

Letting out my secret

Posted by HashemHelpMePlease - 18 Mar 2022 04:43

Hi, my story has been held inside me for my entire life. I saw this forum and read through so many struggles and decided to share my story.

This is very hard for me but its something i must finally share.

I dont remember exact dates and how old i was which also bothers me but here goes....

i was about 12 or 13 or 14 years old ... i felt this crazy rush and felt something forcing out of me. I quickly went to the barhroom to check and just saw thick liquid which i didnt know of it yet but was sperm.

im trembling while writing this.

i do what some might do my age and decided to look what it was on my moms phone. Thats how i learnt about sperm.

I decided to improvise and started to do the same humping motion on a pillow face down from me.

I felt extremely terrible all my life holding this. At one side, i had no idea what i was doing but on the other side i knew it felt good.

After that, i went on to see bad images which escalated to porn. Im currently fighting the porn battle and am finding great solutions on here.

thank you for reading my story.

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Re: Letting out my secret

Posted by TheNextStep - 18 Mar 2022 06:13

Hello and welcome to GYI!

I hope you can find support here and that letting out your story can help you reach some sense of peace.

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Re: Letting out my secret

Posted by Zedj - 18 Mar 2022 06:23

[HashemHelpMePlease wrote on 18 Mar 2022 04:43:](#)

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Welcome!

I gotta commend you for writing and sharing your story, Its definitely not easy to "put it out there".

Thanks to GYE there are many tools, audio and articles at your disposal.

Dont take it for granted.

IYH you will find what tools work and what doesn't work.

Stay connected and keep updating the chevra on your journey

Warning: Spoiler!

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Re: Letting out my secret

Posted by Captain - 18 Mar 2022 12:47

Welcome! Please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

They're very good to start with.

See below in my signature for the links.

?Hatzlocha!

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Re: Letting out my secret

Posted by Ish MiGrodno - 18 Mar 2022 14:28

Welcome!

Although your story is unique (as all of ours is), you are perfectly normal!

I, too, thought that I was holding on to a terrible secret - during the decades preceding my joining the GYE community of tzadikim...

We've got your back, brother!

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Re: Letting out my secret

Posted by Vehkam - 18 Mar 2022 18:12

Welcome to the forum so many of us were in your place just a short time ago. It is a great place to connect and to get tips and inspiration. We look forward to getting to know you as you learn how to deal with this in a positive way.

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Re: Letting out my secret

Posted by abieham - 20 Mar 2022 04:07

Sounds just like me. Welcome to GYE.

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Re: Letting out my secret

Posted by 613guard - 20 Mar 2022 05:12

Welcome

you defenitely are in the right place now

there is nothing like the gye oilam

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Re: Letting out my secret

Posted by EvedHashem1836 - 25 Mar 2022 18:42

Think I started almost the exact same way. Feel free to be in touch by email if you ever need anything.

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Re: Letting out my secret

Posted by Hawkman - 27 Mar 2022 05:21

Wow! Thank you for sharing. My story is similar. I didn't think to look up what it was though. Instead I just continued doing it. Eventually I realized what I was doing, but was already hooked. By that time I had already gotten into porn to assist... and couldn't get out for more than 10 years. Had spent a long time looking for something like GYE and was so happy when I found it a few years ago.

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