

Hello

Posted by Golanchik - 09 Mar 2017 18:00

---

Hi, i am a 24 yr old man living in the US and have been struggling with shmirat habrit for as long as i can remember. I grew up in a frum household where keeping torah and mitzvot was always a natural way of life for me. At 18yrs old i left to join the IDF where i served for 5 years. Throught my service it was very hard every time i had leave there would be attractive women around who always showed an interest in me and i kept myself back from doing anything for years bc i knew it was wrong. Nevertheless thoughts that would enter and pollute my mind drove me insane. I wouldnt want to hurt anyone else but i would always find myself looking at images online that would cause me to spill my seed. I know how wrong it is but with all the pritzut in the world today i cant seem to escape these thoughts. I am currently dating an amazing girl that i am planning on marrying in the near future. The last thing i want is to go into a relationship like that while still having this issue. I know it will be a lifelong struggle but i want to make sure that i am growing a little bit every day and continue to move forward in the right direction.

=====

Re: Hello

Posted by cordnoy - 09 Mar 2017 18:06

---

Welcome

Way to go!

Thank you for your service.

It does not need to be a lifelong struggle.

B'hatzlachah

=====

Re: Hello

---

Posted by 360gye - 09 Mar 2017 18:28

---

Welcome,

Thank you for your service in the idf.

It's great that you want to work on this issue. Hatzlacha Rabba

=====

=====

Re: Hello

Posted by Markz - 09 Mar 2017 18:37

---

Welcome!

Shalom!

Navy? Paratrooper?

=====

=====

Re: Hello

Posted by gibbor120 - 09 Mar 2017 19:42

---

Welcome! Check out the handbook. Keep posting.

=====

=====

Re: Hello

Posted by MayanHamisgaber - 09 Mar 2017 19:52

---

Welcome

Let us know how we can help

=====

Re: Hello

Posted by RaabosMachshovos - 10 Mar 2017 11:39

---

Welcome!

Thank you for your service!!

There are many tools and we are all here for each other :-)

Hatzlacha Rabbah!

=====

Re: Hello

Posted by LifneiHashem - 10 Mar 2017 16:34

---

Thank you for your service!

=====

Re: Hello

Posted by silentbattle - 13 Mar 2017 01:27

---

Welcome, and thank your for your service.

This is definitely something you want to get out of your life. Putting aside the "wrong" aspect, it's

has the potential to damage your relationship, and certainly keeping it a secret will do so.

What steps do you want to take to stop? How badly do you want to stop?

=====

=====

Re: Hello

Posted by Golanchik - 13 Mar 2017 19:21

---

That's exactly what im trying to prevent. Im willing to do whatever it takes to end it but its one thing to want and another thing to get it done.

=====

=====

Re: Hello

Posted by 360gye - 13 Mar 2017 19:28

---

Have you done anything in the past to stop? What has worked? what hasn't worked?

=====

=====

Re: Hello

Posted by Golanchik - 13 Mar 2017 19:33

---

The only thing that has worked for me is keeping busy but even that hasn't been enough lately

=====

=====

Re: Hello

Posted by 360gye - 13 Mar 2017 19:40

---

filter, accountability partner/program, hobbies

any of these sound helpful?

=====

=====

Re: Hello

Posted by Golanchik - 13 Mar 2017 19:47

---

I havent found a good filter yet. Any suggestions for an android device?

=====

=====

Re: Hello

Posted by cordnoy - 13 Mar 2017 19:53

---

[Golanchik wrote on 13 Mar 2017 19:47:](#)

I havent found a good filter yet. Any suggestions for an android device?

Click home, then filter.

=====

=====