

Help

Posted by vibrantlemur66 - 23 Dec 2024 23:09

Hi I'm 23,

I'm in yeshiva and I work and i feel like I'm so alone in the world. I try every week to stop, stop for a few day install filters on my phone etc. and then just end up failing.

I feel like I need to stop before I get married but not sure that will ever happen.

=====
=====

Re: Help

Posted by stopsurvivingstartliving - 23 Dec 2024 23:24

Welcome aboard to the warmest family in Klal Yisroel. What a smart and brave move it was to put yourself out there on these forums. There are amazing mentors and friends you can make here. Reach out. Start with Harav HHM, send him an email @ michelgelner@gmail.com. He will reply with a number to call him at. He is an amazing person. He will understand you.

Hatzlacha Raba and please keep us posted.

=====
=====

Re: Help

Posted by 1day613 - 23 Dec 2024 23:32

I second whatstopsurvivingstartliving said about reaching out to HHM. But really i just wanted to say welcome, stick around, post some, you'll meet some real amazing people.

=====
=====

Re: Help

Posted by vibrantlemur66 - 23 Dec 2024 23:38

Who is Harav HHM?

=====
=====

Re: Help
Posted by BenHashemBH - 24 Dec 2024 00:06

[vibrantlemur66 wrote on 23 Dec 2024 23:38:](#)

Who is Harav HHM?

Welcome Brother!

HHM is username Hashem Help Me. He is a mentor that has helped hundreds of people and is very k'dai to get in touch with - if you are ready to reach out.

Kol Tov

=====
=====

Re: Help
Posted by vibrantlemur66 - 24 Dec 2024 00:07

I reached out although I'm to ashamed to use my real info so I made a fake email. I have to get over this demon.

=====
=====

Re: Help
Posted by livingagain - 24 Dec 2024 00:18

[vibrantlemur66 wrote on 23 Dec 2024 23:09:](#)

Hi I'm 23,

I'm in yeshiva and I work and i feel like I'm so alone in the world. I try every week to stop,stop for a few day install filters on my phone etc. and then just end up failing.

I feel like I need to stop before I get married but not sure that will ever happen.

You have come to the right place. I have progressed a lot since I joined. I watch my eyes and don't get triggered. I've also

partnered with others for support to not give into the urges. After reading the material you'll be able to stop masterbating. Reach out and make some true friends

=====
=====

Re: Help

Posted by stopsurvivingstartliving - 24 Dec 2024 00:20

[vibrantlemur66 wrote on 24 Dec 2024 00:07:](#)

I reached out although I'm to ashamed to use my real info so I made a fake email. I have to get over this demon.

Ashrecha!

Hiding your identity is very normal.

=====
=====

Re: Help

Posted by vibrantlemur66 - 24 Dec 2024 00:20

How did you stop I don't see how it will happen for me.

=====
=====

Re: Help

Posted by wantingbetter - 24 Dec 2024 00:22

[vibrantlemur66 wrote on 24 Dec 2024 00:07:](#)

I reached out although I'm to ashamed to use my real info so I made a fake email. I have to get over this demon.

So did I. Totally normal!

=====
=====

Re: Help

Posted by livingagain - 24 Dec 2024 00:33

[vibrantlemur66 wrote on 24 Dec 2024 00:20:](#)

How did you stop I don't see how it will happen for me.

reach out to people here. We can be helpful

=====
=====

Re: Help

Posted by jewizard21 - 24 Dec 2024 02:30

Take it One Day At A Time. Try not to think about "how will I stay clean for a week, let alone the rest of my life" focus on staying clean each day at a time. We can only control the present.

Life is so much more rewarding and fulfilling without being lust ridden. Yes i miss the perception of how I wanted it to make me feel, but i remember how it actually makes me feel. Living a double life is really tough.

I hate loneliness too, something that helps is try to think about what you are doing to make yourself a better husband and father. This doesn't make loneliness go away but it helps a bit.

Keep on Trucking, One Day At A Time!!

=====
=====

Re: Help

Posted by livingagain - 24 Dec 2024 04:08

[wantingbetter wrote on 24 Dec 2024 00:22:](#)

[vibrantlemur66 wrote on 24 Dec 2024 00:07:](#)

I reached out although I'm to ashamed to use my real info so I made a fake email. I have to get over this demon.

So did I. Totally normal!

Nothing to be ashamed of. we are all here for assistance

=====
=====

Re: Help

Posted by livingagain - 24 Dec 2024 04:30

[jewizard21 wrote on 24 Dec 2024 02:30:](#)

Take it One Day At A Time. Try not to think about "how will I stay clean for a week, let alone the rest of my life" focus on staying clean each day at a time. We can only control the present.

Life is so much more rewarding and fulfilling without being lust ridden. Yes i miss the perception of how I wanted it to make me feel, but i remember how it actually makes me feel. Living a double life is really tough.

I hate loneliness too, something that helps is try to think about what you are doing to make

yourself a better husband and father. This doesn't make loneliness go away but it helps a bit.

Keep on Trucking, One Day At A Time!!

The people on this site have helped me with loneliness. So many have reached out to me and have assisted with my challenges

=====
=====

Re: Help
Posted by eerie - 24 Dec 2024 06:46

Welcome, dear friend! This is a wonderful place where you can learn that these things don't control you! The nicest family is here waiting for you to join them, so jump right in!

Hatzlacha!

=====
=====

Hi Lemur, or perhaps we'll call you Lemel