

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 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 skeptical - 20 Aug 2013 00:03

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**some\_guy**

I'm a stupid hypocrite... I am just so disgustingly weak... I am not even orthodox.. I am not an orthodox Jew or a sex addict. I am hypocritical trash... I'm a stupid hypocrite.

All I'm seeing here are labels. It doesn't really matter what you are or what you aren't.

What matters is that there is something you are doing that you can't stand doing. Sure, you think it makes you feel good, but you HATE doing it so much, so much that you decided to get on here and berate yourself because of it.

Stop focusing on your shortcomings unless you can learn from them.

Where can you go from here, because you're sick and tired of the same old?

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Re: I need help, please

Posted by some\_guy - 21 Aug 2013 18:08

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I fell a few hour ago. I don't even feel ashamed now. It is like it is just part of my life.

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Re: I need help, please

Posted by cordnoy - 21 Aug 2013 18:15

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It seems that is part of the y"h's plan.

Dov wrote in this thread that you need to get committed to the process somehow.

Gibbor said that you gotta take action.

Pick something concrete to do that will help improve YOUR LIFE, and do it TODAY!

just my advice

We all wanna help

It should be b'hatzlachah

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Re: I need help, please

Posted by chesky - 21 Aug 2013 19:26

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[some\\_guy wrote:](#)

I fell a few hour ago. I don't even feel ashamed now. It is like it is just part of my life.

So why don't you just enjoy it?

Why are you posting here?

Why is it called a "fall"?

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Re: I need help, please

Posted by Dr.Watson - 21 Aug 2013 19:42

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Sometimes the best moment is the rock bottom moment because that's when things can only get better, and there is a certain optimism in that. Someguy you don't sound very optimistic. Perhaps rock bottom is not far away, or perhaps you'll do just enough to avoid rock bottom and you won't get that sense that things have to change now. That would be a shame. Of course a lot depends on what you consider rock bottom to be.

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Re: I need help, please

Posted by cordnoy - 21 Aug 2013 19:54

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**i know i hit rock bottom nine fateful Sunday's ago, and i don't wanna go back there...ever,  
and ooh, this time I'm telling you, I'm telling you, I am never ever ever going back there,I  
am never ever ever going back there, like ever!!!!!!**

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Re: I need help, please

Posted by Dov - 23 Aug 2013 18:44

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[chesky wrote:](#)

[some\\_guy wrote:](#)

I fell a few hour ago. I don't even feel ashamed now. It is like it is just part of my life.

So why don't you just enjoy it?

Why are you posting here?

Why is it called a "fall"?

Simple truth. Refreshing question. I doubt he will answer you, tho. It just cuts too close to the center of the issue.

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Re: I need help, please

Posted by some\_guy - 24 Aug 2013 05:00

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Hi everyone,

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I feel better today. Last night I had a discussion with skeptical. He helped me a lot. I don't want to count days, but I have been clean for a little while. I will try to post here at least once a day.

Chesky, I am posting here because I want to stop. Before I didn't really believe I could control myself. I know that with Hashem's help I can stop. I know that I will never do it again!

-some\_guy/Elias/Eliyahu

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Re: I need help, please

Posted by chesky - 25 Aug 2013 10:49

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Eliyahu,

I was not challenging you (despite Dov's post)and I am sorry if it sounded like I was.

But I identified so strongly with your confusion, frustration and turmoil that I wrote what I did, because that is what I had to face.

For me the internal conflict after acting out was so great, that I had to employ a number of mechanisms to deal with the emotional turmoil.

Sometimes it would be by daavening to HaShem with intensity, often feeling sooooo close as a result, feeling guilty was another reaction (yes, guilt is part of my addiction!) and other times I would post something on the forum just to calm my feelings, to make me feel as if I am doing something, that way I would emotionally masturbate my feelings until I felt strong enough or desperate enough to act out again.

You wrote

I feel better today.

I would love to be happy for you. I don't know you and I cannot tell you what is the correct thing for you. I can only share my own experience and for me feeling better after a fall was the stage before acting out again.

Today, I don't give two hoots about how I feel. I am powerless over my feelings, ups or downs. I just gotta do what i gotta do to stay sober and sane just for today.

May HaShem give us both a clean and sane day.

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Re: I need help, please

Posted by chesky - 25 Aug 2013 10:52

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[chesky wrote:](#)

Eliyahu,

I was not challenging you (despite Dov's post)and I am sorry if it sounded like I was.

But I identified so strongly with your confusion, frustration and turmoil that I wrote what I did, because that is what I had to face.

For me the internal conflict after acting out was so great, that I had to employ a number of mechanisms to deal with the emotional turmoil.

Sometimes it would be by daavening to HaShem with intensity, often feeling sooooo close as a result, feeling guilty was another reaction (yes, guilt is part of my addiction!) and other times I would post something on the forum just to calm my feelings, to make me feel as if I am doing something, that way I would emotionally masturbate my feelings until I felt strong enough or desperate enough to act out again.

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Re: I need help, please

Posted by some\_guy - 26 Aug 2013 17:47

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Chesky,

I am sorry to hear that you are having a hard time. My feelings effect me differently than with you. When I feel really bad I would fall, which would cause me to feel bad. It creates a cycle of depression and lust. So when I feel good, I know that Hashem has helped me by braking the cycle. It does not mean that I am cured, because addicts are never truly cured. Rather, I know that now is the time for growth and development.

For the past few days, I have been great. I have had almost no thought enter my head, and the ones that did I removed quickly. Hashem stopping the Yetzer Hara from attacking me. When people said turn over the battle to Hashem, I didn't understand what they meant. Now I know. It feels so amazing I cannot describe it. All the self doubts and internal struggles are gone. Its simply amazing. I hope everyone have a nice and clean day.

-some\_guy/Elias/Eliyahu

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Re: I need help, please

Posted by chesky - 26 Aug 2013 19:57

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Thank you Eliyahu. Mau HaShem be with us all.

[some\\_guy wrote:](#)

My feelings effect me differently than with you.

I am thankful that today I am able to admit that I am powerless over my feelings.

I used to think that it was low feelings that would cause me to act-out. I am thankfully aware today that i am equally powerless over high as lows. I am powerless over my frustrations, resentments,anger as well as excitement. Without help from my Abba, I will ultimately always turn to my drug.



May HaShem grant us a sober and sane day.

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Re: I need help, please

Posted by some\_guy - 02 Sep 2013 04:28

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Hi,

I am clean right now, and that is all that matters.

-some\_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some\_guy - 10 Sep 2013 05:36

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Hi everyone,

I have been feeling better. I only look at the current minute, never before nor after. It has worked out quite well for me so far. Also, if I have done anything wrong to anybody, I plead for your forgiveness. I wish you all an easy fast on Sunday, or is it Thursday. I get confused when the fast day is on a shabbos.

-some\_guy/Elias/Eliyahu

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