

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 Dov - 24 Jan 2014 06:23

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Wow, what posting!

Thanks CC, and a big "Hi!" to you, too.

To some\_guy: You can always PM me if you like. Yes, it is all the same. But then why get honest and be open about anything at all? U really think a guy who admits that he has "the lust problem" is admitting anything at all? No, there is not. It is not the information being passed along, but in the act of saying it itself - and to a real person - that the recovery comes. This is a well-known fact experienced by many.

So though it matters not what you did, what you do, and what you want, saying it means something...and ***not*** saying it certainly means something, as well.

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Re: I need help, please

Posted by some\_guy - 23 Mar 2014 19:44

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Hello everyone,

I have not not been here for a REALLY long time. The reason is that I decided that I would **never** use an unprotected computer. That decision has helped a lot, put the obvious down side of it is that I could not post here.

I have been doing better. I have still had bad days, but those days never seemed as bad as they were before. The good day have been incredible. I cannot recall ever being as happy and carefree.

I am going to continue avoiding unprotected computers, so I may not come back here for quite a while. I want anyone reading this to know that you and this website are the reason for my recovery.

Sincerely, Eliyahu/Elias/some\_guy

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Re: I need help, please

Posted by Dov - 25 Mar 2014 07:05

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I never use an unprotected brain.

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Re: I need help, please

Posted by some\_guy - 08 Apr 2014 01:52

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I have decided to join a phone conference, but I am not sure which one. Does anyone have any advice?

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Re: I need help, please

Posted by gibbor120 - 08 Apr 2014 20:46

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A lot of people like Duvid Chaim. I called in a few times. Anyone can get the number and lots of people are on it.

I was on dov's call for a while. You have to contact dov to get the number, and everyone must use their real first name. You will get a chance to share your first step inventory with the call. The first step inventory is a history of your acting out. You write it out and then share it (you may ) I found that for this alone, the )

Hopefully, others will chime in with their experiences.

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Re: I need help, please

Posted by some\_guy - 23 Apr 2014 22:28

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Yesterday I was not doing well. Today I am better. I am constantly reminding myself to forget. Forget yesterday, the week before and every time I every did anything wrong EVER. Those mistakes are in the past, but I live in the present. The present will be the only thing on my mind.

-Eliyahu/Elias/some\_guy

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Re: I need help, please

Posted by some\_guy - 25 Apr 2014 19:16

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I have been clean for 3 hours. I will be clean for 4 hours, no matter what the Yetzer Hara does to me.

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Re: I need help, please

Posted by some\_guy - 02 May 2014 04:20

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Hello,

The last week or two have been tough for me. School was on vacation so I had a lot of free time. Yesterday I saw my therapist and I am feeling much better. Have a good Shabbos everybody!

Eliyahu / Elias / some\_guy

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Re: I need help, please

Posted by some\_guy - 29 May 2014 03:59

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I recently read an article about a rabbi. I don't want to talk about what he did, but it showed me what would happen to me if I did nothing. I am going to try to come here more often. If I can, I will post everyday, even if the post just says "Hi".

-- Eliyahu / Elias / some\_guy

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Re: I need help, please

Posted by Pidaini - 29 May 2014 07:32

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Hi

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Re: I need help, please

Posted by some\_guy - 31 May 2014 00:03

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I messed up this morning, but I don't care. That is in the past and I live in the present. I spend most of the day at my Shul and I am going to my rabbi's house for Sabbos dinner. I am not going to let some stupid mistake in the past ruin this wonderful day.

- Eliyahu / Elias / some\_guy

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Re: I need help, please

Posted by some\_guy - 06 Jun 2014 22:46

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Hi

- Eliyahu / Elias / someguy

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Re: I need help, please

Posted by dms1234 - 09 Jun 2014 01:16

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HEY!!!!

How are things? How was Shavous? How is life??

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Re: I need help, please

Posted by some\_guy - 09 Jun 2014 02:18

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I am doing pretty good. Have had trouble, but I am ready to for a new start.

-Eliyahu/Elias/some\_guy

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