

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 - 22 Apr 2016 17:13

Thanks everyone!!

Its all your support which got me here!!

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Chag Kosher Vesmeach!

Re: MY STORY...

Posted by Josephsbrother - 24 Apr 2016 11:57

[inastruggle wrote:](#)

Watch our for post 90 depression.

It's very common for people to fall right after 90.

Once you feel like you got to your goal, you lose the excitement of being clean. It's a transition from counting days excitedly to enjoying life with the knowledge of being clean humming in the background.

So true, so for me the count goes on. Day 131. After 90 days the fall has been stopped a day at a time. While my record here does not really come close to the effort our Maker has put in to me to help me overcome, from 1972. The next 8 years my efforts being at two health centers that had a lifestyle that encouraged an obedient lifestyle to Torah, then as a Seventh day Adventist. The days of failure were few and far between, yet still very trying to my heart. Then moving to help small groups, still there was many days of victory, yet when I let my guard down, the fall could come fast, and often for short burst. Now that I can accept that every effort to do right and be right is apart of my success, it is better now to daily aim at a lifestyle of continual righteous behavior. Today, there are days triggers could be many, some days I am as a lion nothing can hold me back. Other days I am a mini craft, a small sail boat in a raging storm at sea.

It has been a blessing of 10 hour days for several weeks, thus I was able to pay my \$90 dollar vow to GYE.

Now work has slowed down, and the appointed times give me a few quality day pays with family, what a joy the blessing of the close fellowship of my personal family. It has been 13 years of a growing life of family, a strong motivation to winning control of mind and heart. My queen desires specially honesty, and she is often granted to sees often the motives of my heart. This is a blessing for from youth I hid myself from myself, and sometimes did not want any to know me, for In my youth, I was rejected for being me, or more often lost all I had gained usually on a yearly bases. This Passover time is healing, though the loneliness of group

interaction is still very stressful. My life convictions have moved closer to the Jewish people. Yet often I must be a Joseph among the Egyptian. Yet as I build my knowledge, and my faithfulness to the earth, and to my Maker, I wait for the day when I will not be taken for granted. Often others of the family of Adam take advantage of my kindness, my position of status, my situation, my morals. When all else fails me, besides my personal family, HaShem, One alone is my fortress, refuge, defense, my keeper, my friend, my hope, my my father, and grandfather, and great grand Father, for now Israel is only a nation that is human like me, for centuries they have had children who arose from their falls to seek our Maker again and again. Not one Jew, or firstborn died at Passover, Egypt, all lamb gods were sacrificed before Israel took the journey in the wilderness. For mankind the sacrifice of children comes as with Egypt, when we choose to let our cravings to be our gods, then a Eden of abundance, is wasted, and our children shall be a sacrifice. This sacrifice my small four member family, is in the Passover experience, and though I could not be at a synagogue, my wife and I hug each other, and had discussed the things of Torah that answered our personal need. My boys took their toys and acted the story of Passover, as I read it. We also played simple get a ball from daddy in the from yard. We lit the Shabbat candle the best we could. We listen to Torah in English via internet, a Torah approved by Jews who seek to rebuild the temple the third time. We know that we seek to go the right path, and we are glad that the King of heaven and earth is with us this Pesach.

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Re: MY STORY...

Posted by Sasha 2 - 25 Apr 2016 18:38

Wow, I honestly can't believe I really pulled it off! (90)

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Re: MY STORY...

Posted by Sasha 2 - 25 Apr 2016 18:40

I will post my thoughts and feelings a little later...

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Re: MY STORY...

Posted by inastruggle - 25 Apr 2016 19:38

Mazel Tov!!!!

May Hashem grant you a full lifetime of being clean. One day at a time.

Keep posting here.

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Re: MY STORY...

Posted by markz - 25 Apr 2016 19:54

SASHA

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Re: MY STORY...

Posted by thanks613 - 25 Apr 2016 20:44

Markz was busy fiddling with the confetti thingamajig apparently Mazel Tov Sasha! And many more..

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Re: MY STORY...

Posted by doingtshuva - 25 Apr 2016 21:17

Shasha I'm happy for you and I'm sure that it will also add to your simches yom tuv.

From my own experience you should be extra careful after breaching 90.

I call it "the post 90 syndrome"

All the best

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Re: MY STORY...

Posted by Shlomo24 - 26 Apr 2016 01:21

MAZAL TOV! B'HATZLACHA!

And during b"h also, pshhhh. Kol hakavod.

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Re: MY STORY...

Posted by realsimcha - 26 Apr 2016 02:40

Mazel Tov!!!!!!! Thanks for the inspiration. We all gain from your accomplishments!!!

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Re: MY STORY...

Posted by Gevura Shebyesod - 26 Apr 2016 02:44

Mazel Tov Sasha!!!
KOTW & ROM!!!

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Re: MY STORY...

Posted by Sasha 2 - 02 May 2016 17:16

Ok I'm back, just wasn't able to post last week.

Boruch Hashem I reached my first goal of hitting 90 day's and I hope to continue staying clean...

I noticed that what significantly changed is my day to day lusting, which is great because it made me crazy & I couldn't be myself anymore. Everything that triggered me still triggers me and I agree with what was posted that it didn't get too much easier.

I know it's an ongoing battle I just really hope that it does get easier though.

I also MUST add that it was only possible to get to this point with everyone's help here on GYE!!!!

Ive tried so many times before and never made it too far...

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Re: MY STORY...

Posted by realsimcha - 03 May 2016 03:02

Amazing! KOT!

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Re: MY STORY...

Posted by Sasha 2 - 05 May 2016 17:51

Now that im past 90 day, I'm finding that its getting harder for me (somewhat).

I find that I'm forgetting how it killed my life and destroyed me!

In a way i feel i can view something and it wont hurt me because I am already immune!!!!

any advice?

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