

Let's go, and let go!

Posted by eiyantov - 08 Sep 2024 04:25

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Hi. I grew up pretty close minded. I actually discovered masturbation without actually knowing what I was doing. I just knew it felt good, and kept doing it. I was 12 at the time. Only a year later did I finally comprehend what happens in the bedroom, and realized what I was doing was the male action. At that point I was addicted, and ashamed. I knew I needed to break the habit, but it was stronger than me. When I entered 9th grade, I made up in my mind I won't masturbate. That lasted pretty short. Going forward, there were many times, I told myself I must stop, but stop I couldn't. Masturbating actually led to breathing issues, but the addiction was too strong. In order to climax i needed to think pornographic thoughts which just filled my head with more garbage. I don't recall the first time I saw porn, but I do remember where and what. Those memories don't go away sadly. Thank goodness I didn't have much access or I probably would've been even a bigger mess. I remember when I went to learn in Eretz Yisroel, telling myself the journey of masturbating must end. I came summer zman and lasted until the Shabbos after Shavous. I still can recall the feeling of utter helplessness and worthlessness when i fell and masturbated. I felt so deflated. I continued to have up's and downs, but did not succeed in kicking the addiction. I came back from Eretz Yisroel and got engaged relatively quickly. Of course I told myself once I'm married this problem is gone. After all I'll have a wife. How naive and foolish I was. I don't recall the first time I masturbated after marriage, but it felt awful. I felt and continue to feel like I'm betraying my wife. I wish I could come clean with her, but she would never understand. Once I got more internet access porn became more added to the problem. No matter how many times i filtered my devices I always seem to find another way to watch. But BH I've been more controlling on porn than masturbation. I don't fall to often to porn. Because I've trained my mind to think pornographic thought to reach a climax though, my mind is full of them, and by habit reverts to those thoughts when bored, which makes me sick. I have a hard time looking at women, because my mind goes straight to thinking about their body. I wish to kill this devil for once and for all and live the right way, without this terrible addiction. I hope that this site will help me get there! Let's go, and let go!

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Re: Let's go, and let go!

Posted by whywatch - 27 Sep 2024 18:42

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"Shabbos is coming, we're so happy...shout it to the world, SHABBOS!!!"

Oh, and we are so nervous.

So excited, becaus it is my first week working with someone (HHM) to nix this obsession. I cant

believe its been a week!!!

And I am oh, so nervous because nights are the hardest. I've been listening to shuirum to fall asleep, so my mind stays where it belongs. The maaleh of listening vs a book, I can fall asleep listening to something. Can't fall asleep reading.

Hopefully a lchaim or two at the Friday night suedah will be helpful.

Looking forward to a clean Shabbos!!!

Good Shabbos to all my GYE Chaverim. Thinking about you, and davening for you!

A Gut Shabbos,

WhyWatch

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Re: Let's go, and let go!

Posted by whywatch - 29 Sep 2024 00:50

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Can I say BH Shabbos is over? Either way BH we made it through! I was nervous about Friday night, going to sleep without listening to something to distract myself, but a gift from Hashem, I pretty much fell asleep right away.

The hard part was actually Shabbos day. I tried resting but my mind was fighting me. So I read the paper. Once I was finished, I had nothing to distract myself, and I found myself combating pornographic thoughts an entire shabbos day. BH I was victorious, but it was really stressful. If you have any tips on how to distract yourself on Shabbos, so it's less of a fight, let me know please!!!

A Gut Voch!

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Re: Let's go, and let go!

Posted by rebakiva - 29 Sep 2024 01:48

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[whywatch wrote on 29 Sep 2024 00:50:](#)

The hard part was actually Shabbos day. I tried resting but my mind was fighting me. So I read the paper. Once I was finished, I had nothing to distract myself, and I found myself combating pornographic thoughts an entire shabbos day. BH I was victorious, but it was really stressful. If you have any tips on how to distract yourself on Shabbos, so it's less of a fight, let me know please!!!

A Gut Voch!

Wow so I guess I'm not the only one,

I had the same issue I'm 2 weeks clean with no thoughts but I already know that shabbos is my major cue, and so it was that I woke up this morning and for the first time in 2 weeks I had imaginary movies playing in my head the entire day, every time I closed my eyes {even in middle davening, seuda, nap, etc.} I saw porn scenes playing in my head.

Id also love some advice, but I can say this much, first thing I did moitzei shabbos was text my mentor rabeinu HHM, second thing was listening to a urge surfing audio imagining the porn star as the twigs and leaves swimming along with the waterfall, there was a separation between me and the waterfall so when the twigs and leaves came closer and got bigger it didn't trigger me to strong, than it eventually fell down the waterfall along with the current and completely vanished.

Now I'm not saying that it's not going to come back, but at least there's a separation between me and the waterfall {aka urge} and hopefully it'll help me cope now and serve as a good practice for the coming shabbosim and yomim tovim

Iy"h we'll all get out of this together, hatzlacha and kesuva vachasuma tova

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Re: Let's go, and let go!

Posted by Hashem Help Me - 29 Sep 2024 02:55

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Heroes! Both of you! Staying clean proved that there is no actual need to act out. Make a plan how to be a little more occupied on Shabbos if possible. The good news is that eventually the subconscious gives up....

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Re: Let's go, and let go!

Posted by rebakiva - 01 Oct 2024 18:24

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thank you for your private chat. was definitely a great chizuk to have someone in practically the same situation.

unfortunately i`m still locked out of private chat for another 15 days due to me being new here only 16 days, but feel free to email me at [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com)

looking forward to getting out of this together with all us great brothers here on gye.

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Re: Let's go, and let go!

Posted by eiyantov - 01 Oct 2024 19:50

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### **ALERT:**

I changed my username from WhyWatch to Eiyantov. I felt that why watch has a negative vibe. While Eiyantov is much more focused on positive. So keep following my journey, just under a new name.

#SameAmazingJourney

#NewBranding

**Warning: Spoiler!**

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Re: Let's go, and let go!

Posted by eiyantov - 01 Oct 2024 19:59

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ALERT:

I changed my username from WhyWatch to Eiyantov. I felt that why watch has a negative vibe. While Eiyantov is much more focused on positive. So keep following my journey, just under a new name.

#SameAmazingJourney

#NewBranding

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Re: Let's go, and let go!

Posted by BenHashemBH - 01 Oct 2024 20:01

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[eiyantov wrote on 01 Oct 2024 19:59:](#)

ALERT:

I changed my username from WhyWatch to Eiyantov. I felt that why watch has a negative vibe. While Eiyantov is much more focused on positive. So keep following my journey, just under a new name.

#SameAmazingJourney

#NewBranding

Mazel Tov!

New look. Same great taste.

**Warning: Spoiler!**

Continued Hatzlacha

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Re: Let's go, and let go!

Posted by rebakiva - 01 Oct 2024 21:32

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awesome name

i for long have a dream to open a "daily joke" thread, i feel that being here because of the pain and the negative dosent give the motivation to stay here, and keep up the fight, VS the positive the "eiyan tov" simcha and humor, keeps you motivated to come back here constantly and keep up (& iy"h win) this greatest best most exciting fight in the world.

what a pitty that im just not a comedian cant come up with a new joke every day.

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Re: Let's go, and let go!

Posted by redfaced - 01 Oct 2024 22:55

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[rebakiva wrote on 01 Oct 2024 21:32:](#)

awesome name

i for long have a dream to open a "daily joke" thread,

What's wrong with the 141 pages of [this](#) ? Plenty of guaranteed laughs

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Re: Let's go, and let go!

Posted by rebakiva - 02 Oct 2024 00:50

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wow thanks for that link

you see us freshies here dont know our way around yet

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Re: Let's go, and let go!

Posted by eiyantov - 06 Oct 2024 14:04

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The challenge of a Taanis, especially when there is no work.

Nothing to do, time to kill. Ugh!

Already feeling restless, which is not good. Gonna try to find things to do.

Praying for an easy day!

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Re: Let's go, and let go!

Posted by menuchashanefesh9 - 06 Oct 2024 17:50

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I totally agree. Fast days were always very hard for me. Now I found GYE forums!! So many legendary threads to chose from!!! So many tzadikim to read about their journeys!! The biographies art scroll won't publish until the times of ?????!

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Re: Let's go, and let go!

Posted by eiyantov - 06 Oct 2024 23:03

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Ok. So BH I found myself something to do. I built my Sukkah and baked. That took a majority of the afternoon, and removed any urges.

Btw. I haven't been posting everyday where I am holding, as I check in with HHM. But tonight Bezras Hashem will be 15. Half way to 30, and 1/6 to 90!

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