

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

=====

=====

Re: just suscribed

Posted by Markz - 19 Nov 2017 17:15

[tzomah wrote on 19 Nov 2017 16:52:](#)

hashem please help me stop this

i want to i need to

help me as i cannot help myself

Tzomah is it possible that by many of us the actress is more real to us than Gd is?

=====

=====

Re: just suscribed

Posted by tzomah - 19 Nov 2017 17:23

could be

=====

Re: just suscribed

Posted by Markz - 19 Nov 2017 19:20

[Markz wrote on 19 Nov 2017 17:15:](#)

[tzomah wrote on 19 Nov 2017 16:52:](#)

hashem please help me stop this

i want to i need to

help me as i cannot help myself

Tzomah is it possible that by many of us the actress is more real to us than Gd is?

So you say "possibly"

So then maybe we worship them in place of Gd too? As dov says [here](#)

=====

Re: just suBscribed

Posted by tofeajlejatpaj - 20 Nov 2017 04:03

Behatzlaja!

=====

Re: just suBscribed

Posted by youcan - 30 Nov 2017 23:39

Hi, I'm only here a few days & yes I had a fall in that time (actually I'm happy it's only one) & I'm far from an expert.

But seems to me that you give too much attention to yourself, you do not deserve it! Why would you care how you feel?! Make your goals & boundaries try to stick to it & if you have a fall get up ASAP & try to move fwd.

I'm not saying that the mood is not bringing the problems, just don't focus on them since this will only make you weaker.

i can relate to much of the things you wrote & what I'm writing now is what I'm always telling myself, if it wasn't the right words for you just MOVE ON...

=====

=====

Re: just suBscribed

Posted by tzomah - 01 Dec 2017 10:06

i hear ya

although i don't think either extreme is good much of the acting out for is an escape from how i feel

but you are right that obsessing over how i feel will just make me wanna escape and bring on a fall

on the other hand if i ignore how i feel i will eventually explode

so balance is the key here

but you are making a good point thaks

=====

=====

Re: just suscribed

Posted by Growthoriented - 01 Dec 2017 10:55

I agree completely that balance is the key to how you should feel after acting out. Recently I tried to move on after falling and not let myself feel bad about it and I immediately fell again because I didn't feel guilty about it. It is important to be upset when acting out and to remember that feeling so you won't act out again but at the same time you need to make sure not to become so depressed that you act out again.

Hopefully we can all find the way for us that will lead to success

Bhatzlacha

=====
=====

Re: just suBscribed

Posted by youcan - 03 Dec 2017 03:46

You're definitely right that you shouldn't ignore your feelings; you have to take care of them so you should feel better. Life is too short to give away a big portion of it for bad feelings..

But I think that you shouldn't think all the time how you feel now. You're right that I was extreme (I'm extreme by nature, on whatever I do bad or good...) but when you're on one extreme you have to think the other extreme in order to get things balanced.

Good luck

=====
=====

Re: just suscribed

Posted by youcan - 03 Dec 2017 05:00

[Growthoriented wrote on 01 Dec 2017 10:55:](#)

I agree completely that balance is the key to how you should feel after acting out. Recently I tried to move on after falling and not let myself feel bad about it and I immediately fell again because I didn't feel guilty about it. It is important to be upset when acting out and to remember that feeling so you won't act out again but at the same time you need to make sure not to become so depressed that you act out again.

Hopefully we can all find the way for us that will lead to success

Bhatzlacha

First of all from my experience after a fall it's hard get back up so I don't consider it a new fall till I see that I'm back on track for a while.

I think that after a fall you should feel bad enough to urge you to take action for the better but if it gets to a level of atzvos/self pity it doesn't bring you any good.

But in general it's not good to focus on your mood too much.

=====

Re: just suscribed

Posted by bb0212 - 03 Dec 2017 06:31

[youcan wrote on 03 Dec 2017 05:00:](#)

First of all from my experience after a fall it's hard get back up so I don't consider it a new fall till I see that I'm back on track for a while.

Perhaps I misunderstood, or maybe I just work differently, but when I fall, it can take me a while to get back up. But if it would all be considered 1 fall for me, once I fell, why would I ever stop, after all, it's the same fall?

=====

Re: just suscribed

Posted by youcan - 03 Dec 2017 07:42

[bb0212 wrote on 03 Dec 2017 06:31:](#)

[youcan wrote on 03 Dec 2017 05:00:](#)

First of all from my experience after a fall it's hard get back up so I don't consider it a new fall till

I see that I'm back on track for a while.

Perhaps I misunderstood, or maybe I just work differently, but when I fall, it can take me a while to get back up. But if it would all be considered 1 fall for me, once I fell, why would I ever stop, after all, it's the same fall?

We're both saying the same thing; when you fall it's hard to get back up. What I added is that even if you decided to stop & you fall again a short time after, it may be because you're still weak from the initial fall & it's not like you had a new fall, meaning that it's very possible that if you would have the same nisayon a day later it wouldn't be a big deal to overcome it.

The reason you should stop is simple, a fall is not an EZ pass from heaven a fall is a mistake.. once you realize it you have to get back on track, the fact that it's harder & you have a bigger chance to fail doesn't mean you shouldn't try.

=====

Re: just suBscribed

Posted by tzomah - 03 Dec 2017 11:30

[youcan wrote on 03 Dec 2017 03:46:](#)

You're definitely right that you shouldn't ignore your feelings; you have to take care of them so you should feel better. Life is too short to give away a big portion of it for bad feelings..

But I think that you shouldn't think all the time how you feel now. You're right that I was extreme (I'm extreme by nature, on whatever I do bad or good...) but when you're on one extreme you have to think the other extreme in order to get things balanced.

Good luck

as a saying i rcently saw goes

"i am an old man who experienced much pain most that never happened"

=====

Re: just suscribed

Posted by Hashem Help Me - 03 Dec 2017 12:20

[youcan wrote on 03 Dec 2017 07:42:](#)

[bb0212 wrote on 03 Dec 2017 06:31:](#)

[youcan wrote on 03 Dec 2017 05:00:](#)

First of all from my experience after a fall it's hard get back up so I don't consider it a new fall till I see that I'm back on track for a while.

Perhaps I misunderstood, or maybe I just work differently, but when I fall, it can take me a while to get back up. But if it would all be considered 1 fall for me, once I fell, why would I ever stop, after all, it's the same fall?

We're both saying the same thing; when you fall it's hard to get back up. What I added is that even if you decided to stop & you fall again a short time after, it may be because you're still weak from the initial fall & it's not like you had a new fall, meaning that it's very possible that if you would have the same nisayon a day later it wouldn't be a big deal to overcome it.

The reason you should stop is simple, a fall is not an EZ pass from heaven a fall is a mistake.. once you realize it you have to get back on track, the fact that it's harder & you have a bigger chance to fail doesn't mean you shouldn't try.

A big sign of serious recovery mode is that if one c"v falls, he stops and doesnt do it a second time. It means he has learned to have charata (feeling bad enough about what happened to actually do something about it), but stays away from yi'ush (the attitude of "throw in the towel and do it again" because anyway you're doomed to failure). It took me very long to internalize that difference, and once i did, things got much easier.

=====

Re: just suscribed

Posted by bb0212 - 03 Dec 2017 14:24

[Hashem Help Me wrote on 03 Dec 2017 12:20:](#)

Warning: Spoiler!

A big sign of serious recovery mode is that if one c"v falls, he stops and doesnt do it a second time. It means he has learned to have charata (feeling bad enough about what happened to actually do something about it), but stays away from yi'ush (the attitude of "throw in the towel and do it again" because anyway you're doomed to failure). It took me very long to internalize that difference, and once i did, things got much easier.

This sounds like something for me to keep in mind. I almost wanna fall, just so that I can work on this... (that's a joke)

=====

=====