

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 suscribed

Posted by Hashem Help Me - 08 Mar 2017 18:43

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Happy to hear you are doing well. A freilichen tomid!

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Re: just suscribed

Posted by Singularity - 09 Mar 2017 13:43

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Amazing! Happy Clean Monthiversary!

Could you post the ma'arei makom?

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Re: just suscribed

Posted by tzomah - 09 Mar 2017 21:26

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here it is the whole piece is great can be found on hebrew books but at the end he says a vort about hayom

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Re: just suscribed

Posted by tzomah - 14 Mar 2017 19:58

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b"h purim was great but oy the after purim release of all that stress found me on youtube for 3 hours

i think i need to get high again

how do we deal with the need to let out a lot of stress when i need peace and quite i find myself craving

this distraction from everything

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Re: just suscribed

Posted by Hashem Help Me - 14 Mar 2017 21:53

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maybe try some good old fashioned exercise

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Re: just suscribed

Posted by Shlomo24 - 14 Mar 2017 21:54

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[tzomah wrote on 14 Mar 2017 19:58:](#)

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how do we deal with the need to let out a lot of stress when i need peace and quite i find myself craving

this distraction from everything

"Getting high," as you put it, is probably not such a good idea. How about "getting normal?" A healthy stress relief for me is to help another person or have a schmooze with someone. It gets me out of my head and I generally feel good afterwards. Some people also like doing creative things, like painting or drawing.

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Re: just suscribed

Posted by tzomah - 16 Mar 2017 17:22

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it turned into a fall and i struggled a whole day today with not letting it drag me down all the way

i still was clean for longer than ever

i saw how much better life is without thinking every second about the next fix

i never thought i will never fall again on this journey

i'm fine and still normal

i can't be scared of a fall because it probably means i am already tripping

i'm getting up today so i can stand tomorrow

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Re: just suscribed

Posted by GrowStrong - 16 Mar 2017 17:52

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Longest streak ever!

Great action plan, pick yourself up and take the lessons with you to the next longest streak

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Re: just suscribed

Posted by Hashem Help Me - 16 Mar 2017 19:54

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[tzomah wrote on 16 Mar 2017 17:22:](#)

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It's a sign of great strength that you didn't let the fall "do you in". In the past when i fell and m\*\*\*, i would throw in the towel and do it a bunch more times until it simply didn't work. You made it BH for a nice long stretch and will iyh continue on to success. This fall will just be a bump in the road. May Hashem give you the ability to do as you wish - to get up, shake off the dust, and move forward. We are all rooting for you. Keep posting. (and if you have not done so yet, maybe start talking to people too)

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Re: just suscribed

Posted by tzomah - 19 Mar 2017 19:36

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today i was teetering

sat on comp. for 6 hours

but i only am considering it a slip

lot's of stress at home i need to figure out how to deal with stress

i started listening to cure the craving what were others experiences with it?

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Re: just suscribed

Posted by GrowStrong - 19 Mar 2017 19:53

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[tzomah wrote on 19 Mar 2017 19:36:](#)

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lot's of stress at home i need to figure out how to deal with stress

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Being in front of the comp isn't the issue, its doing the right thing for your soul that is when in front of it.

Everyone has different ways of dealing with stress, many here say exercise and therapy are two of the big ones.

You should be blessed with less stress in your life and with the tools to deal with everything that happens with yishuv daat.

Stay strong, climb out of the hole, and hold your head high! (eyes down)

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Re: just suscribed

Posted by tzomah - 19 Mar 2017 20:23

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thanks for the chizuk

tom. will be a good day bez"h

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Re: just suscribed

Posted by Hashem Help Me - 20 Mar 2017 03:21

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[tzomah wrote on 19 Mar 2017 19:36:](#)

today i was teetering

sat on comp. for 6 hours

but i only am considering it a slip

lot's of stress at home i need to figure out how to deal with stress

i started listening to cure the craving what were others experiences with it?

Acting out is the easy way out stress reliever which makes us feel horrible anyway. Don't do it. Instead, exercise. It really works. Also, talk to someone. A real person. A voice on the telephone. It also works. You do not need to reveal your true identity (but you eventually should, once you feel the person is trustworthy). You can get a google voice fake phone number for the meantime. Personally besides exercise and developing relationships with partners and successful people I also worked a lot on why I am so stressed. CBT and old fashioned therapists can be very helpful in dealing with this. May Hashem give you strength and da'as and menuchas hanefesh.

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Re: just suscribed

Posted by tzomah - 24 Mar 2017 09:39

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b'h i am feeling great and relaxed

because of that the situation at home is much better my wife is much happier and more into relations and is finally starting to get something real out of it (i think/i hope) after 6 years of marriage

i think my mindset is starting to shift that i **really** have to work on myself and stop wishing everyone else to change

btw i started doing exercise and stretches its really helping knock out cravings so thanx all for that advice

also started listening to cure the craving cds really interesting and helpful did anyone else do that program?

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