

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 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 Eye.nonymous - 12 Apr 2013 10:59

[some_guy wrote:](#)

This got a lot longer than I planned it to.

I love when that happens. I think it's a sign of recovery; mental detox.

Regarding the rest of your post, I'll just say that from my own experience, I have found that the more I accept myself for who I am and what I am, the more peace of mind I have.

I'm mediocre, and that's okay. I'm doing my best, and I did my best in the past. I'm not going to be the world's biggest talmid chacham, or be one of the top 10 wealthiest people alive. I've made mistakes, and that's part of being human and that's okay. I continue to make mistakes, and I always will.

When I plan out my day, if I don't take into account my tendency to waste time and get distracted, then I end up with an unrealistic plan for the day. I can't do better just because I plan to do better. One thing is for sure, with a plan I end up doing much better than without one. However, my plan has to be realistic for who I am and what I am TODAY.

With that, I keep improving. Setting my sights higher, little by little. I can't see the progress day by day, and sometimes I even seem to be going backwards. But, when I look back over the past two or three years, I see I am in a much better place today than I was then. And, I know that if I continue on the path I am on, in another couple of years I can look back and have the same feeling that things are getting better.

--Elyah

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Re: I need help, please

Posted by gibbor120 - 12 Apr 2013 17:52

Beutiful post Elyah!

Hey Some_guy, it sounds like you have a bad case of perfectionism. I do too, although not as extreme.

you might want to click on the Dr Sorotzkin link in my signature. He has some really good stuff which helped me a lot.

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Re: I need help, please

Posted by some_guy - 15 Apr 2013 06:25

Hi everybody. I have forgotten to post for a couple of days. That is probably because I have not been thinking about P or M at all! I don't know the exact date that started this streak, but I kind of like it that way. I feel like there is a lot less pressure to stay clean. Ironically, this helps me stay clean. I will be sure to post tomorrow.

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Re: I need help, please

Posted by Eye.nonymous - 15 Apr 2013 15:30

[some_guy wrote:](#)

I feel like there is a lot less pressure to stay clean. Ironically, this helps me stay clean.

Sounds a bit like surrender. Glad to hear.

--Elyah

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Re: I need help, please

Posted by some_guy - 15 Apr 2013 16:02

Hello everybody,

I had another great night and so far have had almost no desire to M! Before when people told me to surrender I did not understand what they meant. Now, I think I understand. When you surrender you don't surrender to the Yetzer Hara. You stop trying to fight it constantly and fight only when you need to. That way you are more relaxed when you don't have to fight. Did I get that right or am I missing the point.

Also, I have a small problem. When ever I go to other peoples' topics I can never bring myself to post. I feel that because I can't stay clean for that long, I should not talk to others. I am afraid that they may become worse if I contact them. I know this is stupid, but when ever I try to post it just charges into my mind. What should I do.

--some_guy/Elias/Eliyahu

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Re: I need help, please
Posted by gibbor120 - 15 Apr 2013 20:06

[some_guy wrote:](#)

Hello everybody,

Also, I have a small problem. When ever I go to other peoples' topics I can never bring myself to post. ... What should I do.

Don't think, just post.

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Re: I need help, please
Posted by Dov - 15 Apr 2013 20:31

You are so right, Elias. It's a stupid thought.

I have lots of stupid thoughts. So? It's just a thought, probably based on a feeling, and all of them are untrustworthy. So I do not believe my feelings and thoughts half the time.

You do not need to, either.

Keep on trucking.

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Re: I need help, please

Posted by some_guy - 17 Apr 2013 04:22

Today was not as great as before. I kept on thinking about M and P. I thought I would fall so many times, but I didn't! At the end of the day, I made it! Now I am going to post on some other topic!

-- some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by zvi - 17 Apr 2013 20:42

Incredible! Keep it up!

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Re: I need help, please

Posted by Eye.nonymous - 17 Apr 2013 23:49

Great!

--Elyah

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Re: I need help, please

Posted by Dov - 18 Apr 2013 17:02

Can you learn to think about some *other* things than 'M' and 'P'? This comes as a shock to most of us porners and masturbaters, but: you and your penis are **not** really that important a part of this universe - and they are not even that big a part of your life, really. Please think about this - if you are anything like me, you probably tend to believe that reality revolves around you, whether you get your porn or not, and your 'winning' of the battle of having sex with yourself or not.

Gevalt. There is a whole *world* out there! And somewhere out there is this thing called 'Hashem's Will' - the life He is making for you. It's not in your head and not in your pants - it is in your relationships with other people and what you do for them.

And furthermore, the things you do for Hashem and others are a much bigger part of your life than what you *don't* do.

We spoke about this: get involved with things outside yourself more and more, chaver.

I love you! Hatzlocha!

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Re: I need help, please

Posted by some_guy - 20 Apr 2013 00:00

I fell yesterday. I don't really want to talk about it.

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Re: I need help, please

Posted by gibbor120 - 20 Apr 2013 00:09

[some_guy wrote:](#)

I fell yesterday. I don't really want to talk about it.

Who does?

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Re: I need help, please

Posted by reallygettingthere - 21 Apr 2013 21:10

[some_guy wrote:](#)

I fell yesterday. I don't really want to talk about it.

So why are you telling us? ;-)

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