

My journey

Posted by Jeff098 - 01 Aug 2023 02:32

Hello to all that GD has given these challenges of P&M,

I just wanted to share the challenges and tests GD has given me in this world to make aware and comfort others who have this challenge as well.

I was around 11/12 years old. After watching a movie went to take a shower and noticed a started getting aroused, that's first time I ever M. from there things spiraled downward. I started looking at clothing brochures which led to YouTube which led to porn to cams etc etc...

I tried so hard to stop, but obviously couldn't control myself especially Bec evrything was so accessible. When I finished High school I decided to go to yeshiva. I didn't necciseraly go to yeshiva to learn I went so I can stop P&M. I wad able to stop porn for quite some time but not masturbation. Btw I don't think ive been 2 weeks clean from masturbation since I started and I'm now 23... you can imagine how many dark days ive had....

Came back from yeshivah and still had this problem... I've done worse things that I'm to ashamed to share...

?I have asked GD many times to not return my soul in the morning, this test is to hard for me... its constant with barly any breaks....

I came to a point where I just am accepting who I am in order to stop feeling depressed. but by doing so I'm loosing a lot of my connection to religion. I feel like no matter what I do it doesn't help so what's the point??

I stopped praying with minyan then stopped praying all together which led to other things... that's where I am right now in my life..

?Im I supposed to suffer like this my entire life??? is there a light at the end of the tunnel???
how will I ever get there????

I just wanna be a good person and to the right things... when I was bar mitzvah I said that's it I'm
a man now I'm gonna take control over this. ive tried so many times but look at me now...

this is my disability, weakness, my hell. If this is life I'm scared what hell is going to look like...

GD if you love me and everyone here Please help us out...

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Re: My journey

Posted by DavidT - 06 Aug 2023 16:33

[Jeff098 wrote on 06 Aug 2023 14:56:](#)

Hi all,

?I M twice last night... I don't know what to do...

Sorry to hear about your continued falls. It might be time to think about the idea that we (alone)
are powerless against lust and there is no way we can stop it, just like there is no way a diabetic
can cure their illness.

Powerless doesn't mean you **can't do anything about it**. Powerless is referring to the disease
and **not** to the person's ability to help themselves.

The most important step in getting out of this mess is to get out of isolation. As long as we
remain in isolation, we will find ourselves stuck between a rock and a hard place. We may try to
break free 100 times, but as Chazal say, "a prisoner can't release himself from prison". The
Pasuk (Mishlei 28;13) says, "*Mechaseh P'sha'av lo Yatzliach* - He who hides his sins will not
succeed" ... "*Modeh V'ozev*" - those who admit their powerlessness and reach out for help,

"Yeruchem - will see mercy".

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Re: My journey

Posted by Markz - 07 Aug 2023 00:54

[Jeff098 wrote on 06 Aug 2023 14:56:](#)

Hi all,

?I M twice last night... I don't know what to do...

Methinks you know what to do.Whatever you decide to do is what you know to do.

Do you want to masturbate another two times?

Do you want to call one of the guys here and have a chat which can be really helpful?

Do you want to reach out to your therapist, if you have/need one?Whatever you decide to do is what you are going to do, and nobody else is going to do it for you - we can watch on the sidelines and cheer you on!

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Re: My journey

Posted by Jeff098 - 07 Aug 2023 23:26

hi all,

M once yesterday. im looking back at it. I realized it'sbetter than the usual 4 times I do it on Sunday.

I started reading more and started the programs, hopefully ill get better at this.

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Re: My journey

Posted by bright - 08 Aug 2023 00:15

You will!

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Re: My journey

Posted by EccentricComposer - 23 Aug 2023 01:49

Hey, how's it going lately?

Also, you should reach out to Hashem Help Me, he is a major help!

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Re: My journey

Posted by Yidi24 - 23 Aug 2023 10:16

Dear buddy

Your post reminds me of .. me

A story perhaps of many but so sad and so real nonetheless

I am embarrassed to say that I have struggled and failed for more than 3 decades.

Yet, I am happy.

Happy?

Yes. I am happy because I have learnt that control over M/P may never be mine

Only Gd can grant me freedom and so what is left in my hands and thus in my control is my commitment to humbly ask Him for help and to accept His guidance through whichever means He sees fit to send his wisdom to me.

I pray to Him in my mother tongue.

I pray in any location I choose (bar the bathroom etc)

I pray at no fixed time (yet)

Perhaps amazing is the fact that I look forward to these personal encounters with Gd

I pray that I may merit more and better such regular encounters with Him and that you too may merit to lose yourself in regular personal prayer and that you may feel the embrace of His unlimited love and kindness.

Love and respect, Yidi

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