

I need help, please

Posted by some_guy - 13 May 2012 16:44

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 I 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 users 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 Shlomo - 07 Apr 2013 13:05

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."

Yep, happened to me.

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Re: I need help, please

Posted by some_guy - 08 Apr 2013 01:35

I fell on Friday. I am not depressed. I got 8 clean days in a row! Before my record was 3. I hope this week goes just as well.

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Re: I need help, please
Posted by Gevura Shebyesod - 08 Apr 2013 01:56

Wow that's amazing! You can do it! KUTGW & KOMT!!!

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Re: I need help, please
Posted by Dov - 08 Apr 2013 04:31

Hi there, amigo! You are not alone....that's a little helpful to remember.

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Re: I need help, please
Posted by some_guy - 08 Apr 2013 23:17

I spoke to Dov last night. He helped a lot. I want to share what I told him. The thing that bothers me to most about M and P is not that I am scared of Gehennom. Its that I feel like an animal when I do it. It makes me feel like I can't control myself. So, what do I do now?

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Re: I need help, please
Posted by mr. emunah - 08 Apr 2013 23:23

show yourself you CAN control yourself,

do something to prove it,

tell yourself you are going to wake up 6 am tomorrow to learn b4 davening and DO it.

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Re: I need help, please

Posted by Eye.nonymous - 08 Apr 2013 23:53

[some_guy wrote:](#)

It makes me feel like I can't control myself.

That is step one and...

[some_guy wrote:](#)

So, what do I do now?

there is a solution.

--Elyah

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Re: I need help, please

Posted by fightaddiction2 - 09 Apr 2013 16:47

@some_guy - I've been in your shoes. One thing that I found very difficult was the depression that resulted from M. It made me feel like a hypocrite, professing to keep mitzvot while secretly violating them. The truth is that it's not a question of willpower - we need to recognize that we're addicts and it's a sickness that can be treated, but the regular treatment isn't just willing ourselves to overcome it, reading a lot of mussar (Jewish ethics) etc.

I just finished reading the GYE pdf on attitudes and think that you might find it very helpful as well. It's uplifting to hear that

- Those of us who deal with this, are also able to attain an extremely intense connection w/ G'; it's the flip side of the addiction. Our personalities have great strength and ability - not only for bad, but also for unparalleled good.

- G' cares about our effort, not just results. He's not blind to the struggle you're leading and every moment you resists successfully, He looks upon with great favour.

I'd encourage you to take the time to read this file patiently, and even print it out if you can:

www.guardureyes.com/GUE/PDFs/eBooks/GuardYourEyes%20Attitude.pdf

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Re: I need help, please

Posted by Dov - 09 Apr 2013 20:53

THats great stuff!

But real progress takes real action, not real thoughts. Get off your tuchess and take real actions of real love to those around you; take real actions of real recovery like you are doing already here by admitting the truth (but even more).

Getting to davening on time and stuff like that *will* help you a lot with a good self-respect. *But it is not enough.* Preoccupy yourself with being useful to others in your life and to the Jewish people (actions of real love) and preoccupy yourself with more honesty and simple actions of

recovery.

You and all of us need to do these things - **not** to 'distract ourselves from lusting', but to get a life. Get a life man! We all need to grow up. I still am, one day at a time.

I love you and so do lots of other people (and Hashem does, too, all the time).

- Dov

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Re: I need help, please

Posted by some_guy - 10 Apr 2013 06:37

Thanks. It feels so great to know that so many people support me. I will read the handbook again, and maybe I will take something different away from it now.

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Re: I need help, please

Posted by Dov - 10 Apr 2013 08:12

No, the answer is not in reading more or thinking more - it is in doing more real life things and growing up **only** happens that way. Hatzlocha.

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Re: I need help, please

Posted by RT. - 10 Apr 2013 20:08

I am not in position to give advices...so I won't. I'll just say, that I am glad to hear You made a new personal record!

keep up the good work.

Shloyme.

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Re: I need help, please

Posted by some_guy - 11 Apr 2013 05:57

I have decided to give some of tzedakah every time I fall. I hope this will help motivate me to change.

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Re: I need help, please

Posted by Eye.nonymous - 11 Apr 2013 09:42

[some_guy wrote:](#)

I have decided to give some of tzedakah every time I fall. I hope this will help motivate me to change.

Look inside yourself. What do you need to change? I'm not just talking about the p*rn and m*sturbation that you want to stop doing, but those difficult thoughts and feelings that cause all that pain in the first place that you are seeking pain relief from (that's usually how it works).

It could be anything from boredom to rage to dread to general confusion to suicidal thoughts.

It could be fights with your wife (if you're married), neighbors, parents, friends, the guy who sits next to you in shul, your boss.

You've got to take a look at what's going wrong, and then take a gruelingly honest look at your part in it.

That, I've found, is what needs to change. When the pain of everyday life goes away, then I don't feel compelled to grab the painkiller.

--Elyah

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