

I need help, please

Posted by some\_guy - 13 May 2012 16:44

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I have not done this before, both the posting and the opening up, but I will try to do my best. Please tell me if anything I post is inappropriate in any way. I am not married and a little younger than most GYE members. My family is not religious, but I have been trying to be for about a year now. Before that, I would masturbate whenever I was stressed. I did it almost every night. I've never even taken drugs or alcohol (except for kiddish) so masturbating was my only coping method. You have to understand that because I was secular I did not see anything wrong with it. Well, when I learned from my Rabbi that Jews should not do that, I said I would just stop. Lot easier said than done. Since trying to stop, I have been able to go only 2-3 days without falling again. And when I do fall, I get so depressed that I end up falling again and again. My Rabbi always tells me that it is natural to have these urges and I am better than everyone else for just trying to stop. Is it also natural to not be able to stop. Why do I lack the self control to just stop? I get so depressed after falling that I see a therapist to deal with my depression. I have never told him why I am always so depressed, partly because I don't feel comfortable with him. I just don't know what to do. Sometimes I feel that I should just give-up and trust that these feelings will disappear when I get older. Does that make sense, or is my evil inclination trying to trick me? Addiction is defined as not being able to stop a dangerous coping method because of the user's dependence on it. That describes me perfectly. Can I really be an addict when I am only 16 years old? I just don't know, I don't know. Please if anyone can help me in any way I would be forever grateful. I just don't understand. Please, I need help.

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Re: I need help, please

Posted by inastruggle - 29 Mar 2013 09:07

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While the sweet yid is fighting the good fight and definitely racking up tremendous Olam haboh - even if he falls every other week, Hashem still gives him amazing nitzchiyus s'char for the sincere effort he makes to stop when he is omeid b'nisayon!

i agree

But who cares? Not his wife - who gets his Chlamydia or Herpes. Not his kids - who don't really

have a father because he is just too emotionally burdened 'fighting his yetzer hora'. Not his Jewish heart - that is getting hollowed out by living a double life (or really only a half a life!).

i agree

And not me. (but who cares about me? )

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This is not about the beauty of struggling or the value of being omeid b;nisayon. This is a battle for a life. It is reality vs fantasy, winning a real life and being a real part of - vs losing and being a stranger to everyone around us who really matters. There is surely no perfection in recovery and in winning - but there is no 'middle ground', either!

i agree (though maybe you can elaborate about why there isn't perfection in recovery, not sure why not)

but i was just trying to say why sg can do this without anything but commitment and why he'll  
I agree (ok fine maybe people care about you  
succeed so if I took your point well then I think we're on the same page.... are we?

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Re: I need help, please

Posted by some\_guy - 31 Mar 2013 22:43

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Hello. I was told to post everyday even if I have nothing to say, so I am posting even though I have nothing to say.

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Re: I need help, please

Posted by Eye.nonymous - 01 Apr 2013 23:29

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Some Guy,

That's GREAT!

KUTGW.

Part of the problem, at the core of our compulsive behavior, is that our ego has gone wild. In brief: The acting out isn't really our problem; it's our solution. We use it to cover up the pain of life--the restlessness, irritability, and discontent (RID)--to escape, and to feel good. However, the relief is only temporary, and then it leaves us afterwards feeling worse than before.

But why the RID? Because life hasn't gone the way we expected. We forever live in the past filled with resentments, or in the future filled with fears (False Evidence Appears Real). Life has gone on a collision course with our ego.

Part of recovery is following the suggestions from people who have gone a little bit further along the road to recovery than we have ourselves--even though we may feel stupid doing so. At first when I employed one of the tools of recovery--calling people to share that I felt I was about to fall--I felt really stupid. Calling someone, "Hi, I'm about to m\*sturbate." And they would respond, "Thankyou for sharing." And, at first that was about it but it was okay because just as I called them and felt stupid, they were calling me and also feeling stupid. It was part of being in the club. It is also an antidote to the ego. Anything that breaks the ego is good for recovery.

Little by little, I have learned to keep watch of those underlying feelings of RID that eventually build up and compel me to act out. I am now calling people to share with them the difficulties I am facing with my life, and also the successes, and also just to be in touch--and sometimes just to ask, "How have you been?". I have come much more out of isolation (another big part of this sickness) and have formed deeper friendships than I have ever had ever before in my life. I can

share with people what's really on my mind and feel safe doing so. For over 30 years of my life I never really had that.

--Elyah

PS: When I first began to respond, I really did not think I had much to say beyond "KUTGW." Sometimes my responses end there and I feel a little silly about it. But, sometimes as I started writing (like right now), things started coming to mind. That happens quite a bit when just checking in to say hello; we start getting in touch with ourselves (and being out-of-touch with ourselves (and with other people) is another dimension of this sickness.)

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Re: I need help, please  
Posted by some\_guy - 03 Apr 2013 04:51

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Hello

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Re: I need help, please  
Posted by reallygettingthere - 03 Apr 2013 07:31

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[some\\_guy wrote:](#)

Hello

Can we call you SG for short?

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Re: I need help, please

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Posted by Eye.nonymous - 03 Apr 2013 09:55

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[some\\_guy wrote:](#)

Hello

KUTGW

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Re: I need help, please

Posted by some\_guy - 04 Apr 2013 01:00

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I find it a little odd how much importance people attach to names on this site. I think it is because some people do not want to be found in "real life". I know it seems a little paranoid, o.k. its very paranoid, but I have actually tried to find myself online, so I now what I can and can not give to stay safe. My screen name is some\_guy, my given name is Elias and my Hebrew name is Eliyahu. I really don't care which one or even a nickname you use.

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Re: I need help, please

Posted by Eye.nonymous - 04 Apr 2013 11:06

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[some\\_guy wrote:](#)

I find it a little odd how much importance people attach to names on this site.

Hello Eliyahu,

It's not for naught that people make a big deal out of names here. One major ingredient to

recovery is coming out of our fake double-life and being real, honest, and open with people. With fake names in these forums of virtual recovery, it's just as easy to hide behind a facade and not really recover.

In an extreme example, I once had a debate with a few people on a certain issue in this forum. I was being ganged up on. I didn't understand why, although what I wrote--I thought--was very compelling and convincing, why wasn't anyone taking it seriously. Nobody!

However, I picked up on something strange in the discussion, double-checked with Guard, and it turned out that all the fake user-names I was arguing with were all originated from the exact same computer. They were all the same person! I was putting so much time and effort into trying to be helpful and here was someone playing games with me. That was a shock and I had very little to do with the forum for a very long time after that.

Besides that, I've seen the syndrome of people here switching from one username to another. It becomes a game. "Well, if I didn't recover as NEWUSER, I'll be able to recovery as THIS\_TIME\_I'LL\_WIN."

Recovery comes about, first and foremost, from accepting who you are--who you really are, both the good and the seemingly not-so-good. From being comfortable with yourself, and from being comfortable showing other people who you REALLY are. It doesn't help to hide behind a fake name and, especially, to try and change your image every few months. To pretend that NOW you're somebody else, yet again.

And again, and again, and again.

--Elyah

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Re: I need help, please

Posted by some\_guy - 04 Apr 2013 20:38

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I had a rough night. I went to bed early so I could wake-up on time. I had trouble falling asleep, so I took some melatonin (a sleeping pill). I was still wide awake. Normally when that happens I would M. I didn't fall asleep until 1:00 or so and I kept waking up, but I didn't fall! However, that morning I fell, or slipped. I am not really sure where the line is. But either way, I survived the night!

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Re: I need help, please  
Posted by tocontrolmyself - 04 Apr 2013 23:47

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Fantastic!

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Re: I need help, please  
Posted by Eye.nonymous - 05 Apr 2013 10:25

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Thanks for the post!

KUTGW,

--Elyah

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Re: I need help, please  
Posted by Shlomo - 05 Apr 2013 15:38

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Nice to hear.

By the way:

I was told to post everyday even if I have nothing to say, so I am posting even though I have nothing to say.

Ha, cute.

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Re: I need help, please  
Posted by some\_guy - 05 Apr 2013 23:11

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I had another bad night. Better morning.

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Re: I need help, please  
Posted by inastruggle - 06 Apr 2013 00:18

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and better shabbos iy'h

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