

just suscribed

Posted by tzomah - 11 Jan 2017 17:25

hi this is tzomah now that i'm getting alittle used to this one week maybe ican open up as akid my parents were a little messed up lots of screaming and fighting and i would soothe myself by mastrubating and playing with myself while fantasizing about any girl i happened to have seen that day or my 2 cousins i did this from when i was akid almost till i got married feeling guilty all the time except if i was learning really well and connecting to hashem i would sometimes be able to hold off for the most a month but at times i would go crazy and have such strong urges that i did quite some crazy things to get my fix

after i got married i stopped but inow realize that i was really using my wife igot obsessed with her and her sexual abilites or lack of and being from a closed home she didn't know much and i expecting who knows what mainly that she be and act like a fantasy i tried controlling myself but really i was subconsciously manipulating her to be some one else and for atime it worked like 2and ahalf years until her compulsive issues came out and then i realized she wasn't even capable of fullfilling the fantasy then ibasicaly collapsed and slowly got in to the internet before you know it porn for a year till one week ago i decided enough is enough found gye and am trying to kick this compulsive habit this is the first time i am making a real confession so any comments or chizuk would surely help as i get thes compulsive feelings when i turn around and see a hot girl i also start feeling guilty about how prust i can be

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Re: just suBscribed

Posted by tzomah - 26 Jan 2017 12:39

first of all thanks for the chizuk hh"m

second to clarify that post was made in the throes of my withdrawal feelings

witch is why it sounds confusing but anyways i meant that i considered it a fall to try to hold

up to that standard so it doesn't become a excuse to peek

as i always make up dumb excuses for myself

can anyone relate

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Re: just suBscribed

Posted by Singularity - 26 Jan 2017 12:39

[Hashem Help Me wrote on 26 Jan 2017 12:08:](#)

[cordnoy wrote on 25 Jan 2017 22:58:](#)

First, you were sure; then you asked?

In my humble opinion Tzomah needs chizuk, not cynicism

Then why did you chop off the second line?

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Re: just suBscribed

Posted by Singularity - 26 Jan 2017 12:41

[tzomah wrote on 26 Jan 2017 12:39:](#)

first of all thanks for the chizuk hh"m

second to clarify that post was made in the throes of my withdrawal feelings

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up to that standard so it doesn't become a excuse to peek

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Yes.

One night, I couldn't resist and looked at porn. It didn't go further than that and my wife woke up etc.

But on my 90 day chart I marked it as a fall. Because I wanted to be honest with myself. My lust was (is) out of control. I acted out even though I didn't act out.

Honesty's the thing. Hope this helps.

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Re: just suBscribed

Posted by tzomah - 26 Jan 2017 12:46

so your saying porn itself would not be considered acting out

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Re: just suscribed

Posted by GrowStrong - 26 Jan 2017 12:47

We need to GRAB onto anything and everything in our tool box to get to the point that we don't do that very first move.

What caused us to open YouTube. What made the very first girly video search happen this time. We didnt want to do it ten minutes earlier. We STOPPED IT as it turned worse..

How can we get to a place that we recognize we want to make that search, but we don't do it, because something else, so much deeper is going on inside us, and with honesty as Sing says we should be blessed to face those feelings let them wash through us without having to dull them with our medication of choice.

Kol haKavod for resetting your 90 day chart, may it be that honesty that gets you to 900 days and onwards!

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Re: just suBscribed

Posted by GrowStrong - 26 Jan 2017 12:49

[tzomah wrote on 26 Jan 2017 12:46:](#)

so your saying porn itself would not be considered acting out

What constitutes a "Fall" to require restarting the count?

There are "slips" and there are "falls". "Slips" **do not** require restarting the count. "Falls" **do** require restarting.

A "Fall" is one of the following things:

- 1. Intentional masturbation (with finish)**
- 2. Intentionally viewing improper sites**
- 3. Intentionally calling inappropriate telephone numbers**
- 4. Intentionally seeking out and reading erotica**
- 5. Worse things, which we need not mention**

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Re: just suBscribed

Posted by Singularity - 26 Jan 2017 12:51

[tzomah wrote on 26 Jan 2017 12:46:](#)

so your saying porn itself would not be considered acting out

Ad'rabah!

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Re: just suBscribed

Posted by cordnoy - 26 Jan 2017 13:15

[Singularity wrote on 26 Jan 2017 12:51:](#)

If you see this in what I posted, please tell me how? I thought I made myself clear...

[tzomah wrote on 26 Jan 2017 12:46:](#)

so your saying porn itself would not be considered acting out

Ad'rabah!

You did.

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Re: just suBscribed

Posted by cordnoy - 26 Jan 2017 13:17

[Hashem Help Me wrote on 26 Jan 2017 12:08:](#)

[cordnoy wrote on 25 Jan 2017 22:58:](#)

First, you were sure; then you asked?

In my humble opinion Tzomah needs chizuk, not cynicism

Il seek clarity and honesty.

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Re: just suBscribed

Posted by Hashem Help Me - 26 Jan 2017 14:01

Tzomah, as a few already wrote we need to be 100% honest with ourselves. It's unfortunately a fall. But don't obsess with that! You will recover faster by facing up to the fact that you fell **and that you had the courage and humility to admit it and reach out for help**. You should be very proud of yourself. Rav Hutner explains the possuk in Mishlei "sheva yipol tzaddik V'kom", that when we use our fall to learn from it and grow from it - that leads to being a tzaddik. The Meor Eynayim says even deeper. When we lift ourselves up after a fall, we bring the fall up with us as well. Obviously he is referring to a deep concept, but what we can take out of it is that instead of getting down on ourselves about a fall, we should realize that if we raise ourselves up we are mesaken the p'gam. Most of us look at it as if on the chart in shomayim we received an "x" and now we work for a "check". In reality he is telling us, when we get ourselves back up we turn that "x" into a "check". Hatzlocha!

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Re: just suBscribed

Posted by cordnoy - 26 Jan 2017 14:03

My opinion is that it wasn't a fall.

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Re: just suscribed

Posted by GrowStrong - 26 Jan 2017 14:09

In terms of his recovery i completely agree. It was a major breakthrough!

Same with SING in his example.

In terms of resetting the count for GYE 90 days that becomes a little bit more complicated and depends if you are a yekke, chosid or litvak.

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Re: just suBscribed

Posted by tzomah - 26 Jan 2017 14:17

[Singularity wrote on 26 Jan 2017 12:41:](#)

I acted out even though I didn't act out.

i'm not sure i understood this line

but i guess you meant a slip as gs said

this clarification is helping me rid dumb excuses

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Re: just suBscribed

Posted by tzomah - 26 Jan 2017 14:20

[cordnoy wrote on 26 Jan 2017 13:17:](#)

Il seek clarity and honesty.

me too

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