

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 yiraishamaim - 02 May 2016 17:59

[Dov wrote on 06 Apr 2016 21:48:](#)

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

Simple but powerful.

focusing on clean time - is like a doctor only addressing the symptoms.

focusing on growing up - is like a doctor addressing the root cause

If we focus on staying clean only the fall is more likely to occur

If we focus on the fundamentals the clean days(one at a time) will *memayla* happen and long time sobriety is much more probable.

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Re: I need help, please

Posted by GuideMe - 03 May 2016 00:53

Sounds like you need some help. How about SA?

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Re: I need help, please

Posted by Dov - 09 May 2016 20:18

Hey, your concern is fabulous...but why do you think he is appropriate for SA? I just want to throw out a suggestion for a little caution.

The guy you are responding to there is no newbie...(he is a great guy and) he has has been around the GYE merry-go-round for a very long time. Perhaps he needs professional advice and care before he gets dropped into a 12 step group. Joining a real, live 12 step group saved

my life. I could never ever have gotten sober in a virtual place like GYE. But 12 step groups are best geared for people who are suffering enough that they are ready to *do* things, ready to *take* actions and to reach out for real in-person help. Most people are here on GYE davka because they are not yet willing to do most of those things. And I have watched over a hundred GYE members change into program-attendees...but it is certainly not for most of them.

Is he ready for real groups? Only he knows, I guess.

Boruch Hashem, newcomers **will** be loved but **won't** be coddled or chased-after in real, live 12 step groups. Probably no one will beg them not to masturbate nor ask them to "please get well!" in a 12 step group. And that is exactly as it needs to be. And by the same token, many there **would** sell their shoes to help any other addict in or out of the group.

So going to meetings is a bit like 'going to the Mir', for some people. You will get from it what you put in to it. If one is not willing to really make relationships there, there is little they will walk away with. And if they do, then what they will get is far more than any person can ever give them.

Is he ready for something like that, or will he just flounder there? Only he knows, I guess.

The other little caveat for me on this same issue:

We in 12 step groups like to know that only *serious* people are walking into the rooms. Our reputations are ultimately protected by G-d, but it is nice to know that minors and other curious onlookers are not coming in. Those types are generally terrified to walk in - which is our best security. People who have no clue what anonymity means are a terror.

Is he ready for something like that? Is he safe for the other people in the rooms? I have no idea. He probably has some idea, himself.

These are some of the things I think about before suggesting the *option* of meetings to guys who describe they have problems in sex and lust obsession. So I just took the opportunity to

share it here with my friends.

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Re: I need help, please

Posted by some_guy - 29 Jun 2016 05:18

I gave up and things were going fine. I would look at what ever I wanted and do what ever I wanted. I was not happy; M never made me happy. It numbs everything and makes all the pain go away for a while. Today I suddenly felt really bad because a good Jew would vomit if they saw what I look at. Its about 1:00 here. I was lying in bed trying to fall asleep and one thought would not stop running through my head. Yaakov called Reuben the first of his strength, or something like that. What he meant was that the first time he had ever released seed was when he begot Reuben. He was so proud of this that he included it in the last words he said.

I surrendered, gave up, quit, etc. Yet the guilt is still there. It was gone for a while, but now it is back. I hate this. When I fight I am in pain, and when I do not fight I am in pain. I just want to pain to stop.

P.S. To everyone who will tell me that Hashem is not looking for perfection, he is looking for progress: I kept track of the length of my streaks for well over a year. When graphed Streak # vs. Streak Length, the equation for the trend line is $-0.097x + 48.732$ with $R = 0.0018$. What this means is that the length of my streaks has not changed since I began.

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Re: I need help, please

Posted by skeptical - 29 Jun 2016 16:52

".Your Rabbi always gives you the same advice. "Be happy. The world is good. Just be happy

?Are you following his advice

.Depression is poison

.Guilt is poison

.There's no way you will see any positive results if you keep beating yourself up

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Re: I need help, please

Posted by goodchange613 - 05 Jul 2016 22:03

[some_guy wrote on 29 Jun 2016 05:18:](#)

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for us non-mathematicians can you explain that in more detail?

thanks!

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