

Hi all

Posted by Beitzah3 - 11 Aug 2022 04:34

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Hi everyone - I'm relatively new here (been sorta lurking and using the streak counter, only recently started fully utilizing what this program offers), so I guess this is my official hello. I'm 20, orthodox Jewish male, yknow went to yeshiva and all that. I've been (I'll phrase this carefully) doing P & M for an embarrassingly long time and been struggling with it for the past few. Only recently did I realize it can't coexist with me or who I want to be in the future. Asides from one rabbi, this forum has been the only place I'm opening up about it. My feelings at the moment: it's started to get real. By which I mean, I've started more seriously thinking about my future, getting married and all, and all I want is this out of it. That's probably my main motivator at the moment. Thank god it's gotten quite a bit better over the past few years. I have good filters, so the pornography aspect isn't so challenging (unless I find a loophole, but that rarely happens). Obviously I wouldn't trust myself around an unfiltered computer, but I'm making progress on that front. My main challenge is masturbation. I started doing that quite a while ago, before I discovered pornography, and for a long time it became second nature at night times. That's had it's ups and downs, but also overall improved. Not out of the woods by a long shot, though.

So yeah that's where I am at the moment, hi! May we all with Hashems help succeed in our battles.

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Re: Hi all

Posted by Vehkam - 11 Aug 2022 13:00

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welcome. its great that you are working on this now. i would recommend reading the book "the challenge of the generation" on a daily basis. Many have found that it helped their perspective and reading it daily helped to strengthen their resolve.

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Re: Hi all

Posted by Beitzah3 - 11 Aug 2022 13:04

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Re: Hi all

Posted by Dave M - 11 Aug 2022 13:06

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Welcome! You are already ahead of many people in this battle. Just keep on fighting and understand that there will be falls along the way but with hard work you will succeed. Please keep us posted on your journey.

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