

Help

Posted by Daniel - 02 May 2012 02:00

I feel I'm in great need of that feeling of being wanted (by a girl)...I'm 19, in college, mast. a couple times a week, but i realize when im wanted and talking to people, i really dont have the urge any longer and just a lot better in my avoda. However, when im talking to anyone, i feel down, like a creep, even though im not, and my sexual urges surge as well. I know its a problem that im dependent on the external factors of other people talking to me and not internally confident but still...

someone help me out here...

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Re: Help

Posted by Daniel - 11 May 2012 20:44

By your brain i did mean my own brain.

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Re: Help

Posted by Daniel - 11 May 2012 21:32

And where is this 20 question SA test?

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Re: Help

Posted by Yosef Hatzadik - 11 May 2012 21:48

It is in the SA White Book. (also attached to this post.)

If you answer YES to a considerable portion of these questions, you are quite likely an addict....

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Re: Help

Posted by Daniel - 13 May 2012 02:19

Six out of twenty.

So maybe a little?

But then again, who in the world isnt?!?

If you'd like i can give you the ones i answered yes too.

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Re: Help

Posted by Dov - 13 May 2012 04:39

[Daniel wrote on 11 May 2012 20:44:](#)

By your brain i did mean my own brain.

I know that, Daniel, I know. But I have accustomed myself (at the suggestion of recovering addicts) to say "me" when i really am referring to myself. Saying the colloquial "you", as in expressions like, "*you know you really have a problem when...*" is OK for normals. But it is using a *straw man*. It makes it more *comfortable* to say things, than really saying *me* and *i* when referring to myself. It softens it.

My sponsor suggested that I save time and just get to the point. I admit I look at porn and masturbate, period. I admit I want to do this and do that, and when I see this and that it does this or that to me.

It just saves 'emotional' time and gets to the point. It also trains others to do the same themselves, which is a tremendous help to the tzibbur.

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Re: Help

Posted by Daniel - 20 May 2012 19:52

So Dov, what would you advise to 'rewire' my thinking of women?

It's extremely prevalent unfortunately in our culture, and it's just the society we live in that brought me and others to think like this.

Your words of advice would truly be appreciated here.

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Re: Help

Posted by Dov - 22 May 2012 21:33

You are certainly not a creep for loving to look at porn or masturbate so much. But it makes you miserable, so why not quit and find something else to do with yourself? Get busy, man. No sefer ever said we are 'creeps' for doing aveiros. You may be screwed up, but that gets me to the next question...

Your request for advice and help is like saying "my car won't run." Well....is the *battery* dead? Is the universal belt broken? Is the starter broken...or is it 'just' out of gas? It depends on what noises it makes, does it start at all...what's the actual presentation of the problem?

So. Your earlier posts described a porn and masturbation problem. I ask you what is the problem **you** are having with your habit? Yes, yes, it is wrong. Yes, its assur (that is, "it is wrong"). Yes, it is kind of strange for me to be *having sex with myself*. Yes, it makes the imagination take the place of real life....it requires hiding, of course...it is regular, part of a cycle, I guess you see that already. It's funny, how it sounds so much like avodas Hashem, no?

- *kviyus* (like korban Tomid)...the cycle, predictable, gotta have it every few days and feel wacky if missing it after x # of days 'clean'.

- *tzniyus* (like lifnai velifnim)...don't you *get* that feeling when you are hiding in your little corner and masturbate to your little porn shrine? I know the feeling well...

- *mesiras nefesh*...we take *risks* for our fix, don't we? Bigger and bigger risks.

Rewire yourself? Who are you kidding, Daniel. Start thinking of women differently? All you can do is the opposite of what is your pattern for all these things, be"H:

1- Instead of using them like your private imaginary toys like you (and I) always have:

Pray for Hashem's kindness and assistance to any woman you have a lust problem with, right then and there. Or for any person of any gender or type that you have *any* kind of problem with that simply will not go away, like hatred, resentment, intimidation, etc. It's all the same problem, really: our own self-centeredness and childishness. We all have it. *You* just **see** it...at least for now.

2- Frequently, guys like us get 'hyper-religious' in response to our acting out and porn use....often it makes us even more self-centered and loony. Then it does not work.

So...

Instead of reacting to your habit with plans to be *even more sincere and good*, and assuming you ought to be a tzaddik - and failing - and feeling like subhuman garbage as a natural result...try something else. It is *our own gayvoh*-thinking that assumes Hashem is a fool and *expects* us to be tzaddikim **today**. We need another approach:

Take **a** step in the right direction, now. Admit to G-d that you are in trouble - not an addict, for

you do not know if you are - and that you are not doing well with this issue. Talk with Him explicitly about exactly what you do and what you want from Him, **right in Shemoneh esrei**. If you cannot say the words "I masturbate myself" to your own **G-d**, then I ask you: *what kind of irrelevant and stuck-up god do you have?* Gevalt. He knows **exactly** what you do and **how** you do it, and how you feel **while** you are doing it. He is inside you and inside your experience. No fool, here, and no fooling. So speak it out clearly and honestly. He is with you. If you cannot speak your real mind to him cuz you think it is "improper" - but you *can* to sex-workers on the phone - then I feel very sorry for that...

Find a safe, understanding person or two to speak openly with about your habit and your plan for growth, or what you want to accomplish.

Is this a start for you?

OK, enough out of me.

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Re: Help

Posted by happyjew - 24 May 2012 12:04

Dov...i gota tell you...ur gadlus!

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Re: Help

Posted by Dov - 24 May 2012 17:32

...a drop more gayvoh and I am toast. Thanks for the chizzuk. The ikkar is what are we making of it all and what are we doing today?

Love you (really),

ciao

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