

Jewizard21's Journey

Posted by jewizard21 - 21 Apr 2024 21:24

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: Me

Posted by jewizard21 - 07 May 2024 04:05

Thank you so much!

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Re: Me

Posted by horizon - 09 May 2024 17:43

[Markz wrote on 07 May 2024 04:04:](#)

[jewizard21 wrote on 07 May 2024 04:00:](#)

There is a voice recording in a reply from Markz about dating and telling when you date.

guardyoureyes.com/forum/1-Break-Free/348452-Dating-disclosure#348452

It's from the 1 and only beloved dov

<https://guardyoureyes.com/GYEFiles/MP3s/Dov/Dov's%20Recovery%20Talks/Dating%20-%20how%20to%20tell%20her-him%20about%20my%20problem.mp3>

thanks for sharing this. not sure why i haven't discovered the audio library before

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Re: Me

Posted by jewizard21 - 09 May 2024 17:48

Yah I've been listening to a bunch of dovs talks.

I talk to my Rebbi in a few hours, I have mixed feelings of "I can't wait" and just panic or anxiety (not the clinical anxiety)

I hope and already know it will go well.

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Re: Me

Posted by horizon - 09 May 2024 18:10

good for you!

sounds like a good decision. good luck

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Re: Me

Posted by eerie - 09 May 2024 19:05

[jewizard21 wrote on 09 May 2024 17:48:](#)

Yah I've been listening to a bunch of dovs talks.

I talk to my Rebbi in a few hours, I have mixed feelings of "I can't wait" and just panic or anxiety (not the clinical anxiety)

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Gevaldig! With much Hatzlacha!

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Re: Me

Posted by gye365s - 09 May 2024 19:54

I'd second that. This is a very complex discussion on multiple fronts. There are many factors and many of the variables of your IYH future dating are yet unknown. It's great that you, jewizard, are thinking seriously about this, but it's too early to be conclusive. Hear what your experienced Rav has to say and weigh the collective experience of the GYE community. I think that the girls you will date almost certainly won't be aligned with your well-meaning intentions. You have fought and gotten yourself to the right path. Focus on building a relationship from who you are now. That could be a tremendous source of inspiration and motivation to keep fighting the good fight and stay strong.

Wishing you all the best!

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Re: Me

Posted by jewizard21 - 09 May 2024 21:39

So...

Second meeting with my Rebbi.

It's a lot easier and not as impactful as the first meeting but I think it is just as helpful.

This wasnt the first topic but I wanted to clear this first about telling a date.

He said that you only need to tell if it's something that you can't live without doing atleast once every couple of months. If you are past it you should not tell. (This is not an exact quote and not a psak)

I think something I am coming to notice is that my main goal right now is to make this nisoyon not a huge part of my life. As of now I feel as if it's a defining feature of myself.

I brought this up and he agreed and said that this feeling may even come along on its own as I progress in recovery.

Another problem I am having is that I don't know what to do to relieve stress and anxiety. Before I stopped porn and mainly masterbation I never reached for it specifically and consciously to deal with my stresses of life, it was more of a subconscious thing that since I would masterbate I would just regulate the stress and anxiety.

I asked him about how I can deal with this problem I am having of not being able to relax. He mentioned that one of the signs of an addict are, when you ask him what he likes to do for fun his answer is "I don't know". This is because most people learn how to relax naturally while we learnt to use porn and/or masterbation to relax.

He suggested that I start making a list of things I enjoy. Also that I need to learn to notice when I am stress and to learn how to regulate it and not just stay in the stress.

The meeting was great and I am still processing this and the other things talked about.

Thank you everyone here.

(Just a tip on something that I think helps with getting clean that I told my Rebbi off hand during this meeting. I mentioned that I didn't count the first 108 day clean streak and that even now I checkin each day but I don't think of the days, I let GYE count for me and have it in the back of my mind.

The goal isn't to stay clean for a certain amount of days, its to stay clean as long as possible.

Don't get caught on what day but have it in mind.

It's somewhat like the Kosel, your not davening TO the wall but in the place the wall is. Don't get lost in the count, but use the count to get clean.)

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Re: Me

Posted by yitzchokm - 09 May 2024 22:14

I found exercise, socializing, Urge Surfing and SOBER to be good solutions to reduce stress. I found Urge Surfing, SOBER and journaling as I outlined in this post <https://guardyoureyes.com/forum/19-Introduce-Yourself/401159-This-time-for-real?limit=15&start=165#405970> to be good solutions for anxiety. Although P&M give relief, they cause the negative moods to intensify later on and they add some new ones too, whereas the solutions I wrote have long-lasting effects and they can sometimes heal the stress and anxiety for good.

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Re: Me

Posted by jewizard21 - 09 May 2024 23:10

I'm actually not familiar with the SOBER method. Is that part of the F2F bc I don't remember it?

I also still need to read the battle of our generation and the GYE handbook

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Re: Me

Posted by yitzchokm - 10 May 2024 19:20

[jewizard21 wrote on 09 May 2024 23:10:](#)

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<https://app.guardyoureyes.com/toolbox/tools/sober>

If you have enough coins you can download SOBER recordings by pressing on the coins in the upper right hand side of your screen.

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Re: Me

Posted by jewizard21 - 10 May 2024 19:25

Got it, thnx

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Re: Me

Posted by jewizard21 - 21 Jun 2024 15:06

Just an update on where I am at right now bc I haven't posted here in a while.

BH I am over 2 months clean since my last time masturbating and it's been about 6months of real progress.

Since I last posted here I have talked to Dov over the phone. I also started to make a lot of progress in making shmiras einayim and shmiras habris just something regular in my life rather than an obsession that can get overwhelming and possibly cause me to fall.

Something I am concerned about is that I might be getting too complacent with my progress and that I will/am platoue. The problem with a platoue is that if you get to close to the edge you may fall and it's just flat with no progress.

I still think I am progressing but at a slower place of course.

My main tools are of course a filter, basic shmiras einayim, and when I get an urge I tell myself that I only need to be clean for today, after that if I still feel the urge/"mental fantasy replay" I ask myself and Hashem "please can I just be clean for today, I'm so tired and I've put in so much effort please help me here a bit more"

I also recomended Dovs talks in the Library under audio. He gives a really great perspective on this nisoyon as a whole.

guardyoureyes.com/tools/kosher-isle/shiurim/category/dov-s-recovery-talks

Thanks,

Have a great shabbos

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Re: Me

Posted by jewizard21 - 18 Aug 2024 23:09

I have a lot going on right now with a lot of change happening and a lot of unknowns. I have never felt this level of anxiety, nervousness, and anticipation. It's kinda scary.

Nothing is bad, just a lot of change in such a short time.

Last night was more difficult to stay clean in a long time. I had some strong urges and Baruch Hashem I pulled through with some pleading to Hashem. I would be lying to myself if I didn't think that masturbation would calm my nerves a bit. Baruch Hashem I know that if I do masturbate I will really regret.

I just need to get through these two weeks and all will be well Bezras Hashem.

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Re: Me

Posted by fighterwithfire - 20 Aug 2024 09:06

[jewizard21 wrote on 18 Aug 2024 23:09:](#)

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INCREDIBLE!! You're a warrior beyond words. Keep fighting!!

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