

MY STORY...

Posted by Sasha 2 - 07 Apr 2015 21:28

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 Sasha 2 - 13 Mar 2016 11:11

Shlomo24, OTR:

Thanks for explaining, i get it

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Re: MY STORY...

Posted by markz - 13 Mar 2016 12:00

[QTR wrote:](#)

[Shlomo24 wrote:](#)

[Sasha 2 wrote:](#)

[Shlomo24 wrote:](#)

i have heard that before. sex and lust are different things, doesn't make the addiction harder

Can you explain please?

Hell, half the psychological world doesn't even believe that there is such an addiction as sex addiction.

I'm willing to wager a LOT that a large bulk of those psychological professionals are masturbating daily and convincing themselves that it is ok. Because if it's not they are not OK. I have noticed in myself that when I am acting out, I have many more 'questions' about whether it really is harmful or not. Many more reasons why it's not really that bad..... Psychologists in my book are not necessarily an authority to be reckoned with.

I like how you hit the nail on the head and called them **paycologists**

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Re: MY STORY...

Posted by OTR - 13 Mar 2016 14:44

[markz wrote on 13 Mar 2016 12:00:](#)

[OTR wrote:](#)

[Shlomo24 wrote:](#)

[Sasha 2 wrote:](#)

[Shlomo24 wrote:](#)

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oops did I Mark? Must have been a Freudian slip... You know how close the A and S are on the

.... How much will it cost to have the deeper meaning of why I'm doing that analyzed! WAIT! Don't answer that till I lay down on this couch over here... POOF! Ah, now I can get better, will my insurance cover this? How much did you say? 150 an hour? Great! So you'll cure my addiction though right? After how many sessions? You're not sure? I have to first start the treatment and then you can tell me.? Ok that makes sense.... - Fast forward six month later- So, can you tell me when this is going to end? I have a second mortgage? What do you mean we uncovered issues that look like they will take a lot longer than you originally anticipated? Achake lo... achake lo....

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Re: MY STORY...

Posted by Sasha 2 - 16 Mar 2016 08:47

I cant believe it, its been fifty whole days!

I know ive heard in the past that its not good to be counting, but i still feel good that im on the right track & i hope to be able to reach my ultimate goal of 90 days and beyond Be"H.

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Re: MY STORY...

Posted by realsimcha - 16 Mar 2016 13:09

You are an inspiration. May we have serenity each and every day.

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Re: MY STORY...

Posted by Strength365 - 16 Mar 2016 17:02

Well done I Hope to be where you are without going to 0.

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Re: MY STORY...

Posted by Shlomo24 - 17 Mar 2016 01:07

[Sasha 2 wrote on 16 Mar 2016 08:47:](#)

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I would rephrase that: counting is fine, just the focus shouldn't be completely on the count.

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Re: MY STORY...

Posted by Sasha 2 - 17 Mar 2016 09:41

[Strength365 wrote on 16 Mar 2016 17:02:](#)

Well done I Hope to be where you are without going to 0.

What I've learnt from being around here is that, if we are on recovery, a fall never puts us back to "zero" because we are so much better off working on it then before!

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Re: MY STORY...

Posted by Sasha 2 - 20 Mar 2016 12:53

Last night here in Eretz Yisroel there was an internet Asifa with thousands of american bochurim, really inspiring!!

One thing the Gedolim spoke about was the importance to *Gaurd Your Eyes* & not having smart phones even with filters because when your down nothing can stop you from viewing one picture and that's all it takes to bring you down!

Boy can I relate with that!!

I hope all the bochurim takes this seriously and not wait until its too late...

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Re: MY STORY...

Posted by Sasha 2 - 22 Mar 2016 11:37

Tomorrow is a fast day, I don't know if anyone can relate but I find these situations particularly hard being that without food I am less focused and especially because I have more time on my hands.

I don't have a real plan, but I better come up with something quick!!

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Re: MY STORY...

Posted by doingtshuva - 22 Mar 2016 11:57

you have written that you are bucher living/ learning in Israel.

whats about a ride to the kotel, shmuel hanavi.

besides GYE, the computer shouldn't be in your plan.

Happy purim.

Btw' do you have a plan for purim?

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Re: MY STORY...

Posted by baalachrayus - 22 Mar 2016 19:47

Most likely , all of us here have this problem in some way or another. It's a called the Gd given

strength of imagination. a tool that can be used many ways. personally I think its very normal for someone who sees deep into things. I try very hard to take care of not depriving basic needs, this way things, including imagination, stay in check. It's Not some underlying factor...

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Re: MY STORY...

Posted by realsimcha - 23 Mar 2016 03:52

[baalachrayus wrote on 22 Mar 2016 19:47:](#)

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Maybe. Maybe not. Or maybe for you and not for someone else. Also, if something is underlying then you might not be aware of it. So its a good idea to leave open the possibility.

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Re: MY STORY...

Posted by Shlomo24 - 23 Mar 2016 09:59

[realsimcha wrote on 23 Mar 2016 03:52:](#)

[baalachrayus wrote on 22 Mar 2016 19:47:](#)

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Maybe. Maybe not. Or maybe for you and not for someone else. Also, if something is underlying then you might not be aware of it. So its a good idea to leave open the possibility.

I agree with RS. In the beginning I thought that my experience was the truth and that it was applicable to everyone. It's not. I only know my experience and i can only share my experience. I do not claim to know absolute truths.

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