

My story

Posted by onestepatatime1094 - 26 Mar 2017 10:59

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Hi, I have struggled with masterbation since I was about 10. I have tried to stop many times but never could go for to long. It was great stress reliever. I stopped looking at porn since i got married but the masterbation could stop. Until now I am on my way to 90 days taking one day at a time. Thank You gye

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Re: My story

Posted by MayanHamisgaber - 26 Mar 2017 11:56

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Welcome

Great job on stopping to look at porn.

What are you doing to stop masturbating?

Have you opened up to some real other than your wife?

Does your wife even know?

Continue having Hatzlacha

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Re: My story

Posted by Markz - 26 Mar 2017 12:56

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Welcome brother

I struggle too.

As per your elaborate username, can you elaborate what steps you're taking?

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Re: My story

Posted by tzomah - 26 Mar 2017 19:14

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this may have been his first step

welcome aboard

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Re: My story

Posted by onestepatime1094 - 26 Mar 2017 19:38

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I am taking one day at a time telling the yetzer hara not today ill do it tomorrow the next day the same thing. I set up a TaPhSiC fence and keep giving myself chizzuk.

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Re: My story

Posted by onestepatime1094 - 26 Mar 2017 19:40

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I saw a story about the klozenberger rebbe that when he was a kid he would only prepare for one day so the yetzer hara would be bothered with him. I'm trying the same approach and so far so good!

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Re: My story

Posted by GrowStrong - 26 Mar 2017 21:16

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[onestepatime1094 wrote on 26 Mar 2017 19:38:](#)

I am taking one day at a time telling the yetzer hara not today ill do it tomorrow the next day the same thing. I set up a TaPhSiC fence and keep giving myself chizzuk.

Great stuff! Keep checking in here, and update us on your progress.

Also read [this special thread](#) from one of the Rebbe's here who has transformed over his 90 days by taking it seriously and adjusting to his new reality even when it was very hard..

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Re: My story

Posted by LifneiHashem - 27 Mar 2017 02:51

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Welcome!

Where's Watson & his spiel at??

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Re: My story

Posted by Singularity - 27 Mar 2017 07:57

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[LifneiHashem wrote on 27 Mar 2017 02:51:](#)

Welcome!

Where's Watson & his spiel at??

[Watson wrote:](#)

Welcome. You're in the right place.

First of all please take time to read through the GYE handbook. No two people are the same, everyone has a slightly different set of circumstances, but we all share this problem and since we share the problem we can share the solution too. The book is written in a general way so it can apply to everyone. I found it helpful to really think about what the book was saying and how it applied to me and my own life.

This is a very common problem nowadays, you're far from the only one to deal with it. The word addict gets thrown around quite a lot, but most people who struggle with this issue are not addicts, just normal people with a normal yetzer hora. Which is good. Some people have come to realise that they really are addicts because their situation got gradually worse and worse despite working on it. When I say worse I mean, in frequency, severity or just feeling worse after every slip. If that is the case we may need more than GYE, which most people find to be therapy or SA or both. But I wouldn't jump to that conclusion about you. Many people have overcome this challenge right here on GYE using the tools in the handbook.

So stick around. Keep posting, keep reading and keep on trucking.

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Re: My story

Posted by gibbor120 - 28 Mar 2017 17:18

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Welcome! Check out the handbook. Keep posting.

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