

I need help, please

Posted by some\_guy - 13 May 2012 16:44

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I have not done this befor, 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. Befor that, I would masterbate whenever I was stessed. I did it almost every night. I've never even taken drugs or alchohol (except for kiddish) so masterbating 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 theropist 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 I just give-up and trust that these felling will disappear when I get older. Does that make sence, 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 dependance on it. That describes my 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 serenity - 27 Mar 2015 14:44

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we will be here

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Re: I need help, please

Posted by cordnoy - 29 Mar 2015 15:25

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[some\\_guy wrote:](#)

I am have been clean for 11 hours. I will come back here in 34 minutes.

- some\_guy/Elias/Eliyahu

sounds intense....did you?

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Re: I need help, please

Posted by some\_guy - 01 Apr 2015 02:06

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My therapist started counting hours instead of days. Also, I should only count hours that I am awake. I keep a little note card in my right pocket and put tallies on it for every hour that I am

I have been feeling better and have had lustful thoughts less. Yesterday was a little challenging, but I made it through. My therapist also suggested writing quotes from this website on a note card and then looking at it whenever I feel the need to.

One of my favorites is, "... it is in man's power to elevate by means of his tears not only the souls that he himself brings down, but also some of the souls that other men brought down..." What I like about it so much is that it reminds me that what I am doing helps of of klal israel. It tells me that by fighting I am benefiting other Jews, so what right do I have to give up.

Cordnoy, I did not come back. I went somewhere else; but that was then and this is now. I can't do anything about that. I need to focus on this hour. Nothing more; nothing less.

-some\_guy/Elias/Eliyahu  
clean. Right now there are 91 tally marks.

P.S. Happy Passover!

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Re: I need help, please

Posted by cordnoy - 01 Apr 2015 02:28

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[some\\_guy wrote:](#)

Cordnoy, I did not come back. I went somewhere else; but that was then and this is now.

Great to hear.

As long as nobody took your light or drained you down.

b'hatzlachah

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Re: I need help, please

Posted by some\_guy - 02 Apr 2015 21:52

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I have 115 tally marks.

I am feeling a little weak right now. This one thought will just not go away. I am going to stay on this site for a while. Hopefully that will help.

To everyone one on Guard Your Eyes, have a great Yom Tov!

-some\_guy/Elias/Eliyahu

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Re: I need help, please

Posted by Gevura Shebyesod - 03 Apr 2015 00:38

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Hi s-g/E/E welcome back!!

KOMT it doesn't matter how you calibrate the odometer as long as you're driving on the right road.

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Re: I need help, please

Posted by cordnoy - 03 Apr 2015 03:04

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[Gevura Shebyesod wrote:](#)

Hi s-g/E/E welcome back!!

KOMT it doesn't matter how you calibrate the odometer as long as you're driving on the right road.

in da right direction

probably need da correct lane as well

udderwise, you should be ok

b'hatzlachah

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Re: I need help, please

Posted by some\_guy - 08 Apr 2015 02:13

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I have some bad news. I now have 14 tally marks, but I am not depressed. I am not even upset. I am happy and proud! I got 149 marks! That amazes me!

No matter what happens now, those marks are mine. I know that Tatte gave them to me and that he will happily give more! The next time the yetza hara attacks me by saying, 'You are a failure,' I will pull out my index card and show him every hour that I have. The yetza hara can't go back in time to take those hours from me. They are a precious gift from my Tatte, and like any father, my Tatte will give me more when I ask.

On a different note, my therapist suggested that I fold a few note cards in half and write four quotes on them. Every day I will carry a different one in my pocket in case of emergencies. Do you have any suggestions for quotes to add?

Sincerely, some\_guy/ Elias/ Eliyahu

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Re: I need help, please

Posted by serenity - 08 Apr 2015 02:26

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Thanks for your honesty and positive attitude!

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Re: I need help, please

Posted by some\_guy - 09 Apr 2015 00:46

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The yetza hara attacked me a little throughout the day, but Hashem always made him go away after a minute or two. I have 28 tally marks and feel so proud. Tatte has given me 28 present, 28 jewels that are just for me! I hope you all have a good night and better day tomorrow.

Sincerely, some\_guy/ Elias/ Eliyahu

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Re: I need help, please

Posted by gibbor120 - 17 Apr 2015 19:21

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NEVER EVER GIVE UP!

Stay out of isolation.

Hashem Loves me and is taking care of me.

Let go, and let G-d run my life.

Just my suggestions off the top of my head. Check ppls signatures, and under their pictures, there are lots of good ones. the chizzuk emails are also full of them.

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Re: I need help, please

Posted by some\_guy - 17 Apr 2015 20:54

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Around 2:00 I started having bad thoughts. My yetza hara convinced me that I have been clean for long enough. I got home at about 2:30. I had been thinking about the bad things the whole time. Everything was planned out. After I got through my front door, I put my bag in my room and head down the hallway that leads to where the computer is. Halfway down my yetza tov and yetza hara started fighting. I kept switching back and forth. A said softly to myself, "Go away you b\*\*\*\*\*d," and went into my room. I grabbed my Tehillim and opened to a random page and starting reading. Right now I am 99 hours clean.

I think that I have only pulled myself away like that 2 times before. It made me feel proud and strong. Knowing that I can give our Tatte so much nachas is such a great feeling. Have a good

Sabbos everyone!

- some\_guy/ Elias/ Eliyahu

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Re: I need help, please

Posted by shomer bro - 17 Apr 2015 21:18

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Wow!! That's so amazing!!! Such a chizzuk for me to read!!

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Re: I need help, please

Posted by Gevura Shebyesod - 17 Apr 2015 22:50

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wow that's amazing! Tatte is proud of you and so are we! He is there for you anytime, you just have to reach out to Him.

KOMT and have a great Shabbos!

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