

MY STORY...

Posted by Sasha 2 - 07 Apr 2015 21:28

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I feel that it would help to share my basic story & hear what everyone has to say.

My story: when i was abt sixteen i once masturbated (More or less by mistake) im not sure but i think it was just that good feeling that pushed me to do it more and more and more! At one point in yeshiva there was someone who always spoke unclean and caused me to check out some sites (Porn etc...) when i got internet, and that got me hooked, there was nothing to do to stop it! (Even 6 years l8r!!!!) i just felt this need to masturbate with the porn, at one point in yeshiva without internet access i tried phone sex in place of the porn! All this warped my mind and i used to see people and think, wow they have a nice \_\_\_\_ etc. It drove me insane that i cant see normal things even like people around me, and cant think straight anymore!!

What does everyone think, is this just the enjoyment that caused this (like i think) or some underlying factor that i dont realize?

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Re: MY STORY...

Posted by serenity - 18 May 2015 01:06

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Thank you for your honesty. You're doing the right thing by being honest. I can relate to how bad you feel as I have been there, so you're not alone. The problem is that feeling bad and terrible never helped people like me in any way. So if you're like me, feeling terrible won't help you. We don't feel terrible while we are doing it and feeling terrible last time didn't stop us this time. There is always hope chaver! Just look at your post, 50 days clean! 50 nissim from the

Abishter! Only an addict looks at that as a failure, tzadik.

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Re: MY STORY...

Posted by gibbor120 - 18 May 2015 20:21

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. I was counting. I thought I was "better". One really tough temptation, and I came crashing down. I was really upset. I fell on and off for another 17 years or so. B"H, almost 6 years sober now. NEVER EVER GIVE UP!

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Re: MY STORY...

Posted by shomer bro - 18 May 2015 23:00

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Thanks for the chizzuk. It puts things into perspective. It helps me see it as attainable and not just for super strong people like you.

I once fell as a bachur after 205 days clean

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Re: MY STORY...

Posted by Sasha 2 - 19 May 2015 16:59

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Thanx everyone, im back on track trying!

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Re: MY STORY...

Posted by Sasha 2 - 04 Jun 2015 13:08

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Ever since i fell, i cant get back to myself, i keep on falling!!!!!!!!!! How do i get back on track? Any ideas? Thanx everyone for being there!!

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Re: MY STORY...

Posted by serenity - 04 Jun 2015 13:47

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Does your acting out interfere with your life?

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Re: MY STORY...

Posted by Sasha 2 - 08 Jun 2015 11:20

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serenity: it doesnt really interfere with my life but i just feel terrible and feel like a jerk!!!!!!!!!!

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Re: MY STORY...

Posted by hwhap@gmx.com - 08 Jun 2015 12:16

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[Sasha 2 wrote:](#)

serenity: it doesnt really interfere with my life but i just feel terrible and feel like a jerk!!!!!!!!!!

Are you using porn or just thoughts or looks?

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Re: MY STORY...

Posted by serenity - 08 Jun 2015 13:31

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. On my phone. Bottom line is, thanks for your honesty.  
How often are you acting out and for how long?

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Re: MY STORY...

Posted by polar bear - 09 Jun 2015 01:40

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Hey, I feel your pain.

The main thing is to get up afterwards and not to look back. Just look forward. Try to 'numb' your sadness and forget about it. If you fall into despair after every time - then the Yetzer Hara got you twice. The idea is to regret the past, but not to mope about it.

You can do it!

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Re: MY STORY...

Posted by cordnoy - 09 Jun 2015 10:12

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[Sasha 2 wrote:](#)

serenity: it doesnt really interfere with my life but i just feel terrible and feel like a jerk!!!!!!!!!!

If it doesn't interfere with your life, why do you feel terrible, and why a "jerk"?

If it's not interferin', why stop?

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Re: MY STORY...

Posted by Sasha 2 - 09 Jun 2015 12:52

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Thank G-D i dont have any access to porn these days so its only thoughts and looks thats

getting me off almost daily ever since i fell, but of course its interfering with my life somewhat, its constantly on my mind that im no good bec of these things that im doing etc. & its causing me not to be involved in the proper things. However on the outside no one can tell that something is wrong, thats what i mean that it doesnt interfere.

In a way i feel like i dont even have hope now to get back on track, im not feeling the push!

Any ideas? Whats with the taphsic method?

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Re: MY STORY...

Posted by hwhap@gmx.com - 09 Jun 2015 13:57

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I don't understand the tapshic method so I'll let someone else go ahead and explain that.

Thanks for answering my question regarding the porn vs thoughts. You're really lucky that it's "just" the thoughts.

I think you got some great advice there when they suggested that you figure out how acting out impacts your life. I wonder though if it might also make sense to list how acting out "helps" you. Because it's possible that deep down in your brain you have a little bit of a plan to think about sex, and it hurts to see this plan so you don't know it's there, and if you write down the seeming "advantages" of thinking about sex and masturbating you might also view such "advantages" more objectively. For example once I wrote down why I liked to masturbate, why it seems good to me, and I discovered that most of the time I'm actually not so happy with it. Specifically, if I haven't masturbated in a while then it feels great, I really like it, but once I fall of the wagon then I want to do it twice a day or once a day, or even every other day, and then it doesn't feel nearly as good. And if I hadn't written that down I would never have known. It's almost as if there's something in my head that shows me things in a light which is not very realistic. Like I'm not really as smart as I think I am.

That could provide a powerful motivation to dive into one of the many sobriety tools in the Handbook.

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Re: MY STORY...

Posted by cordnoy - 09 Jun 2015 14:02

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[Sasha 2 wrote:](#)

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so, basically, it is interferin' with your life; you just are hidin' it from everyone else.

one thin' for sure, as an anonymous poster here, it's probably worth it to speak the true truth - as to how you really feel; not the way people view you.

regardin' the push to change - that's a biggie - not simple to overcome at the moment.

I've had that feelin' many a time.

b'hatzlachah to you

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