

Enough is Enough

Posted by jackthejew - 04 Jan 2022 18:06

Hi, I'm a 21 year old Yeshiva Bochur. I started with books, magazines, and pictures @ age 13 and moved on to video @ 16. I became trapped in ABDL and hardcore BDSM porn. I've struggled on and off since 16 with porn, but B"H I've been clean from masturbation for over a year and a half.

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Re: Enough is Enough

Posted by Human being - 04 Jan 2022 21:07

Keep it up brother. Your amazing. Welcome in!

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Re: Enough is Enough

Posted by Vehkam - 04 Jan 2022 21:09

I could have wrote the same 30 years ago. Use the tools and the support that is available here and it will change your life. I am doing it now. It's a shame that I waited so long. There are so many good people and good resources out there and if you put your mind to it you will be successful. don't ever think you are alone in the struggle

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Re: Enough is Enough

Posted by Captain - 05 Jan 2022 13:37

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: Enough is Enough

Posted by jackthejew - 06 Jan 2022 09:13

Thanks to all for the warm welcome! I'm B"H holding (For now Bli Ayin Hara) at a point where I'm not constantly struggling, it's more periodic slips and falls. I'm not faced the whole day with urges, it's just great to have a wonderful community of amazing people working on themselves together to fall back on when challenges crop up.

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Re: Enough is Enough

Posted by 613guard - 07 Jan 2022 08:44

Yo

keep it up you are doing awesome

a year and half of making Hashem proud

keep strong!

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Re: Enough is Enough

Posted by jackthejew - 22 Jan 2022 18:45

2 Wet Dreams last night. Probably because I made a change in my sleeping habit or ate too much. (I hadn't fallen or spent the whole day fantasizing) I'd mostly forgotten that nasty feeling.

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Re: Enough is Enough

Posted by jackthejew - 18 Feb 2022 10:36

Just wanted to share something that helped when I stopped masturbation. For the first month I was extremely careful NEVER to touch at all, even incidentally (Bathroom and shower etc.). That made things easier for me.

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Re: Enough is Enough

Posted by Human being - 20 Feb 2022 13:25

This may be awkward but I never understood how one can "not touch" when we use the bathroom! (#1 obvs)

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Re: Enough is Enough

Posted by Bilaam Harasha to Yosef Hatzaddik - 20 Feb 2022 14:41

I use tissues to handle the area after urinating, you basically take a bunch of tissue and scrunch it up into a ball (or to any form that's thick you can do this by also folding the tissue in on itself a few times) and then use that as an instrument for what you want to do. The idea is that you don't touch it with your hands directly and this is the halacha for single people and it's considered pious for married people also not to do this although some hold (and the halacha might follow them I'm not sure) that if one's wife is out of the city, a married man can't do this.

If I quoted the halacha wrong in regards to married people post below because I am unsure about the part I said about the wife being out of the city.

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Re: Enough is Enough

Posted by DavidT - 20 Feb 2022 15:08

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Re: Enough is Enough

Posted by jackthejew - 20 Feb 2022 15:20

[DavidT wrote on 20 Feb 2022 15:08:](#)

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The Halacha is only from there on down. I think if I'm reading correctly

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Re: Enough is Enough

Posted by jackthejew - 24 Feb 2022 09:50

For anyone interested who is in Yerushalayim, there is a small support group meeting held weekly. NOT an official SA or 12 steps program. For details please email

jerusalemTuesdaynight@gmail.com

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Re: Enough is Enough

Posted by jackthejew - 27 Mar 2022 14:41

90 Days! Baruch Hashem! I didn't think I could make it this far! Shout out to the
jerusalemTuesdaynight group, @joetyh, and Hashemhelpme for all your advice, love, and
support! (And another 5 !!!!s for fun!)

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Re: Enough is Enough

Posted by Vehkam - 27 Mar 2022 15:22

Mazel tov! Keep inspiring.

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