

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 gibbor120 - 03 Jul 2013 18:41

[some_guy wrote:](#)

i need help when ever i try to post i cry

post anyway

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Re: I need help, please

Posted by zvi - 03 Jul 2013 23:16

Then cry! Tears are never turned away by Hashem! Daven, cry, speak to him! He's with you all the way!

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Re: I need help, please
Posted by some_guy - 09 Jul 2013 06:40

Hi everyone!

I have had a great day. It is my 2nd day clean and I just feel so much better. Thank you all. You helped me pull through the depression. I will be sure to try to post more often than I have been.

--some_guy/Elias/Eliyahu

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Re: I need help, please
Posted by cordnoy - 09 Jul 2013 07:19

Great news

Keep it up

One moment at a time

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Re: I need help, please
Posted by Pidaini - 09 Jul 2013 11:27

Thanks for the update, great to hear!!

And keep posting that there is no news and you're trucking on, "no news is fantastic news"!!!

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Re: I need help, please

Posted by gibbor120 - 09 Jul 2013 21:40

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Re: I need help, please

Posted by some_guy - 11 Jul 2013 00:31

Hi,

Hi S_G, glad to hear you are feeling better. |
won't worry about tomorrow, today is enough.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by Gevura Shebyesod - 11 Jul 2013 00:34

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Re: I need help, please

Posted by some_guy - 16 Jul 2013 01:15

Hi guys,

I fell on Sunday. My Dad's computers are not filtered. I don't visit him often, and when I do my siblings usually come with me. That is enough to stop me from using those computer's. But my siblings are at summer camp right now.

I am not upset at all over this fall. In fact, I am a little proud. I went 6-8 days clean. I have only

--some_guy/Elias/Eliyahu

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Re: I need help, please
Posted by Dov - 17 Jul 2013 07:44

KUTGW

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gone that long a few times in the last two years! I am confident my future is bright.

Re: I need help, please
Posted by some_guy - 22 Jul 2013 05:07

Dear everyone,

I have been in a bad place for the last few days. I found a way around my filter. I am going to add another one. I hope it will work.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by cordnoy - 22 Jul 2013 06:15

Howbout havin someone monitorin your comp?

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Re: I need help, please

Posted by Dov - 28 Jul 2013 06:08

Don't worry, cornoy, your intentions are good, but this is no chidush. If there were really a way to get control out of his hands and into another's, he would have thought of it and done it long ago. The reason people do not really do what they need to do to stay clean is because they are really not ready to do *whatever it takes*.

It's not that some_guy has rejected the ideas that will really work - rather, he simply never allowed himself to give them serious consideration. The idea of really getting rid of the problem, is too scary. Plain and poshut.

Some_guy, you know me, and you know yourself well enough to know that if you ever test a filter, you do not have a filter at all. If u will get a filter, update your filter, etc., then in the end you will have to simply never test it, period.

Or get rid of all internet for six months or so. Demand it be removed from the house.

But that is no solution, either - cuz you will still be able to masturbate yourself to images in your head - once the sweet porn is not there for you, you will start to manufacture it from your mind or from other sources.

Either you take real steps to let it go - or you keep playing this silly GYE-style "fight it man!"

method, which is a failure for you.

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Re: I need help, please

Posted by some_guy - 19 Aug 2013 08:25

I'm a stupid hypocrite. I come here and say I want to get better, but I never actually take progressive actions. I have not been here for a month. The longest time I was clean since I was 12 was a week, which is just pathetic. Even though I know there are two good free filters on this site, I have never installed them. Nothing is stopping me from doing these things, so I must be doing them out of free will.

I am just so disgustingly weak. I am not even sure if I am an addict or if I tell myself I am an addict so I don't feel responsible for my actions. I am not even orthodox. I don't say any of the prayers. I don't keep kosher. I don't wear tzitzits. I don't put on tefillin. I go to public school. I can't even read Hebrew despite going to my shul's pre-school and Sunday school. I am so terrible that my mom decided it would be best if I **didn't** read my Torah portion.

I don't belong here. I am not an orthodox Jew or a sex addict. I am hypocritical trash. As I wrote this, I realized that I am posting this so that everyone will say 'its not your fault' or 'you are too hard on yourself'. I am so pathetic that I have to manipulate strangers over the internet to get some self-esteem. I'm a stupid hypocrite.

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