

my lifelong battle with lust

Posted by Mordechai - 27 Jan 2011 13:52

Hello, everybody

Let me introduce myself. My nickname on this forum is Mordechai and I'm 34 years old and living in Holland. After reading many posts on here I'd like to start one of my own and want to share my story with you and tell you how porn and nudity affected a young boy at a very early age.

My battle started at a very young age. I was about 3 or four years old I think. Because of circumstances I had to stay a night at my neighbours house. They had subscriptions to a variety of magazines and one of them was a nude magazine. When I was playing I stumbled upon it and began to look at the images. It took quite a while for my neighbours to find out what I was doing and when they discovered it they took the magazine away and told me that I was not supposed to look at it. Ofcourse this sparkled my curiosity, and when I had another chance I took the magazine again and began to look at it again. Because it was forbidden it was extra fun to do it. this was the point when lust got a hold of me. It wasn't very long before I started to search for those kind of images. when catalogues of post order companies would come in I would look for women in underwear and the swimsuit section. One time when me and where collecting old newspapers for a project at our school at 6th grade we got a box full of old newspapers but with a bundle of playboy magazines at the bottom. We discovered them and started to look at them. A couple of friends from my school had older brothers who bought porn magazines and they got hold of them and took them to show them to me. What I'm trying to say is: that in my childhood there were plenty occasions where I was presented with improper images and wasn't able to refuse them. It felt like there was this power which got hold of me at a very young age and was not willing to let me go. During my childhood and teenage years I kept struggling with it. I also learned how to masturbate at a very young age and kept on doing it. I promised HaShem to stop doing it over and over again, but wasn't able to. Before I got married I confessed my struggle to my spouse to be and fortunately she was very understanding and willing to keep loving me in spite of my addiction. Unfortunately, I still kept falling back in my addiction and kept disappointing her. I'm now 34 and as you can all see on the chart am now 67 days clean thanks to HaShem for leading me to this great website. B'ezras HaShem I will reach 90 days and beyond!!! I have good hopes that I will stop this addiction for Good but I know (as is stated in Pirke Avot) to not trust myself until the day of my death!

I want to close with a general call to Please, please keep the filth out of reach of children because otherwise this addiction will grab hold of them too. Prevention is the best cure!!!

I want to encourage all of you who are in this struggle to keep up the fight!!!!

Mordechai

=====

Re: my lifelong battle with lust

Posted by Mordechai - 10 Feb 2011 21:13

a couple of days ago I heard about a young boy who died as a result of a brain tumour. He was 3 years old and had been fighting the disease for a year and a half. My brother knows the family. It reminded me that the most important thing we can give to our loved ones and HaShem is our time!! We must not spend it on worthless things and forbidden entertainment, because you never know how much time you have.

Quite a sobering thought.

I hope it strengthens you just as much as it did me.

--Mordechai--

=====

Re: my lifelong battle with lust

Posted by Dov - 11 Feb 2011 00:21

When the real-estate in my brain is taken up with the stupid distraction that is lust, I have no time for my kids, my wife, myself, and *especially* none at all for Hashem - even if I am davening thrice daily and learning. **Boruch Hashem for every single day sober - and especially for today - no matter what was before or what may come after!**

You are a very fortunate man, Mordechai!

=====

Re: my lifelong battle with lust

Posted by Mordechai - 19 Feb 2011 19:29

Today was a very special shabbos for me... because this shabbos I reached 90 days sober!!!!!!

I'm very grateful to HKBH for helping me reach 90 days and for leading me to this great site and through GYE to all of you fine people!!!

Your support and posts help me stay strong and encourage me to go on.

a great toda to all of you

--Mordechai--

=====

Re: my lifelong battle with lust

Posted by geshertzarmeod - 19 Feb 2011 19:35

Phenomenal! Mazal Tov!

May you keep going from Chayil L'Chayil!

=====

Re: my lifelong battle with lust

Posted by Rising Up - 20 Feb 2011 00:49

CONGRATULATIONS!!!!!!!!!!!!!!!!!!!!!!

=====

=====

Re: my lifelong battle with lust
Posted by NOYA - 20 Feb 2011 01:40

Congratulations Mordechai!

=====

Re: my lifelong battle with lust
Posted by Kedusha - 20 Feb 2011 01:43

Very appropriate - on the Shabbos of Shushan Purim Koton, we can all shout "Boruch Mordechai!"

Mazal Tov!

=====

Re: my lifelong battle with lust
Posted by Dov - 20 Feb 2011 04:26

Mazel Tov.....now there is today, just like there was only 'today' yesterday. Today is precious, isn't it?

=====

Re: my lifelong battle with lust
Posted by Yosef Hatzadik - 20 Feb 2011 17:09

GEVALDIG!!!

=====

Re: my lifelong battle with lust

Posted by rashkebehag - 21 Feb 2011 04:33

wishing you ????? in all areas of your ????? ???

=====

Re: my lifelong battle with lust

Posted by ZemirosShabbos - 21 Feb 2011 05:39

Mazel tov
Mazel Tov Mordechai!

very happy to hear about your milestone

keep up your great work

you are investing in your life

(remember also that as all good investors say: past performance is not a guarantee for future

KUYGW!

=====

Re: my lifelong battle with lust

Posted by im not alone - 21 Feb 2011 19:54

mazel tov mordchei

i'm really happy for you,

such success stories are a breath of fresh air

please have us all in mind,

we all want to be there

(i'm heading there with my 18 wheeler)

in the mean time i'll just KEEP ON TRUCKING

just keep up till 120..... "years"

=====

Re: my lifelong battle with lust

Posted by Mordechai - 06 Mar 2011 21:08

(remember also that as all good investors say: past performance is not a guarantee for future results, the Y'H is known to pick fights with post-90-ers as well as newbies, if not more so)

This is so true.. Ever since reaching 90 days the Yetzer hara has been working on me. I was so thrilled about my succes that the Y'H' had me think about my succes and how I was last year and the years before. How addicted I was. when I thought about that images started to surface in my mind and I felt the urge growing again...Baruch HaShem, I didn't give in and am still clean. It's just that the Y'H'is telling me that I can afford to let my thoughts wander and see if I am still addited or still strong. Truth of the matter is: yes I am still addicted and it is only by HKBH that I am still clean!!!! it reminds me to never, ever let my guard down. (before you know it you're KO)

=====

Re: my lifelong battle with lust

Posted by ZemirosShabbos - 07 Mar 2011 17:50

[Mordechai wrote on 06 Mar 2011 21:08:](#)

Truth of the matter is: yes I am still addicted and it is only by HKBH that I am still clean!!!! it reminds me to never, ever let my guard down. (before you know it you're KO)

very true

good attitude you have there

keep up the good work!

=====

=====