

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 some\_guy - 24 Apr 2013 23:59

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Sorry it took so long for me to respond. I was having computer trouble.

Anyway, to answer Dov's question; my mother, my father, my rabbi, my brother (though he is good at hiding it), and my sister.

Looking at this list makes me a little depressed. I have always been shy, but I never thought of it being such a problem before. I could only think of one person outside my family. It looks like I may be anti-social. I will tell my therapist about this.

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Re: I need help, please

Posted by some\_guy - 27 Apr 2013 00:09

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Looking back I have had a pretty good week or two. It may be this site or the new medicine or the therapy. Whatever it is, I have not felt this light-hearted for a long time. Its like I had a 20 lbs weight strapped to my chest for years and just took it off. All my problems are still there in full force, but I feel better anyway.

--some\_guy/Elias/Elihayu

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Re: I need help, please

Posted by Eye.nonymous - 28 Apr 2013 16:00

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Thanks for posting.

--Elyah

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Re: I need help, please

Posted by some\_guy - 30 Apr 2013 04:32

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I have not had such a good last few days. I fell at my rabbi's house on Shabbot and at home Sunday and today. But I won't get held back by this. I am going to move on to tomorrow.

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Re: I need help, please

Posted by Eye.nonymous - 30 Apr 2013 09:38

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[some\\_guy wrote:](#)

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I am going to move on to tomorrow.

Good luck.

--Elyah

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Re: I need help, please

Posted by some\_guy - 02 May 2013 04:22

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I am going to try to go the next month without looking at P. Every time I do, I must give \$20 to my Shul. If I M without looking at P, then I don't have to pay anything. I am trying to slowly "wean" myself away from lust.

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Re: I need help, please

Posted by Machshovo Tova - 03 May 2013 02:47

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Hatzlacha - whatever works for you. For me, stopping cold-turkey is the only thing that works. Drinking only beer and avoiding shnapps & wine will not work.

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Re: I need help, please

Posted by Eye.nonymous - 06 May 2013 09:27

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some\_guy wrote:

I am going to try to go the next month without looking at P. Every time I do, I must give \$20 to my Shul. If I M without looking at P, then I don't have to pay anything. I am trying to slowly "wean" myself away from lust.

I did not make much progress until I realized the problem isn't that I just have to stop m\*sturbating in the shower, but maybe in bed it's okay because I'm so hot and uncomfortable and restless trying to fall asleep that I can't fight that battle yet. Or maybe looking at really vulgar pornography is bad, but looking at sweet innocent women in sweet innocent poses in some nature reserve is okay because, after all, I really appreciate nature and beauty and I can't help myself there and so maybe it's not all that bad.

It's not one battle looking at p\*rn, or looking at one type of p\*rn, and another one ejaculating into the toilet.

It's the same force driving all my acting out--LUST. And, if I merely block off one route, it will double it's effort in another way. It's not until I recognized and surrendered LUST in all it's cunning and baffling forms until I started to recover.

Just a few words from my experience, whatever it's worth.

Good luck to you,

Elyah

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Re: I need help, please

Posted by some\_guy - 09 May 2013 00:39

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Hi everybody,

I feel great! I have been clean for about 2 weeks! I have not looked at P once this month. I still get urges, usually flashes of the P I would look at, but I hold them off. I feel like the Yetzer Hara is running out of images to through into my head. I know its just waiting for me to let my guard down. I will be sure to be prepared for the next time it attacks.

--some\_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some\_guy - 09 May 2013 23:56

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. I M in my bed twice . On a brighter note, I still have not  
looked at P.

Recently, I've started to read a few articles every time I am here. I think the ones under Torah help me the most. I am not really sure why. Whatever the reason, I have been having longer clean streaks and less "lust attacks".

--some\_guy/Elias/Eliyahu

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Re: I need help, please

Posted by zvi - 10 May 2013 00:01

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Keep going! Never give up! You're doing amazing!

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Unfortunately, I fell this morning

Re: I need help, please

Posted by Pidaini - 10 May 2013 00:09

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KOT!! It's great to hear that you feel you are making progress!!

keep us posted

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Re: I need help, please

Posted by Machshovo Tova - 10 May 2013 00:39

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[some\\_guy wrote:](#)

...I have been having longer clean streaks and less "lust attacks".

--some\_guy/Elias/Eliyahu

Way to go! "Progress, not perfection".

Hatzlacha

MT

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Re: I need help, please

Posted by Gevura Shebyesod - 10 May 2013 01:41

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Sorry you fell. But as you said, things are improving and you're headed in the right direction.

KOMT!!!

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