nice to meet you and thanks for the support. As markz pointed out if I would not have the will power I would not have signed up three months ago. The problem is however that I signed up three months ago at a low point in my struggles and didn't really look at the site since until now when I was feeling really down again. I see there is potentially, much to gain from this site and from you all, but I don't know if In a week from now il be able to keep it up. Due to my inherently unmotivated and lazy nature I fear that I may just lose interest and only come back again in times of great despair, only to repeat the cycle. That being said i was wondering if it would be a good idea for me to try and attempt the 90 day challenge as a form of ?????? for myself to at least stay committed to the site. Although I don't know if I'm completely ready for the challenge and I may be skipping whatever steps come before it, I feel like it would be worth a try and I am "clean" now for a little while which I saw was one of the qualifications for the challenge. I am ready to try it out but I would like to get some input from you guys first. If you have any suggestions, please let me know. Thanks

Have you read the Handbook? You'll find there many answers.

check out: guardyoureyes.com/breakingfree/first-time-here

=====

Re: The struggle

Posted by skeptical - 06 Apr 2016 15:25

Who cares about what will be next week?

Focus on today and your choices now!

You can't walk 2 steps without first taking 1.

If you focus on one good decision at a time, you'll look back and see a history of many good decisions, and many steps taken, B'ezras Hashem.

=====

Re: The struggle

Posted by markz - 08 Apr 2016 21:26

[Poshuteryid wrote on 08 Apr 2016 21:16:](#)

I was so confident with myself jumping into the 90 day chart and not even a full week went by and I already fell. This is very disheartening as I now have to start over and I now have doubts of whether or not I'll ever make it.

My friend is gye the first time you're counting days?

I assume not

The difference between before gye, and now, is that your friends here will grab onto you and Tow you past 90 days

If you're determined, to post and reach out

Gye has a 100 success rate...

=====

=====