

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 subconciolosly 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 tzomah - 08 Feb 2017 18:52

---

hi everyone after a fall and some near falls i'm trying again

i am definitely feeling less resistance it's getting easier to stop before it goes to far

but the girls are still making me crazy

=====

=====

Re: just suscribed

Posted by Hashem Help Me - 08 Feb 2017 22:52

---

Great that you picked yourself back up. We are cheering you on. Are there any ways to avoid the girls?

=====

=====

Re: just suscribed

Posted by cordnoy - 08 Feb 2017 23:56

---

[Hashem Help Me wrote on 03 Feb 2017 02:39:](#)

Brilliant tzomah. Do you see that GYE doesn't just straighten out our sexual lives, it straightens out our brains in so many areas! We learn new and healthier and more emes'dik perspectives on life.

Like the thoughts that girls are still makin' me crazy.

=====

=====

Re: just suscribed

Posted by Singularity - 09 Feb 2017 07:49

---

FSKOT!!!

Welcome back to the Autobahn

=====

=====

Re: just suscribed

Posted by tzomah - 09 Feb 2017 14:10

---

thanks all 4 the chizuk

just had similar situation iwas about to start watching p\*\*\* i went away and said that's it i'm giving to hashem i don't another fall this could be my last fall or the first time i get up first ribono shel oilom help me i don't really want this i want to learn get me out of here

bh **still** day 4 i'll try to keep to keep the momentum bshem kol yisroel

=====

=====

Re: just suscribed

Posted by Hashem Help Me - 09 Feb 2017 14:22

---

A good chaver I met through GYE told me when he feels tough times and can talk to Hashem ,he tells Him 1. a list of all the great things he has to thank Hashem for - this gives him the awareness and chizuk to stop. 2. he tells Hashem he is giving Him a present - all the minutes he holds back from acting out.

=====

=====

Re: just suscribed

Posted by tzomah - 09 Feb 2017 15:01

---

worked now i didn't do something like that in a year i hope i can keep it up

the yetser hora is at me

=====

=====

Re: just suscribed

Posted by Hashem Help Me - 09 Feb 2017 22:10

---

Stay strong. You can do it. I had a very challenging day today. So many things went wrong. In the past it wouldn't take three minutes and I would have acted out. BH thanks to this place, that's history. You can do it too! Hatzlocha

=====

=====

Re: just suscribed

Posted by Singularity - 10 Feb 2017 07:39

---

[tzomah wrote on 09 Feb 2017 14:10:](#)

thanks all 4 the chizuk

just had similar situation iwas about to start watching p\*\*\* i went away and said that's it i'm giving to hashem i don't another fall this could be my last fall or the first time i get up first ribono shel oilom help me i don't really want this i want to learn get me out of here

bh **still** day 4 i'll try to keep to keep the momentum bshem kol yisroel

What's P-Three-Star?

That a show on MTV?

Then yes, you certainly shouldn't be watching MTV! You might get treasonous thoughts.

Or did you mean porn?

=====  
=====

Re: just suscribed

Posted by bb0212 - 10 Feb 2017 10:48

---

[Singularity wrote on 10 Feb 2017 07:39:](#)

[tzomah wrote on 09 Feb 2017 14:10:](#)

thanks all 4 the chizuk

just had similar situation iwas about to start watching p\*\*\* i went away and said that's it i'm giving to hashem i don't another fall this could be my last fall or the first time i get up first ribono shel oilom help me i don't really want this i want to learn get me out of here

bh **still** day 4 i'll try to keep to keep the momentum bshem kol yisroel

What's P-Three-Star?

That a show on MTV?

Then yes, you certainly shouldn't be watching MTV! You might get treasonous thoughts.

Or did you mean porn?

Perhaps it's a trigger?

=====  
=====

Re: just suscribed

Posted by tzomah - 16 Feb 2017 11:12

---

just a new harchaka

=====  
=====

Re: just suscribed

Posted by tzomah - 16 Feb 2017 11:18

---

i wasn't here in a couple of days because of stress in the house the kollel and the computer(of course)

i kept my name on the chart as clean although i slipped but i didn't **fall** as in the old days and i never finished

and i did not look at things too long and did not watch clips

this would not have been possible for me 2 months ago therefore i consider it relatively clean

i am just being honest

any objections?

=====  
=====

Re: just suscribed

Posted by bb0212 - 17 Feb 2017 05:06

---

[tzomah wrote on 16 Feb 2017 11:18:](#)

i wasn't here in a couple of days because of stress in the house the kollel and the computer(of course)

i kept my name on the chart as clean although i slipped but i didn't **fall** as in the old days and i never finished

and i did not look at things too long and did not watch clips

this would not have been possible for me 2 months ago therefore i consider it relatively clean

i am just being honest

any objections?

There are the GYE rules and there are your own rules.

My own rules for my chart work better for me than the GYE rules. Slips do not make me restart. Falls do.

=====  
=====

Re: just suscribed

Posted by Singularity - 17 Feb 2017 09:10

---

Well done! If you feel progress, you're on the right track!

=====

=====