

My struggle!!!!

Posted by hashemyishmor7 - 28 Nov 2024 04:17

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Hi friends

Before I start I want to thank the founders and all the people that are involved in making and running this incredible site. And also a huge thanks to all the people that are active here with comments and ideas, it helped me so so much for the past few years that I'm on here quietly noshig for wisdom and clarity.

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Maybe being more active, connected and engaged here will help.

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Re: My struggle!!!!

Posted by vehkam - 28 Nov 2024 04:29

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Thank you so much for posting your story. Being more active here will definitely help. Iyh you will connect with the right people that you can relate to. There are definitely others who have been in your shoes and they have been able to pull themselves out of the mud. Iyh you will be able to as well.

It is natural to feel regret for the missed opportunities of life However do not fall into the trap of the yetzer hara that wants to overwhelm you with guilt and make you feel despondent. You can read appendix a in the battle of the generation over and over until you ingrain in yourself all of the answers to this yetzer hara.

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Re: My struggle!!!!

Posted by rebakiva - 28 Nov 2024 04:59

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Welcome to the family, R' hashemyishmor.

You've taken the best step by joining this community of hope, warmth, and true healing, here you'll find brother's who really care and root for you, people who are ready to do whatever it takes to help you conquer this beast, as you've stated that you already are in touch with the mentor in chief HHM, I think it's time for you to now reach out to a few friend's who will hold your hand, during the hard moments.

you can start of by MUTTEL at [muttel15@gmail.com](mailto:muttel15@gmail.com), or EERIE at [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), and the list goes on, my contact info are below in my signature, but really read around the threads, figure out who you feel will understand you best and reach out to him, you wont regret it.

Keep it up and keep us posted.

With love Akiva

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Re: My struggle!!!!

Posted by 5678 - 28 Nov 2024 05:08

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A worm hug and welcome to the family hashemyishmor7.

rebakiva is a good friend to cconnect with.

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Re: My struggle!!!!

Posted by Muttel - 28 Nov 2024 09:34

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Welcome!

Your struggle is one we all can connect to, each on our own level....

Stick around, speak to the chevra here, and bezh you'll be able to break free too!

Muttel

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Re: My struggle!!!!

Posted by odyossefchai - 28 Nov 2024 15:04

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Sometimes when I read other people's story, I feel that I'm reading my own!

I also couldn't fall asleep without M.

I watched P while my wife was asleep next to me in the bed. For years. Many many years!

But that's all in the past.

BH the tools are here to break free.

Reach out to the warm chevra here who can offer a listening ear, a shoulder to cry on, and huge portions of love and acceptance.

May Hashem help you in your journey to true freedom. Coz that's what it's all about. Free from the shackles of porn.

You will get there.

Loads of love

Od Yossef Chai

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Re: My struggle!!!!

Posted by chosemyshem - 28 Nov 2024 15:14

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A fun fact: "my struggle" in German is Mein Kampf.

Now, I'm not calling you a rasha like Hitler. But I am calling you . . .

**Warning: Spoiler!**

Sounds like you've already made one excellent decision and spoken to HHM. Keep on working at it with some chochma - if one thing isn't working move on to the next. And I guarantee that with Hashem's help you *will* see results.

Hatzlacha. Looking forward to seeing you around.

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Re: My struggle!!!!

Posted by jollylemur95 - 28 Nov 2024 16:14

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R' Hashem Yishmor,

I can totally relate to you as so many can because our stories have similar themes. The feelings that come with it I can relate to in a very acute way. But you are not what you think you are! Just by coming on here and posting your story with great personal courage makes you an elevated person. The fact that you reached out to HHM (who I agree is a malach) makes you a tzadik! Knowing that you are making Hashem proud gives such chizuk in this fierce battle. Keep doing what you are doing and you will be very successful! The people here are the most understanding, kind, non judgemental people who you will ever meet (live or anonymously). They are all eager to help anyone who wishes.

Chazak V'amatz!!!

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Re: My struggle!!!!

Posted by livingagain - 28 Nov 2024 22:16

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[hashemyishmor7 wrote on 28 Nov 2024 04:17:](#)

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What worked for me is a good chaver and we worked on it together. As we both have ssa, we worked on it together through aliyos and yeridos. Especially since you have ssa, a chaver would be truly beneficial. Set some

realistic goals and I think you'll see real progress. It's impossible to quit any addiction without a support system. And of course I agree with you

That you have to avoid the Mikva to avoid being triggered

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Re: My struggle!!!!

Posted by hashemyishmor7 - 29 Nov 2024 06:13

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[chosemyschem wrote on 28 Nov 2024 15:14:](#)

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A fun fact: "my struggle" in German is Mein Kampf.

Now, I'm not calling you a rasha like Hitler. But I am calling you . . .

**Warning: Spoiler!**

Sounds like you've already made one excellent decision and spoken to HHM. Keep on working at it with some chochma - if one thing isn't working move on to the next. And I guarantee that with Hashem's help you *will* see results.

Hatzlacha. Looking forward to seeing you around.

I thought about it when writing it. he is too a sensitive topic for me to discuss. But he ended up loosing. I hope I will win completely in my war.

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Re: My struggle!!!!

Posted by hashemyishmor7 - 29 Nov 2024 06:22

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Thanks everyone for the warm welcome

I was thinking of posting and update my progress, should I do it on this thread or open a separate one?

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Re: My struggle!!!!

Posted by rebakiva - 29 Nov 2024 06:39

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Whichever you prefer, I personally changed to a different thread, but eventually people started to ask me what my story was, so in the end I just went back to my original thread, so whoever wants could just go back to page 1 and read my story.

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Re: My struggle!!!!

Posted by hashemyishmor7 - 24 Dec 2024 05:23

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Feels so awful doing something you don't want to do and know it's bad for you but you keep on doing it. I'm still going back to this sites and spend tons of money for 19 yo who r millionaires

even though and drowning in debt.

I wish I could stop

There is nothing else in life that's satisfying me as this is. I know it's not right to say but that's how I feel

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