

My story until now

Posted by Lessing - 25 Sep 2020 22:10

I figured I would just share my experiences in order to just vent and hear from others. My problems with porn and masturbation began at a relatively young age. I discovered the "pleasures" and could not resist. Multiple times a week I would engage in the deed and this would continue and continue. I felt horrible after doing it, and I asked Hashem for help, but I was too embarrassed to say anything to anyone else. Every Elul, RH, and YK I would daven my heart out, klapping al chet, but would just start up again soon. Usually, over the summers I didn't feel the urge as much, probably due to my busy schedule at the sleepaway camp I worked at, as well as the limited technology there. However, each time I came home from camp, I returned to my old ways.

None of this really changed until I went to EY for Yeshiva. In Yeshiva, I found myself super busy and didn't have time for all that shtus. Additionally, I developed more of a G-d Consciousness while there and I was doing pretty well. That's not too say I didn't fall. There were probably a handful of times where I succumbed to my desires. But 4 times a year was definitely better than 4 times a week.

I returned to Israel a second time, and the same pattern continued, although I probably had longer streaks of not doing it. I would feel like garbage when I did, but I quickly rebounded and was able to stay clean for a while.

In my first year of college after that, the same thing occurred. I couldn't eradicate it completely and probably did it once or twice. Then COVID hit and I had a big relapse. Being home in my childhood bedroom, where I committed the crime so many times, and having a computer at all times because of online school, was not good for me. Being put back in my negative habitat, my addiction returned, although not to the same extent. There were weeks where I was completely clean, weeks where it only happened once, and weeks where it happened multiple nights.

When Elul came I really tried to end it all. I engaged in a lot of cheshbon hanefesh and study on teshuva and I thought I would never do it again like every other time. After reading the battle of our generation I thought I would stay clean, but lo and behold I did it again. I felt horrible and tried again, applying the different tricks, but last night, not even a week after RH, and a few days before YK, I did it again.

So I turned to here. I need to stop this. I want to have a better relationship with HaKadosh Boruch Hu. I hate the idea of me sinning, especially in such a serious matter as this one. I don't want this ruining my life any further. BeH and BI'N, last night was the last time I'll ever do it. Now that I've signed up with the program, I hope that I can do a real Teshuva, for all my sins in this area. I hope to never see that clean day count hit 0 and I hope this community will be able to help me

Good Shabbas,

Lessing

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Re: My story until now

Posted by Happy Guy - 25 Oct 2020 20:32

Hi

I suggest, as I already have many times on this ??????? site, that instead of taking it a day at a time you take it an hour at a time, or even ten minutes at a time.

Whenever the urge arises, I know that I am at a crossroad. All of us here know the feeling: the sudden heaviness in the head, the heart pounding, the limbs frozen as if paralyzed, and the knowledge that *I AM THE BOSS AND I HAVE A FREE CHOICE TO MAKE*.

In that situation, "a day at a time" might not work for me. I am fighting a very powerful enemy, whose delicious poison I crave, notwithstanding its devastating effect.

But ten minutes at a time is different. Ten minutes is of no consequence. I can postpone anything for ten minutes, why not ?? ????? a fall?

And if necessary, another ten minutes after that. But. thank you Hashem, the initial postponement is almost always enough to get the monkey off my back and put me back on track, especially if I get busy with some other activity.

May Hashem, who has entrusted us with this terrible ?????, continue to give us the help we need to succeed in our holy mission of defeating the ??? ??? once and for all. We are ????? to be on the front lines, and we are the ones who can create the great illumination that will finally bring the ?????

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Re: My story until now

Posted by Striving to be good - 25 Oct 2020 20:59

But ten minutes at a time is different. Ten minutes is of no consequence. I can postpone anything for ten minutes, why not ?? ????? a fall?

Love it, Mr Happy Guy,

10 minutes should be much easier.

GO for it!

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Re: My story until now

Posted by Lessing - 01 Nov 2020 03:38

Day 11: Bh things are going very well. I'm keeping myself super busy so I don't have time to think about it let alone act upon it. I am worried though, that it's only because of how busy I am that I'm not doing anything, but the next time I have too much time on my hands, I'll succumb to the ??? ???.

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Re: My story until now

Posted by Hashem Help Me - 01 Nov 2020 05:05

Why the defeatist attitude? You do not have to inevitably fall. If you have a tough day, call a chaver, exercise, distract yourself until it blows over....

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Re: My story until now

Posted by Lessing - 05 Nov 2020 18:25

Day 15: Baruch Hashem I've made it a whole two weeks. It's been a while since I've had such a streak this long. Feeling good and striving for more

Lessing

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Re: My story until now

Posted by Lessing - 15 Nov 2020 04:36

25 Days in and doing well.

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