

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 Shlomo24 - 06 Apr 2016 02:14

[some_guy wrote on 06 Apr 2016 01:45:](#)

The official definition of an addict in the DSM-5 is a person who displays 3 or more of the following 11 symptoms. The more symptoms, the more serious the disease. I display 8 symptoms, and possibly another 2. I have bolded the symptoms that I have and italicized the symptoms that I might have.

- 1. Taking the substance in larger amounts or for longer than you meant to**
- 2. Wanting to cut down or stop using the substance but not managing to**
- 3. Spending a lot of time getting, using, or recovering from use of the substance**
- 4. Cravings and urges to use the substance**
- 5. Not managing to do what you should at work, home or school, because of substance use**

- 6. *Continuing to use, even when it causes problems in relationships*
- 7. *Giving up important social, occupational or recreational activities because of substance use*
- 8. **Using substances again and again, even when it puts the you in danger**
- 9. **Continuing to use, even when the you know you have a physical or psychological problem that could have been caused or made worse by the substance**
- 10. **Needing more of the substance to get the effect you want (tolerance)**
- 11. Development of withdrawal symptoms, which can be relieved by taking more of the substance.

I am an addict. Also, I will have 44 hours clean in 16 minutes.

Heck; I think I have all of them.

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Re: I need help, please
Posted by skeptical - 06 Apr 2016 04:27

I have 10

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Re: I need help, please
Posted by cordnoy - 06 Apr 2016 04:28

11

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Re: I need help, please
Posted by Dov - 06 Apr 2016 21:48

[some guy wrote on 06 Apr 2016 01:45:](#)

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I am an addict. Also, I will have 44 hours clean in 16 minutes.

Congratulations, Elias. So you are an addict. Mazel Tov.

That does nothing for you, as long as you keep obsessing about the issue.

How about growing up? It may not seem glamorous enough for you, and there many be others who like massaging your ego and 'being nice'...but if you are an addict after all then how about listening to what the addicts tell us in the literature:

We are King Baby and need to grow up a lot.

Instead of focusing on your 'clean time', how about focusing on growing up and all that it entails?

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Re: I need help, please

Posted by some_guy - 18 Apr 2016 16:11

Last Tuesday I was walking home from the bus stop and evil thoughts kept attacking me. I took a math test that I did not know about; I forgot how do solve some of the problems and had to leave those answers blank. Usually, when something like that happens to me, I would look at P and M as soon as I got home. Eventually, I did both of those things. However, I see Tuesday as a **major** win. The reason is that I resisted falling until 7:00 or 8:00, I forget which. That's 4-5 hours of me defeating the Yetzer Hara when he was at his strongest!

My personal, inner battle was like a reenactment of the Battle of Bunker Hill, which was an early battle fought during the American Revolution. Overnight the Americans sneaked up the hill and quickly set up the best fort they could. When morning came, the British realized what the Americans were doing and attacked. Even though they had less men, worse weapons and inexperienced leaders, the Americans managed to kill a very large amount of the invading British. Eventually, the Americans had to retreat and give up Bunker Hill to the British.

Similarly, I had built up my defenses subtly. When the Yetzer Hara realized that I was not falling anymore because of my defenses, he launched a full scale attack. If every time I fell I created klipah and every time I suppressed my desires I created angles, then I am completely, positively sure that me and my angles were outnumbered. I do not need to explain to any of you how powerful the weapons of the Yetzer Hara are; the fact that anyone has ever beaten him is nothing short of a miracle. I have not had a clean streak as long as that one for a very long time (maybe never), so I did not have much experience fighting battles of that type. Despite all of this, my angles and me held of the Yetzer Hara for a very long time. Even though we won that battle, he is now in a worse position in the war because I have so much more self-confidence and less depression that before.

-some_guy/ Elias/ Eliyahu

P.S. This is why I count hours. If I was counting days or not counting anything, then I would not have realized how much I have grown.

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Re: I need help, please
Posted by markz - 19 Apr 2016 04:57

Counting hours till the next sexcapade?

That sounds cool

But does that really make much sense?

Masturbate every 45 minutes, and you may find yourself by a Dr of sorts

Masturbate after 5 hours, I'm sorry bro - you're the loser, not the YH

Hes wiser than you, so he puts in your head the thought that you defeated him, but currently you're in a win win situation

KOM

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Re: I need help, please
Posted by Shlomo24 - 19 Apr 2016 05:45

Keep on doing what is working for you eliyahu. And don't mind the harshness of Mark, he means well.

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Re: I need help, please
Posted by markz - 19 Apr 2016 05:56

Shlomo

FYI KOM can mean

Kick Out Mark

post of the year please

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Re: I need help, please

Posted by Shlomo24 - 19 Apr 2016 06:02

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Re: I need help, please

Posted by markz - 19 Apr 2016 06:05

[Shlomo24 wrote:](#)

I think you are a wonderful person Mark.

Read it again, I did NOT say kiss out mark

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Re: I need help, please

Posted by peloni almoni - 20 Apr 2016 04:48

[Shlomo24 wrote on 19 Apr 2016 06:02:](#)

I think you are a wonderful person Mark.

see mark, i told you these kiss smileys had a use on the men's forums.

hell, i basically even predicted by who and for what.

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Re: I need help, please

Posted by Shlomo24 - 24 Apr 2016 21:59

[peloni almoni wrote on 20 Apr 2016 04:48:](#)

[Shlomo24 wrote on 19 Apr 2016 06:02:](#)

I think you are a wonderful person Mark.

see mark, i told you these kiss smileys had a use on the men's forums.

hell, i basically even predicted by who and for what.

Where did you predict it?

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Re: I need help, please

Posted by shmulyz19 - 27 Apr 2016 20:27

KUTGW,

means Keep Up The Good Work

KOMT!!

means Keep On Monstah Trucking

KUTGA???

I have no idea. Could someone please tell me what this means?

I am going to add this to the Glossary, but I need a meaning first.

TYKOT

Shmulyz18 AKA Betterman AKA Shmulyz19 AKA Shmuly.

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Re: I need help, please

Posted by Gevura Shebyesod - 28 Apr 2016 03:08

Keep

Up

The

Good

Attitude!

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