

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 a normal borchir in yeshiva i was struggling with normal shimon's issues

in the summer i was trying to look on women that are not dressed good in i was filling my body all the times in some point i even sleep every night without clothes because i wanna feel my body the whole night i know that i have a problem but i never feel comfortable to tell someone else my issues

once i remember that my father came into my bedroom before i fell asleep i got so scared from him he looked on me very angry he told that i shut up get dressed now that night i was not sleeping i because i was so scared from my father the next morning i just ran out of the house to go to yeshiva before he finds me the whole day was very hard in i feel that maybe he will help me because my father is a very clever person but not when it comes to this area i came home he started screaming on me in he just made me harder

then i got married i went the first time online i started liking first with images then to videos in it started to get more worse i was filling in some point that my life is finished i am just drinking everything then

with Hashem's help i came back in here i signed me up i was here for 2 days in then i fell back for another 6 months one day i decided that i am going another time up here but not for helping just to see what's going on here

i was a foreshadow for 99 percent that i am not going to get out of this i started chatting with DavidT he is a wonderful guy he gave me a lot of chizuk in then i got to know Hashem help me he is a real tzadik i made 18 days then i fell i started again today is day 12 in i will make this time i wanna tell for every one here that filling that they are not making it don't 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

How's 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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