

why would this time be different?

Posted by mevkesh1 - 15 Apr 2015 23:45

Hi,

i am thirty years of age, i have a wonderful life beautiful wife and children, i am a marbitz torah but i live a double life..

i am struggling with masturbation since i was 13 and inappropriate stuff for a few years i promised myself so many times that i will stop it can go for 40-50 days then i am back.

i use vcf but certain sites if i reload 15 times it will open.

i am lost sitting and crying i feel like a piece of garbage i am starting today the 90 day journey again. someone please give me chizuk and ideas so this time it should be for real.

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Re: why would this time be different?

Posted by shlomo613 - 10 May 2015 21:02

Hi mevakeah,

It's nice to see you here.

Don't disappear for another 18 days. We were about to send out the search parties..

Have things been working well for you? Do you have a scheme outside of GYE that works for you?

All the best.

Shlomo

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Re: why would this time be different?

Posted by mevkesh1 - 13 May 2015 20:24

thank you for showing interest in me, I didn't want to bother anyone, but I guess I should, at least if I want to get the Chizik from the community.

there are a few points that helped me;

1. I read forums and GYE emails regularly.

2. i came to the realization that if I want to stop I need to stop way before the actual acting out, which includes trying not to fantasize and avoiding grey area for instance clips that are not kosher but not bad.

3. to understand this one I need to make some self disclosure. my mother had a hard time expressing love, it resulted in a great thirst for expressed loved physical and verbal, the issue is that my wife has similar challenges to my mother so I still feel a void.

when my wife says she is too tired etc. I feel very down and pain and anger build up and I end up acting out blaming my wife for it. now I decide that I will try to first really understand how difficult it is for my wife to run the fort and how exhausted she really is before I judge her. this helped me tremendously and as a result we had this week a 3 hour conversation about intimate issues [which never happened before] she explained to me that a lot of stuff is against her nature but she will work on it and I told her that I will be more empathic towards her.

YES, INDEED I AM A LUCKY MAN! U GUYS REALLY IMPROVED MY MARRIAGE.

for now I feel great with the support of you guys I WILL make it bazaars Hashem!

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Re: why would this time be different?

Posted by gibbor120 - 13 May 2015 21:24

Have you ever done anything like therapy, or even pouring your heart out to a friend or Rebbi about the void you feel, about your childhood etc. It can be therapudic, and can help you quite a bit if you find the right person to talk to.

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Re: why would this time be different?

Posted by serenity - 14 May 2015 01:42

Thanks for sharing that. I can relate to a lot of what you are saying.

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Re: why would this time be different?

Posted by Hashivalisesonyishecho - 14 May 2015 02:33

[mevkesh1 wrote:](#)

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Thank you for the share and for this inspirational piece of advice.

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