

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 MJB - 18 Sep 2015 10:17

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Hey Eliyahu,

Sorry to hear you had a tough night.

Wishing you continued hatzlacha and growth.

Gmar chassima tova

Eli

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Re: I need help, please

Posted by some\_guy - 01 Oct 2015 01:54

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Last night was really tough. I felt like I was going to burst. I felt like I just had to look at P and M. I am very happy to say that I ripped myself away from the computer and went to bed early. I am 46 hours clean. That is 46 angels I have created, who will help me with my struggles. In total, I have an army of 2048 angels. In 6 minutes, I will be blessed with another.

-some\_guy/ Elias/ Eliyahu

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Re: I need help, please

Posted by some\_guy - 20 Jan 2016 02:51

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I recently had a sign that my therapy is working! After so long, I have undeniable proof that my efforts have not been in vain! Before, the lustful thoughts that would pop into my mind would be about horrible, disgusting things. The kind of stuff that would make healthy people vomit. However, now some of the lustful thoughts are about normal things. I am still forcing them out of my head, because lust is bad for me; but this proves that the work I have been doing has been having an effect.

Right now I am 12 hours clean, and will get another hour in 9 minutes.

- some\_guy/ Elias/ Eliyahu

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Re: I need help, please

Posted by some\_guy - 12 Mar 2016 00:43

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Hi. I have not been here for a while. I have not been doing any better; thankfully, I have not been doing any worse. I do not know what else to say. I am going to go pray now.

-some\_guy/ Elias/ Eliyahu

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Re: I need help, please

Posted by markz - 13 Mar 2016 00:32

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Welcome back

Hey I was also trying... Hitting my head against the wall trying to beat lust for years. +-6 months ago things changed for the better BH

Youll have to forgive me, but 26 pages is alot.

Would you care to summarize your story in 26 sentences or less, and if you want a little input I'll be glad to share

**Warning: Spoiler!**

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Re: I need help, please

Posted by Dov - 15 Mar 2016 04:02

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I hope you are doing fine, Elias. You are a good fellow and your wise Rabbi is so right! The world is good, just be happy. It's so true. If you do your part and try your best to be happy, I am sure that Hashem will do His part and things will work out ok, even if you are still sinning. And along the way, Hashem will help you quit and get yourself a real life that does not depend on fantasy.

We all sin once in a while, even your Rabbi does. The point is not to make a habit of it by giving it a life of it's own. Don't obsess about it - unless you want to keep doing it. And I know you really want to have a life, to grow up, and to be a better person, too.

You will succeed!

We have spoken a few times. Speaking is nice, but practicing these things will help you more than talk. Hatzlocha with your therapy!

- Dov

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Re: I need help, please

Posted by some\_guy - 28 Mar 2016 20:09

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I am 20 years old. I went to preschool and Sunday school at a local temple, and sometimes went there when they had a party. Other than that, I was completely secular. I first M when I was about 12 years old. Around the same time I started to watch P. I was seeing a psychologist

at the time because I was really depressed. I stopped seeing him soon after I started M, because everyone thought I was better. I did not feel better; I felt numb because I was M 3-4 times everyday. When I was about 16, I started becoming interested in Judaism. When I learned that Jew should not M and look at P, I decided to stop. That is when I realized that I had a problem. I could not go longer than 2-3 days without falling. In addition, I started to see a psychologist again because I was no longer self medicating. Right now, I count hours instead of days. Only hours that I am awake and out of bed count. I am at 39 hours right now.

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Re: I need help, please

Posted by skeptical - 28 Mar 2016 23:36

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Have you ever considered not counting at all, and instead to focus on being happy while doing what needed to get done?

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Re: I need help, please

Posted by David26fr - 31 Mar 2016 06:46

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I am agree with Skeptical, and I think you are maybe too focusing to avoid p\* and m\*, and this can have the opposite effect than the one you are looking for...

Maybe you have to work on being happy, to enjoy every moment of life, and to stay vigilant but not focused every instant on the problem.

Did you analyze what are the triggers that eventually led you to fall ? Apart from the addiction himself of course

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Re: I need help, please

Posted by shmulyz18 - 04 Apr 2016 00:59

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[Dov wrote on 11 Jun 2012 04:42:](#)

What in the world does Him *forgiving* you for this sin have anything to do with Him *loving* you?

Nothing.

Dov, I disagree with you. Forgiveness and love go hand in hand.

Elias, I think you are doing a great job. I know that the family if unfiltered and I'm tempted when I am on it. You can overcome this challenge. The Guard told that the apple was a test from HaShem to test Adam and Chava. I think that HaShem knows we are all righteous people. And he tests us. So please do not let him down.

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Re: I need help, please

Posted by GuideMe - 04 Apr 2016 01:32

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Elias, do you think you are *addicted* to lust or just a *normal* guy sinning once in a while?

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Re: I need help, please

Posted by Dov - 04 Apr 2016 03:31

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[E-Tek wrote on 13 Jun 2012 18:35:](#)

Try to imagine the greatest love that exists on this earth- it's a parable to Hashem's love for you, so that you can better understand Hashem's love for you. All relationships in this world are mosholim for our relationship with the Ribono Shel Olam.

When a child runs across the street, does that minimize the love of the parent for the child? Not in the least. Low grades? Nope. And the parent doesn't even KNOW what goes on in the kid's mind, that he was depressed at his progress and couldn't study. Hashem knows you, he knows how hard it was, and he loves you... If He is disappointed about your failure, he still wants you

to succeed, and He is willing to help anytime you reach out. He loves you. Believe it.

And, we at the forum love you too (on a smaller, mortal scale), and want to see you succeed.

B'Ahava,

Meir

And **that** explains exactly why Hashem forgiving *you* has nothing to do with Him loving *you* or not loving *you*.

His love for you and me is not like our love of another person...nor even like our love for Him. Our love is usually based on our recognizing virtue in another, or as a result of getting something precious from them, like approval or love. We come to love Hashem, as Rambam clearly writes, by recognizing and thinking about *His* virtue and greatness.

But His love (just like everything else 'about' Him) is not a result of anything. It's intrinsic. His Love of you has nothing whatsoever to do with your deeds. It is permanent and total, unchanged by anything forever. Forgiveness of a person is only possible if you love them in some way - for Hashem this is not so at all. As the gemora says He naturally forgives and the business of "*If a person is ashamed of their sin, they are forgiven immediately (gm' Brachos)*" just means that Hashem withholds the 'payoff' of their being forgiven until putting it into action would not harm them further. Clearly if you let someone **know** they are forgiven and erase the results of the cheit even *before they take any serious action* to change, they won't take the entire issue seriously and they will just keep sinning more and more and messing their lives up by being a loser.

Now, if you believe that the only **real** 'damage' that results from masturbating yourself is the fact that G-d punishes you for it...then you are way off-base here and none of this will make much sense to you, of course. Because it becomes circular: "I need forgiveness because I did some random thing that He says I must not do...and He is the one who I beg forgiveness from," is just plain crazy. It explains a good degree of the OCD-nuttiness that goes on here regarding sexual sins and, ironically, reduces it to the same self-centered obsessiveness as all *other* brands of OCD.

So the reason I wrote the comment (3 years ago) that Shmulyz18 commented on now just above, was in response to the following post before it by Some\_guy (Elias) from 3 years ago:

*You are also saying that Hashem loves everyone no matter what they do. I am reading a book on Chasidic thinking that says that a lot. I just don't understand how that can be possible. How can He just forgive me for doing this disgusting, immoral sin. I read in a few book that this sin is the worst one in the torah. I just not good enough to deserve compassion. Like a few days ago. As soon as I got out of bed, even befor washing my hands or using the rest room, I went to my family's computer. I was not able to even slow myself down. How can He just forget about that like it didn't matter?*

Make sense now? The fellow is fixated on his performance for G-d. He is stuck in the thinking that everything is a test, that he is the Actor on The Great Stage, and sees G-d as the unfortunate cosmic Ringleader going crazy because his pets are screwing everything up, fouling-up His plans. He is set to punish them now and teach them a lesson!

Gevalt, this is just not the Truth. At least, it isn't the perspective any mature oved Hashem / *know* walks around with. It's based on a view that is self-centered, not G-d-centered.

And I will repeat below what I posted 3 years ago to Some\_Guy(Elias) above - see it in light of the clear, terse, and honest posts here by Skeptical, please. And you will see they are saying the very same things he suggests but with more detail.

And what did Some\_Guy do with those ideas then?

How long is this same battle going to be waged back and forth with the same ideas being bantered about, the same suggestions being made, and the same arguments a month-or-year-later all over again? How will anyone finally be convinced?

I say it will run around indefinitely - until the missing ingredient is finally found. And I think that ingredient is finally starting to let go of the self-centered view that **we all** have as a left-over from our childhoods.



The Holy Grail of GYE: 'finally figuring it out', is not the answer. Intellect and thinking will not solve this. Not by a long shot.

Rather, as AA simply puts it in the sweet Member Stories: '*Acceptance* is the Answer'.

The missing ingredient for me, that makes all my recovery fail or work, is my willingness to **grow up**.

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Re: I need help, please  
Posted by Dov - 04 Apr 2016 03:32

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[Dov wrote on 31 May 2012 20:04:](#)

I am not giving you 'advice', per se. Please try reading it again and take your time. I am relating my personal experience. It is a process. Knowing that but remaining self-condemning and impatient is one thing - accepting it and moving on from there is a completely different experience. You will be successful living **with** Hashem - even if your desires win out sometimes. But you will not likely be successful living with your yetzer hora, even if you cry to G-d constantly.

Many of us report that things started to change when we finally climbed out of the toilet of self-disgust and accepted the fact that Hashem loves us exactly as we are - even masturbating.

That is not the ending point, to say "so I might as well go masturbate to porn again!" - rather, it is the starting point for learning to start growing up. And you will not be perfect on the way there.

Is that any clearer or is it still muddy waters?

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Re: I need help, please

Posted by cordnoy - 04 Apr 2016 13:08

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[E-Tek wrote on 13 Jun 2012 18:35:](#)

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Thanks

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