

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 sparked 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

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Re: my lifelong battle with lust

Posted by Mordechai - 29 Oct 2011 20:49

Dear Chaverim,

The following is a dream I once had long before I got to know guard your eyes. I was still struggling very much at the time and had many falls. Still, HaShem has been mercifull with me and I feel this dream was a promise that one day I would free from this addcition and be cleansed from it. I post it here so some of you may find hope in it as well. Guard your eyes has been instrumental and I think essential in fulfulling this dream.

The dream

I was entering a big hall. To my left side was a something which looked like a swimming pool. It was in the form of a big square. The swimming pool was not filled with water, but with molten lava. In this pool of lava was a demon-like figure, a shed. Almost a soon as I entered the hall, I was somehow pulled into this pool. I knew that if I didn't do my best to get out I would eventually die. This shed started to fight me and wanted to drown me. He took hold of my head and pushed it under, I fought him wit hall I had, sometimes I managed to escape his grip, but he always succeded in grabbing me again and pushing me under.

Then, at a certain moment I managed to get to the side of the pool. I started to crawl out of the pool, but was unfortunately pulled back in again. This happened a couple of times. With every attempt to get out of the pool I managed to get a little bit further, until only my foot was still in the pool. This shed grabbed my foot to pull me back in, but this time I kicked him and finally freed myself from him.

I then started walking along the side of the pool. A big burden had fallen of my shoulders and I was glad I got out. I walked further around the first corner and halfway along the pool I saw that the contents of the pool had changed from molten lava to crystal clear water. At that moment I

fell into the water and got completely submerged. As I rose from the water I noticed that my clothing had changed from black to bright white. I saw more people coming up from the water in pure white garments and I saw them entering through a magnificent gate into a bright shining light. I was drawn to this light and went towards it like the rest of the people. I then entered the gate into this magnificent light.

Then I woke up.

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Re: my lifelong battle with lust
Posted by obormottel - 02 Nov 2011 05:24

[Mordechai wrote on 24 Oct 2011 18:43:](#)

Obormotel, I'm proud to be your sponsor!

I am happy to report you should now pay your \$90 pledge to GYE.

90 DAYS, yessa!

Thank you for your support and sponsorship!

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Re: my lifelong battle with lust
Posted by Mordechai - 07 Nov 2011 11:16

Obormottel,

great job! The \$90 have been donated in your honor! Thank you for giving me this mitzva. Keep on trucking!!!

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Re: my lifelong battle with lust
Posted by Mordechai - 09 Nov 2011 14:25

Today, is a challenge for me. i feel that big old monster knocking again on my door, trying to get back in my thoughts and my life. only 12 more days to go to one year clean.

I should not be to confident in my own power cause I have none.

HaShem please help me!!!! save me from my thoughts and keep me strong!!

must hold on.....

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Re: my lifelong battle with lust
Posted by gibbor120 - 09 Nov 2011 14:47

Let go of it just for today. We're with you brother.

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Re: my lifelong battle with lust
Posted by obormottel - 09 Nov 2011 15:33

you-know-who doesn't want you to get to one year. don't let him spoil it for all our sakes!

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Re: my lifelong battle with lust

Posted by heuni memass - 09 Nov 2011 18:39

Mord,

I find when it starts knocking on the door I start with tefillah as you've done and then I try to get busy w/something else. I try not to sit and think about how hard and I want etc.. Lets move on to other conversations.. How was your chulent this past week or sushi yesterday... Or what are your steps of action when thoughts come your way..? I found, when I wallow in the idea that It's a tough day then it gets harder. Do what you need to admit it etc.. and move on..

What day is bean soaking day for chulent in Ireland?or do they not?

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Re: my lifelong battle with lust

Posted by Back on Track - 09 Nov 2011 18:52

Good suggestions. Mord, I wish you the best to.

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Re: my lifelong battle with lust

Posted by Yosef Hatzadik - 09 Nov 2011 19:01

[Mordechai wrote on 29 Oct 2011 20:49:](#)

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Then I woke up.

How dare I use the name Yosef Hatzadik when **Mordechai** is the one who is having the
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Re: my lifelong battle with lust

Posted by Mordechai - 10 Nov 2011 21:13

Dear, dear chaverim,

Thank you all for your encouragement. Well, the day passed and I am still clean Baruch HaShem!!! Just posting it here on my thread lightened my burden a bit and also keeping busy helped. I am grateful and humbled to know that I am carried by such a great group of friends.

My resolve to reach a year and beyond has grown because if I will not do it for my sake, than I will certainly do it for yours!!!

Toda raba for being there and giving me all this chizuk.

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Re: my lifelong battle with lust

Posted by geshertzarmeod - 10 Nov 2011 21:32

??? ??? ???? ???? ???

[Mordechai wrote on 10 Nov 2011 21:13:](#)

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One day at a time chaver!

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Re: my lifelong battle with lust

Posted by ZemirosShabbos - 10 Nov 2011 22:37

mordechai,

glad to hear you are doing well, keep up your gevaldig efforts

ashrecha

zS

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Re: my lifelong battle with lust

Posted by heuni memass - 10 Nov 2011 23:17

One way Trucking ~>

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Re: my lifelong battle with lust

Posted by Mordechai - 21 Nov 2011 21:12

ONE YEAR CLEAN!!!!!! THANK YOU HASHEM

It feels so great... it feels like my birthday. When I started a year ago, I never thought I would succeed. I hoped for it, but expected myself to fall somewhere along the way. the daily chizuk on this site kept me going and all the warm support of everybody on this forum. thank you all. toda rabba!!

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