

A Lifetime's journey

Posted by life is too short - 04 Apr 2011 04:36

After being a member of GYE for a few months now, I decided that I want to start my own thread. I hope that writing about my progress each day will help me along this journey.

A little background information about myself:

I am 20 years old in Yeshiva and I go to college too. I have been struggling with this addiction since I discovered masturbation at the age of 14, although I never really thought of it as an addiction until recently. At first I didn't really know what I was doing, and until about 15 or 16, I didn't even know that what I was doing for enjoyment was called masturbation and that it was assur. For some reason I thought I had this 'special power' of getting enjoyment with myself that noone else had. And then I realized that what I was doing was assur, but I couldn't stop. The truth is, that I didn't care to stop until I was 18. I knew what I was doing was wrong, but I didn't care whatsoever. And then when I started to mature a bit and decided to space in and realize that HaShem does run the world, I really wanted to stop. But after doing an issur for over 1460 days straight and sometimes a few times a day, let's just say I didn't have an easy time going cold turkey.

The past 3 years and particularly the last few months haven't been easy for me.

I have never been able to have more than a month of freedom. It has been affecting every part of my life. My avodas HaShem, my learning, my davening, my social life, school, everything.

Usually after a fall I have been able to pick myself up and tell myself to just let it go and continue. The last few months though have been rough and it has really made me a little depressed.

Right now I'm on a high and ready to battle till the death with this menuvel.

With everyone's help here, and with HaShem's help I will reach sobriety!

I have just completed my first day clean!!

90 days here we come!!

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Re: A Lifetime's journey

Posted by Eye.nonymous - 29 May 2011 20:11

[life is too short wrote on 29 May 2011 11:30:](#)

You actually caught me at a really bad time.....horribly!!

I have hit rock bottom and have moved on to some serious help

Once you hit bottom, there's only one way to go....

UP.

It's great you're looking for serious help instead of finding deeper and deeper bottoms. What are you doing?

Good luck to you.

--Eye.

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