

Jewizard21's Journey

Posted by jewizard21 - 21 Apr 2024 21:24

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I don't know where to begin and my hands are kind of trembling while typing this but I guess I just have to start.

I am 21 and my problems with P&M since 12. I think I had urges and fantasies from around age 5 or 6 even though I didn't know what it was or what I was doing.

I got a hold of a tablet for playing games and watching YouTube. Then one day I looked up pictures.

I remember shaking and needing to stand up and walk around, I believe I was in shock, but then I went right back and started looking. I eventually started looking at videos. (I wish I could travel back on time and slap myself in the face and break that tablet.)

Already at age 13/14 I noticed what I was doing was wrong but didn't really care. What was it doing to me or anyone else. I also used M to fall asleep.

I then started going to yeshiva. I didn't have access to P but I was thoroughly addicted to M as well at the time and I would go home once a month and "restock" on P. I remember waiting to hear the snoring of my roommates so I could M. Others in my yeshiva also did P and M and talked as if it were normal. I thought to myself that I will stop when im a senior.

In the summer of 10th grade I went to Israel. I was clean for 5 weeks. Up until then I was doing M atleast once a day. I then thought to myself once back from Israel that I could just wait till I went to bais medresh in Israel to be clean and ill do all the P and M I want till then.

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Re: Jewizard21's Journey

Posted by jewizard21 - 06 May 2025 01:23

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Had a really bad day today. I feel like it's gonna get worse even though it's already night. Tons of things just not going my way.

Baruch Hashem I am doing good overall and tomorrow will be another day, hopefully better. I am actually surprised at how I am reacting in a positive light even though my body feels so drained and negative.

I have too many good things in life to be bitter, i just hope there's a reason for today happening like it did bc all I can tell is that it was just a test from Hashem to see how I would react.

Keep on Trucking, One DayAt A Time!!

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Re: Jewizard21's Journey

Posted by wannachange - 06 May 2025 02:30

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Just went through your thread beginning to end.

I wish when I was your age (ha i feel old) I was anything like you!

Youre so strong! Going for so long clean! Simply incredible!

Thank you for being an inspiration for all of us

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Re: Jewizard21's Journey

Posted by jewizard21 - 21 May 2025 19:33

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I have so much going on right now that I feel as if im just struggling to stay afloat. Baruch Hashem I am almost through this tekufa but it will come around again.

Been burnt out for a long while and hope the summer can rejuvenate me. Had very low motivation yesterday but I've forced myself through and Baruch Hashem after mariv I got great news that helped boost me a bit.

I just want a break and have to push another day to get there. Even though its almost over I still am struggling. My brain just wants to lower its gaurd and look at women but I have Baruch Hashem kept myself in check for the most part even though it ain't easy.

Does anyone have any great questions to ask ones self before marriage and any direction on how to answer them. I am trying to prepare for shidduchim which also is hard during this time

but I am actually motivated to work on it now.

Keep on Trucking, One Day At A Time!!

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Re: Jewizard21's Journey

Posted by jewizard21 - 01 Jun 2025 14:28

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I had a huge win imho on Friday.

Was in that lucid conscious state just before waking up and I noticed my brain was fantasizing. I only notice what was happening because this has happened before and before it became a full wet dream I somehow pulled back and woke up.

I am really not sure how I did this but Baruch Hashem I did because I remember how I felt the last time it happened, and the knowledge that I pulled back gave me a lot of chizuk!

Baruch Hashem my current situation in life is going amazing and I sometimes can't even believe all that I have accomplished and sometimes have to step back and realize all the amazing things that I am fortunate to have right now.

Have a wonderful Yom Tov!!

Keep on Trucking, One Day At A Time!!

(I just checked and today is apparently day 412 no masturbation and day 517 no porn)

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Re: Jewizard21's Journey

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Posted by BenHashemBH - 01 Jun 2025 14:36

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[jewizard21 wrote on 01 Jun 2025 14:28:](#)

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Have a wonderful Yom Tov!!

Keep on Trucking, One Day At A Time!!

(I just checked and today is apparently day 412 no masturbation and day 517 no porn)

You are a huge inspiration Brother!

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Re: Jewizard21's Journey

Posted by jewizard21 - 16 Jun 2025 15:04

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Hey everyone, I have some amazing news!

Baruch Hashem I am Engaged!!

Thank you to everyone who has helped me along my journey and hopefully will continue helping me.

I wont be sharing details out of privacy but I can definitely tell you that a huge part of the reason I am marrying my Kallah is due to challenges I have faced throughout my life, and how I have overcome them. As you may have gathered from my previous posts, one of my driving factors in overcoming this nisoyon was for my future wife and children. This may seem like a goal that only comes to fruition after getting married but it really changes who you marry and how your marriage will be.

No doubt about it I would be in a totally different place if I hadn't started working on myself and eventually seeking help from a rebbe, I can truly see how clear it is that Hashem was directing me and helping me on the path to be there for my Kallah as I am today.

Keep on Trucking, One Day At A Time!!

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Re: Jewizard21's Journey

Posted by Muttel - 16 Jun 2025 16:12

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WOW!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

I'm so happy for you!!!!!! Though we haven't (yet) gotten to know each other, I've "gotten to know you" through your journaling - seeing your amazing shteiging throughout your journey.

KOMT and MAZEL TOV!!!!!!!!!!!!!!!!!!!!

Muttel

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Re: Jewizard21's Journey

Posted by lamaazavtuni - 16 Jun 2025 18:30

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MAZEL TOV!!! Jewizard21 and jewitch21 should have many happy healthy years together  
bikdisha ubitaharah and be a conduit for the geiloiy shechinah in this world!! Simches by all!!!

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Re: Jewizard21's Journey

Posted by chosemyshem - 17 Jun 2025 02:58

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Nowhere'sa simcha I can feel. MAZEL TOV!!

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Re: Jewizard21's Journey

Posted by gevura shebyesod - 17 Jun 2025 10:31

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Re: Jewizard21's Journey

Posted by amevakesh - 17 Jun 2025 13:57

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Huge Mazel Tov!!! Your Simcha is amplified many times over because of the fact that you dealt with, and cleaned up **before** you got engaged. You can go in to your marriage with a light heart, knowing that you're not hiding anything from her. May you be ???? to build a beautiful, harmonious home, filled with true love, joy and serenity, and let it be a ??? ????? ???????!

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