

Needing Help. Trying to stay strong.

Posted by dovekbashem - 01 Apr 2010 03:17

I am 21 years old. I remember the first time I touched myself inappropriately was in grade 7, just months before my bar mitzvah. I promised myself that after my bar mitzvah I would never touch myself again. It has been 9 years! I have touched myself inappropriately, I have touched girls inappropriately and am constantly (sometimes daily) failing at my battle with the internet. I used to think I was just a healthy teenager (I was not so frum at the time) but now realize that I have an addiction. About 4 years ago, I began to learn halacha seriously and decided to become shomer negiah. It was the hardest thing I have ever done and life has been hard since then. I sometimes convince myself that the only way to maintain my shmirath negiah is by turning to the internet. I read on this website that fantasizing about various arayos is often normal for a sex addict which helps me confirm that that is what I am. I want to start dating, I want to raise a family of ovdei hashem and yirei shamayim but I don't want to lie to my wife and children about who I truly am. I want to be the eved hashem, the kadosh yid that G-d expects me to be. I want to stop falling and starting living a life of purity and purpose. I am clean now for 4 days. I am embarrassed by how proud that makes me but it is at least a start... I only hope my strength continues.

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Re: Needing Help. Trying to stay strong.

Posted by dovekbashem - 28 Oct 2010 06:33

Thank you so much to everybody for replying. I forgot how good it feels to know I have company in my struggle and friends to cheer me on.

Day 1 is finished. I stayed clean. Now hoping I can make it through Day 2.

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Re: Needing Help. Trying to stay strong.

Posted by ZemirosShabbos - 28 Oct 2010 14:05

Tovim hashnayim min ha-echad, congratulations!

keep up the good work!

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Re: Needing Help. Trying to stay strong.
Posted by frumfiend - 28 Oct 2010 21:44

Hello dovek i just started readng your thread. I am very impressed by your spiritual sensitivity.

Hatzlacha

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Re: Needing Help. Trying to stay strong.
Posted by jewinpain - 29 Oct 2010 02:51

Hi DB, I'm happy to see that u signed off 1 day, that's a big step in the start of the long way u will be soon undergoing, u will be laughing at only being able to pass 1 day, hope u r finishing day 2 now, just try to live with an awareness of hashem being around u & he needs u back in his army , u r a very precious yid, & we are all proud of the fight u r putting up, we all know what it means , its VERY hard, but remember "lfim tzara agra" V'nemon hi baal mlachtachu The best reward will be that u will gain back ur sanity

Hatzlucha bro!

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Re: Needing Help. Trying to stay strong.
Posted by dovekbashem - 29 Oct 2010 06:16

Frumfiend: Thank you so much for getting in on this conversation. I can really use everybody's support and I gain a lot from your encouragement.

JIP: You keep me going strong. Thank you for sticking around to give your chizuk. You're a great yid and you should have only hatzlacha in your growing relationship with Hakadosh Boruch hu. Thank you

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Re: Needing Help. Trying to stay strong.
Posted by dovekbashem - 29 Oct 2010 06:31

And one more thing... 2 days. Feeling good.

I hope to keep on trucking all the way to the kadosh 90-day mark.

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Re: Needing Help. Trying to stay strong.
Posted by Yesod Tzadik - 29 Oct 2010 09:25

Hi DB, just read your thread, i am very pleased that you are not giving up. I will be following your success and cheer you on. Much hatzlacha. Your never alone on GYE, we are all in the same struggle and i hope to hear from you on sunday day 4!

Git Shabbos

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Re: Needing Help. Trying to stay strong.
Posted by frumfiend - 29 Oct 2010 23:05

Good shabbos

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Re: Needing Help. Trying to stay strong.
Posted by Yesod Tzadik - 31 Oct 2010 12:11

Good Morning DB

How is day 4?

Keep it up!

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Re: Needing Help. Trying to stay strong.
Posted by dovekbashem - 02 Nov 2010 19:26

My Friends,

The bad news is: I fell. At first I slipped - and allowed myself to slip as long as it wasn't a full-out fall. THEN, I slipped again. On the third time, allowing myself to slip brought me down completely. This is a bad move. I once read something on the forum that said, "Don't try fighting the yetzer harah once you get into the ring, just make sure not to enter the ring at all." I'm clearly not much of a boxer and so I think I need to focus my efforts on keeping out of the ring from now on.

Now for the good news: I will be clean for today (Day 1), I will be clean again tomorrow (Day 2) and 90 days from now - b-siyatah dishmayah - I won't even remember what it felt like in the ring!

I clearly need the help of everyone here. I am really trying to stay positive. I really want this - the problem is that sometimes, for reasons I cannot figure out, I forget how important this is to me. Any insight, as always, will help me get through the day.

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Re: Needing Help. Trying to stay strong.
Posted by bardichev - 02 Nov 2010 19:32

DOVEKK

I DONT KNOW IF U FOLLOW ANY OF MY POSTS

IF U DO

U WILL SEE A CONCEPT CALLED

"FELL SHMELL"

ITS LIKE JUST MOVE ON

DON'T FRET THE FALL

GET OFF THE FLOOR AND START MARCHING AGAIN!!!!!!1

ANOTHER LITTLE PEICE OF ADVICE

STAY IN THE LOOP

JOIN THE CHEVRA

POST AWAY

B

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Re: Needing Help. Trying to stay strong.
Posted by Yosef Hatzadik - 02 Nov 2010 20:39

You asked for **insight**.

Do you want to see the **insight** clearly?

Very clearly?

As clear as **HD**?

Then you will need to use **HinDsight**.

After all, they say: **Hindsight** is with 20/20 vision!

Remember how you felt afterwards when you followed the Yetzer's advice.

Even more so, remember how good you felt when YOU DID NOT DO AS THE YETZER HORA WANTS!!!!

Which is better? Which did you enjoy more? Which do you prefer?

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Re: Needing Help. Trying to stay strong.
Posted by ZemirosShabbos - 02 Nov 2010 20:42

that is a great insight. we have to remember that **we don't want to do this garbage**. the
ruach shtuss of the aveira blinds us in the moment of decision.

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Re: Needing Help. Trying to stay strong.
Posted by Yosef Hatzadik - 02 Nov 2010 20:43

flat-faced TV??

Yoesf Hatzadik, tell me the truth, do you sell flat-screen tv's?
what is that?

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