

my "other life"

Posted by gibor101 - 07 Nov 2016 03:15

Here's a short story about my struggles (2): 1) When I was in high school (i'm in beis midrash now) I began to have an incredible taavah for nashim, but of course i didn't want anyone to know about it. I had my own computer on which I did schoolwork, and there was a filter on it. Nevertheless i figured out ways to circumvent the filter, and i found myself a number of times looking at extremely inappropriate images for a long duration of time. Ever since, i have this craving to peek, metziz min hacharakim....

2) The second thing is much worse compared to the first..... Ever since I was bar mitzvah, i have been motzi zerah l'vatalah - hundreds upon hundreds of times. I said vidui on Yom Kippur every year crying out to Hashem to help me, but to no avail.....I just keep doing it.....I don't know how to stop. I need help.

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Re: my "other life"

Posted by Markz - 07 Nov 2016 03:19

One of my gye's

Welcome!

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Re: my "other life"

Posted by 360gye - 07 Nov 2016 03:31

Welcome,

I can relate to you in your struggle as i share a very similar story to yours. With regards to your 2nd issuse i think it is important to figure out why you started being Motzi Zera levatala in order to find an answer to stop.

Good luck on your journey

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Re: my
Posted by Markz - 07 Nov 2016 03:50

[360gye wrote:](#)

Welcome,

I can relate to you in your struggle as i share a very similar story to yours. With regards to your 2nd issuse i think it is important to figure out why you started being Motzi Zera levatala in order to find an answer to stop.

Good luck on your journey

360, about your question regarding masturbation; How is someone gonna figure that out?

I can't for the life of me.

Did you manage to?

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Re: my
Posted by trysohard - 07 Nov 2016 09:49

Welcome!

Many people come here with similar issues, and if they keep looking can find the thing that works for them.

Hatzlacha!

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Re: my
Posted by cordnoy - 07 Nov 2016 11:04

Welcome,

readl the handbook please.

Read other stories here.

See what worked.

B'hatzlachah

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Re: my

Posted by Shlomo24 - 07 Nov 2016 13:43

Welcome! There are a lot of others like you here.

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Re: my

Posted by 360gye - 07 Nov 2016 17:24

Markz, in my time here i found some people explain they masturbate for diffrent reasons(stress relief, bored, self-pity, etc.) Digging deep down i believe people will uncover the reason for masturbation. if, and when a person discovers that they can focus on fixing the problem

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Re: my

Posted by gibbor120 - 07 Nov 2016 18:34

Welcome! Read the handbook. Take some steps. See what works. Keep posting and reading. i wish you hatzlacha. You are not alone. Many of us have similar stories.

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Re: my

Posted by Shlomo24 - 07 Nov 2016 18:54

[360gye wrote on 07 Nov 2016 17:24:](#)

Markz, in my time here i found some people explain they masturbate for diffrent reasons(stress relief, bored, self-pity, etc.) Digging deep down i believe people will uncover the reason for masturbation. if, and when a person discovers that they can focus on fixing the problem

What I'm saying now isn't applicable necessarily because I'm an addict, but the core reason for my addiction is my addiction. Other people don't react the way I do to the same issues.

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Re: my "other life"

Posted by Bigmoish - 07 Nov 2016 20:07

Welcome. Interesting that you say the second is much worse. Do you have a source for this?

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