

moshe rabbi's story

Posted by moshe rabbi - 02 Jun 2022 17:30

hi everyone

I'm a chasidish yingerman what have one issue beside my addiction to p..n

my issue is that its hard for me to type in Yiddish ..

?so i sign up on this English site maybe here i will post more which is very good for me

i start already my story in the yiddish site

?basically like everyone here...

was 12-13 years when i start.. having fun with my self...

i didn't have a close relationship to any one no friends no rabbis no parents

I'm not blaming no one its just the fact how it was and my opinion is that this is the reason why i reached to lust

lust was for me the best and only thing where i felt good (just till it came...)

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Re: moshe rabbi's story

Posted by DavidT - 02 Jun 2022 18:57

[moshe rabbi wrote on 02 Jun 2022 17:30:](#)

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Welcome moshe rabbi!

As you see from your story that it was the isolation that pushed you into lusting. So the best thing that might help you is the opposite from isolation.

Now is the time to connect to someone on a real honest level and Hashem will help you heal.

You're Chasidish, so I'll write some tips from the "Tzetyl Kattan" of the Noam Elimelech...

- **Find yourself a Rabbi or a good friend that you can share all of your evil thoughts and imaginations that go against the Torah. Don't omit anything because of shame. This breaks the power of the Evil Inclination from influencing you. In addition you will receive good advice from your friend. This is highly worth it.**
- **Overcome your bad habits by acting in the complete opposite for 40 consecutive days. If you are lazy, then act extremely vigilant, etc. In all of your actions act with diligence rather than laxity. When you wake up, or go to work, or when organizing yourself.**

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Re: moshe rabbi's story

Posted by moshe rabbi - 02 Jun 2022 19:37

thank you david

yes you right I'm working already to do the opposite , im trying to connect and get closer to hashem every day

?and i also have a few friends in real life with whom i share my struggles and we got very close

its interesting , because the first time what i opened up my personnel struggles to someone (a therapist) he showed me this part of the tzetel kuten and that gave me the push to continue making phone calls and share with people..

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Re: moshe rabbi's story

Posted by Captain - 02 Jun 2022 19:51

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: moshe rabbi's story

Posted by moshe rabbi - 03 Jun 2022 17:46

[Captain wrote on 02 Jun 2022 19:51:](#)

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thanks captain

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