

just suscribed

Posted by tzomah - 11 Jan 2017 17:25

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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 - 30 Jan 2017 12:47

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he's the founder of gye

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Re: just suscribed

Posted by GrowStrong - 30 Jan 2017 13:09

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At first i agreed with you WG but then thinking about it more i think there is a big difference between the two.

Especially at first the habit of touching oneself can be very ingrained for some, and this could lead to a lot of confusion for the 90 days.

INTENTIONAL viewing of porn is different, you already said good bye at some capacity to your

brain .

And the reality is that if you are really playing with yourself it isn't going to last too long before it 'finishes', otherwise you will be the one in a thousand lying to themselves.

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Re: just suscribed

Posted by Workingguy - 30 Jan 2017 13:20

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[GrowStrong wrote on 30 Jan 2017 13:09:](#)

At first i agreed with you WG but then thinking about it more i think there is a big difference between the two.

Especially at first the habit of touching oneself can be very ingrained for some, and this could lead to a lot of confusion for the 90 days.

INTENTIONAL viewing of porn is different, you already said good bye at some capacity to your brain .

And the reality is that if you are really playing with yourself it isn't going to last too long before it 'finishes', otherwise you will be the one in a thousand lying to themselves.

GS,

In my reality, it hasn't been that way. Intentional viewing of something like porn or say very inappropriate movie scenes can happen in about four seconds when you're on the computer doing something legit. Touching for me was he start of a real downward spiral that could be without finish for days or weeks.

Sorry for being so graphic. My point is that mindless clicking or surfing where you end up typing something happens so fast at the computer.

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Re: just suscribed

Posted by GrowStrong - 30 Jan 2017 13:39

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Very interesting...

I am in front of an unfiltered computer for 8-14 hours a day (doing legit things) and that has never been my case... there was always a switch that happened that the decision was then made to act out. At that point my brain said goodbye until i was done.

But it was always entirely intentional. It was like an internal debate which I would invariably lose once the discussion began.

Since you reference four seconds, the three second rule is important here!!

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Re: just suscribed

Posted by Hashem Help Me - 30 Jan 2017 13:58

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[GrowStrong wrote on 30 Jan 2017 13:39:](#)

Very interesting...

I am in front of an unfiltered computer for 8-14 hours a day (doing legit things) and that has never been my case... there was always a switch that happened that the decision was then made to act out. At that point my brain said goodbye until i was done.

But it was always entirely intentional. It was like an internal debate which I would invariably lose once the discussion began.

Since you reference four seconds, the three second rule is important here!!

Super that you stay in control but PLEASE get a filter!

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Re: just suscribed

Posted by GrowStrong - 30 Jan 2017 14:13

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Unfortunately just not possible for me BUT the good news is that there was never a filter i couldn't circumvent with some efforts, so im right now more content with surrendering it all.

As for control, the point i was making was that i never had control. Once my brain left the room, i had no control.

And as for control now... OMAAT

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Re: just suscribed

Posted by tzomah - 30 Jan 2017 15:01

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just fell    hard

i think whenever my home situation gets a little better i have a urge any ideas

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Re: just suBscribed

Posted by Yosef Hatzadik - 30 Jan 2017 15:27

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[cordnoy wrote on 30 Jan 2017 12:46:](#)

[tzomah wrote on 30 Jan 2017 12:37:](#)

my point was that by yosef hatzaddik it wasn't really considered a fall

Was he a member of GYE?

Sure thing!!

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Re: just suscribed

Posted by Hashem Help Me - 30 Jan 2017 16:39

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[GrowStrong wrote on 30 Jan 2017 14:13:](#)

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And as for control now... OMAAT

whats OMAAT?

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Re: just suscribed

Posted by Hashem Help Me - 30 Jan 2017 16:41

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[tzomah wrote on 30 Jan 2017 15:01:](#)

just fell    hard

i think whenever my home situation gets a little better i have a urge any ideas

Sorry to hear but life is not over with a fall. Look back at your phenomonal success until now and keep on going! As we climb up the mountain even as we near the peak there are pits,

ditches, and downhills that we have to traverse in order to reach our goal.

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Re: just suscribed

Posted by 360gye - 30 Jan 2017 16:57

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I'm sorry about the fall, but get back up and start again. You are stronger now than before and that will be an advantage for you as it helps you.

Can you explain what you mean that you have an urge when home is better?

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Re: just suscribed

Posted by GrowStrong - 30 Jan 2017 17:22

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One minute at a time

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Re: just suscribed

Posted by Gevura Shebyesod - 31 Jan 2017 04:29

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[Hashem Help Me wrote on 30 Jan 2017 16:39:](#)

[GrowStrong wrote on 30 Jan 2017 14:13:](#)

Unfortunately just not possible for me BUT the good news is that there was never a filter i couldn't circumvent with some efforts, so im right now more content with surrendering it all.

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Re: just suscribed

Posted by tzomah - 02 Feb 2017 18:00

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hello everyone the last couple of days were a little hard with some near falls i think i was also being a drop to hard on myself decided today to find a heimeshe comp. place instead of a cafe where if i get a urge its a click away

today i also had an inspiration that i think has a lot to do with my finding gye when i came to yeshiva

someone asked what chassidim are doing by a rebbe's tish what are they closing their eyes and shaking when he makes kiddush?

and it hit me why people don't think it's crazy that 1,000's of people can go wild by a concert when some guy stands there singing because it all depends what your connecting to if your connecting to kedusha it will get you going

it hit me on the head that by looking at these things i'm connecting to it and if that's what i'm missing then i can connect to something else

i know this a lot of what's said here but it hit me with such clarity from something outside of this issue

and i think a lot of people even if it doesn't become an issue with sexual things still don't

understand connection

thank you gye and everyone here for making this clear bh i feel like i'll be able to fight this now that i'm starting to understand what i'm fighting.

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