

me on a forum...this is not my thing.....

Posted by s4nh - 04 Nov 2010 04:22

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sigh.... I cannot believe im doing this...

hello,

I am in my 20's and have er... a slight issue since the age of 11... I discovered what I could do on my own.

Soon I was told it was bad and I stopped easily for 2 years....

Then 10th grade came and unfortunatley it was what all the guys in class were talking about. I was shocked that they all were watching porn and felt slightly pressured...

at first it was once or twice a year. then it got really bad when I was in 12th grade and then in israel.

then I pushed hard and overcame it and barely did it for a whole year! Yay! ...shortlived...

Now I dorm during the week, but on weekends Im home.

At home I live in my basement...alone...with internet.....

I have hinted to my parents to let me switch rooms with someone....I even told them once that I had issues with porn last year (this took a lot of guts and time)....but im still in the basement.... apparently they think i overcame it and all is fine.

In the summers when I am home more, Im actually better than during the year!?

Perhaps its because I know I will be home and I gear myself up for battle with my evil inclination. I make sure I never bring my computer downstairs or stay away till its bedtime.

I dont know if my addiction is as bad as others though. at most twice a week. at least once a month.

But it bothers me to the core and I wish I could stop, but I am nervous that I am fighting a losing

battle.

Recently I found that I did it for a longer period of time and realized this has to stop!

My Yetzher Harah has gotten stronger, or I have gotten weaker...

I scanned through the 12 steps book and realized its very much like the Mesilas Yeshorim, which I should spend more time learning (it does help when I learn it... but sometimes I try to learn it too late when the hormones have already kicked in)

Both say that one must be vigilant and that without Hashem's help we are powerless.

But if I dont try to help myself God wont help me at all.

It also says to log your character development which I try to do but find it hard to notice all my movements.

I know this and yet as hard as I try I fail....

And then I can get depressed.... usually the depression helps me stay away for a while but recently the depression isnt wokring....

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Re: me on a forum...this is not my thing.....

Posted by 1daat - 21 Nov 2010 04:15

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How this upsets you is a measure of your menchkeit. You are given what you can handle. keep asking questions. You ask really good practical questions, and the guys here will answer them. (sometimes they disagree. this is a good thing too.)

Whatever you need, just try asking. Try it. you'll see.

hatzlocho.

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