

break it all the way till the end of the tunnel

Posted by ybsys - 18 Feb 2020 03:32

hi i would like to introduce my self here my story is like this that i was i normal borchir in yeshiva i was struggling with normal shimoris enyim issues

in the summer i was trying to look on women that are not dressed good in i was filing my body all the times in some point i even sleep Avery night with out clothes because i wanna feel my body the wole night i know that i have a problem but i never feel comftupul to tell someone else my issues

onse i remember that my father came into my bedroom before i full sleep i get so skirt from him he looked on me very angry he told that i shut get dressed now that night i was not slipping i because i was so skird from my father the next morning i just ren out of the house to go to yeshiva before he finds me the wole day was very hart in i feel that maybe he will help me because my father is very clever person but not wen its comes to this areas i came home he start skriming on me in he just mad me harder

then i get married i went the first time online i start liking first with images then to videos in its start to get more worse i was filing in some point that my life is finished i am just drobing Avery thing then with hashem's help i bum-bet in here i sined me up i was here for 2 days in then i full back for another 6 months one day i disdet that i am going another time up here but not for helping just to see whats going on here

i was foreshore for %99 present that i am not going to get out of this i start chating with davidt he is a wonderful guy he gave me a lot of chisuk in then i get to know hashem help me he is a real tzatik i mad 18 days than i full i start again today is day 12 in i will make this time i wanna tell for Avery one here that filing thats they are not making it dond give up also i wanna tell you that i even tell my wife in she is helping me to get out of this problem together with my wife in hashem i will make it thank you have a wonderful day

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Re: break it all the way till the end of the tunnel

Posted by DavidT - 19 Feb 2020 20:00

Dear ybsys

I have not seen many people like you who are so committed to their recovery. With Hashem's help you'll be strong and clean for many healthy years to come!

Keep it up & keep us inspired as you're doing now!

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Re: break it all the way till the end of the tunnel
Posted by i love myself - 24 Feb 2020 21:59

Dear ybsys,

I understand that your struggle is not really about Shmiras Eineiyim or nisyoinas, it sounds that you are looking for your language of love.

The fact that you mentioned about sleeping without clothing, strongly shows that your love language is "touch".

There are 5 languages of love as follows:

1. **Words**
2. **Service**
3. **Gifts**
4. **Quality Time**
5. **Touch**

There is a book called "the 5 love languages" i believe that book would give lots of clarity about your struggle.

Hope you find this helpful,

Best of luck!

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Re: break it all the way till the end of the tunnel
Posted by YeshivaGuy - 15 Dec 2020 18:41

Hows it goin buddy? Please come back.

We need you!

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Re: break it all the way till the end of the tunnel
Posted by excellence - 15 Dec 2020 23:18

[i love myself wrote on 24 Feb 2020 21:59:](#)

The fact that you mentioned about sleeping without clothing, strongly shows that your love language is "touch".

Don't necessarily agree, sleeping without clothes just gives a sense of freedom, / way of arousing oneself, but doesn't have to mean love language is touch.

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