

just want to get over with it

Posted by poland - 11 Jun 2018 16:02

trying to stop the problem and to stay pure would love to here from others how to get out of it
thanks mitsapim leyo sua

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Re: just want to get over with it

Posted by mzl - 11 Jun 2018 16:13

Here I am. I can say in all honesty that I am a nobody here! But I read your post and your action
of typing and submitting something is a clear sign of change to come.

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Re: just want to get over with it

Posted by Hashem Help Me - 12 Jun 2018 06:08

Welcome. It should be with hatzlocha. What are the struggles? How often? the more you write,
the more we can respond.

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Re: just want to get over with it

Posted by poland - 12 Jun 2018 18:39

masterbate when bored or depressed or go to places like areas where there are club to see
unappropriate things i just want to get out of this habit and be a good jew

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Re: just want to get over with it

Posted by Hashem Help Me - 13 Jun 2018 11:20

Are you single? married? Did you ever speak to anyone about this? A rebbi/therapist?

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Re: just want to get over with it
Posted by poland - 13 Jun 2018 14:30

single never spoke to anyone about it

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Re: just want to get over with it
Posted by mzl - 13 Jun 2018 14:43

You don't seem to like to write much. Maybe you need to speak to someone on the phone?

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Re: just want to get over with it
Posted by poland - 13 Jun 2018 14:44

i dont feel comfortable talking on the phone i rather chat or by email

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Re: just want to get over with it
Posted by lifebound - 13 Jun 2018 15:07

[poland wrote on 13 Jun 2018 14:44:](#)

i dont feel comfortable talking on the phone i rather chat or by email

Welcome!

I doubt there are many who felt comfortable when they made their first phone call. I know I wasn't, I was literally shaking.

It took me a long time to get used to the idea but it really made a difference. (I don't suggest you wait as long as I did...) Keep staying connected via chat and email, but you might want to keep the idea in the back of your mind to eventually pick up the phone and take that step.

Good luck!

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Re: just want to get over with it
Posted by mzl - 13 Jun 2018 15:17

If it's a language barrier sometimes talking is harder than writing. If it's shame, that goes away as you talk.

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Re: just want to get over with it
Posted by Hashem Help Me - 13 Jun 2018 20:12

Meanwhile, keep posting. The more you share, the more we can respond.

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Re: just want to get over with it
Posted by poland - 05 Jul 2018 20:13

hi i had a fall on tuesday after 22 days bh i learnt the rule of one day at a time and it helped me start fresh on wednesday praying for all of u may we stay pure have a great shabos

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Re: just want to get over with it
Posted by Markz - 05 Jul 2018 22:01

[poland wrote on 05 Jul 2018 20:13:](#)

hi i had a fall on tuesday after 22 days bh i learnt the rule of one day at a time and it helped me start fresh on wednesday praying for all of u may we stay pure have a great shabos

Good to hear you're back on track

I think ODAAT is not about fresh startups so as not to look back, rather it's about not counting

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days for tomorrow, if you get my drift