

My crazy adventure

Posted by freekoala73 - 03 Dec 2024 22:41

Hey

Im a regular baalabatish FFB guy and the more shocking is my story. Of course I always had a string yetzer hora and I always lived on the edge. While doing well in yeshiva high-school, being a good bucher in yeshiva etc I always had "a dark side" - went to party, tried to get to girls etc. Long story short; got married, had kids, successful in business, buying houses, doing well socially and from the outside all is awesome.

I always had some kedusha problems, occasionally z"l, with or without porn but no addiction.

Then, randomly, I met a girl. Torally innocent, she lived nect to my office, we had a smoke and we exchanged numbers, had friendly talks, she came to watch a movie in my office and we developed a super long affair of about 8 years. We were on and off, she moved to another place, she had another relationship etc. My wife mever found out. We traveled together all the time and we had a crazy emotional and sexual bond. Sexually more than i ever had with my wife. If course there were so many phases i blamed myself, felt so guilty, looked for help, broke off. And it started over. And so many more times.

of course this led to crazy lust when i didnt have tthate"outlet".

whenever i struggle in business i figure that hashem punishes me for that. And I managed to throw her out BH.

With all the stress I very iften only fall asleep masturbating. I manage without too, but its always a struggle.

Im always onbthe edge, like to look for girls but dint really do anything. I started kpilel boker 2 years ago which changes my routine and helps.

Still GYE will help me, it alreay6helps that you're listening. And i will IYH report on my successes.

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Re: My crazy adventure

Posted by amevakesh - 05 Dec 2024 00:14

Welcome brother to our family. Even on a anonymous forum, it's brave of you to open up like that. I can only echo what the others have said Reach out to HHM and to Vehkom. Both of them are ?????? in human form, and will help you turn your life around. Once you speak to them try reaching out to a few of the regular special guys that are here. This road is best traveled with

friends holding hands. Hatzlacha!

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Re: My crazy adventure

Posted by yiftach - 05 Dec 2024 00:36

Welcome, brotha!

Although I never trudged through the path you went through, it mostly stems from the same source. I'm this sacred haven you'll feel warmth, validation and understood. "Feel the Bern"!

Zero regret, guaranteed!

Blessings on your journey!

- Yiftach'l

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Re: My crazy adventure

Posted by freekoala73 - 06 Dec 2024 14:55

I am now on my day 4 and it already feels so good, hope I'll continue to be strong. That's M.

I stil have tremendous taaves to play the game on dating apps and contacg girls I've been in touch with and seen in the past, My strong battle will be next week when I travel and could easily meet a girl or two from the past...
Did anyone mention yet to reach out to venkam?

I'm sure I can do it and so happy to become active here.

I appreciate you all and encourage you to focus on the real important tthngs in life, too!

Thank you!

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Re: My crazy adventure

Posted by redfaced - 06 Dec 2024 15:22

[freekoala73 wrote on 06 Dec 2024 14:55:](#)

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I appreciate you all and encourage you to focus on the real important tthngs in life, too!

Thank you!

You ABSOLUTELY CAN do it. Its been done before. By many many people.

Reach out to some of the good people here, maybe get an accountability partner for when you travel. (AND REACH OUT TO VEKAM!!)

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Re: My crazy adventure

Posted by freekoala73 - 06 Dec 2024 15:26

Thank you, great idea. Ill look into that!!!! Grateful!

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Re: My crazy adventure

Posted by redfaced - 06 Dec 2024 15:45

An accountability partner has helped hundreds if not thousands of people get started on the way towards recovery.

Reach out to [Hashem Help Me.](#)

That can be the first gigantic step to reclaiming your life to be the life you always wanted it to be.

Go for it . (before shabbos)

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Re: My crazy adventure

Posted by proudyungerman - 18 Dec 2024 19:51

How's it going, buddy?

We want to hear from you.

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Re: My crazy adventure

Posted by stopsurvivingstartliving - 24 Dec 2024 00:45

What's doing R' FreeKoala? How's it going?

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Re: My crazy adventure

Posted by colincolin - 24 Dec 2024 04:01

@freekoala

One thing I deduce from your posts is that you are addicted to adrenaline and the thrill of illicit activity.

I think you should get some sort of addiction counselling.

And some way of adding healthy positive and enjoyable activities into your daily life, to replace the thrill seeking.

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Re: My crazy adventure

Posted by freekoala73 - 24 Dec 2024 15:24

Dear All

Thank you so much for all your heartfelt messages. Although I wasn't so active on here, you guys gave me a lot of strength. Let me update you :-)

While I had a couple of days where I was really frustrated and failed with M I do think I'm making progress. No P at all and managed to avoid falling back in the patterns of physical meetings.

Colincolin - you're very right, it's some sort of adrenalin / addiction and I'd like to get some therapy for that.

Once again thank you so much to all!!!!

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Re: My crazy adventure

Posted by freekoala73 - 09 Jan 2025 13:42

Dear All

I am thanking Hashem for giving me the powers to overcome a few Nisyonos over the last days.

Basically over time I made a good "friend" - I never had any sexual relations with her, but we were close and it always gave me a kick. She saw me as a real friend and invited me to her birthday party - I told her that I'm breaking up any relations to her.

I also had a similar girl and completely ignore her.

Further, I havent watched P for a long time.

Slowly, I start to get out of it and see Yad Hashem in helping me and sending success in other, more important things, my way.

Clearly, the more you're able to avoid and overcome the Yetzer Hara, Hashem helps you in other ways. Maybe this is a motivational story for some of you - keep strong!!!!

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Re: My crazy adventure

Posted by stopsurvivingstartliving - 09 Jan 2025 15:18

Wow! What an inspiration!

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Re: My crazy adventure

Posted by stopsurvivingstartliving - 26 Jan 2025 22:41

Hey brother how's it going?

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