

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 Gevura Shebyesod - 28 Nov 2012 22:06

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Are they for "lemaase" or just curious?

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Re: I need help, please

Posted by Dov - 30 Nov 2012 18:46

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Ask your rabbi about porn and masturbation first.

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Re: I need help, please

Posted by some\_guy - 03 Dec 2012 15:18

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I feel disgusting. I want to kill myself just to make sure I never do anything this disgusting again. I don't care that I will forfeit my reward in the next life. I just want to stop being disgusting.

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Re: I need help, please

Posted by Gevura Shebyesod - 03 Dec 2012 15:36

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SG,

I'm sorry you fell again. But look at this, you never were able to make it more than a day or 2, now you did 5 days twice in a row! Don't you think that counts for something?

Progress not perfection, a little at a time....

KOMT!!!

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Re: I need help, please

Posted by Dov - 03 Dec 2012 17:52

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Dear SG,

Contrary to whatever you may believe (or what some others will tell you), the day you open up to a safe, understanding person and detail exactly what you recently did that makes you feel so disgusting today, you will finally start feeling less disgusting. It's the only real start - and that's why we fight it so hard. It's **not** out of shame, but something else entirely. The shame is there, but only a red herring....

It's a shock to learn that feeling disgusting is not really the *result* of our acting out, SG - it is more nearly the **cause** of it.

But self-loathing is something many of us (I know from myself and from many others) have *held onto* so tightly for so many years that when the time really comes to do the things that will finally render it irrelevant - we balk! As guilty as the behaviors make us feel - they are our 'friends'....we long-term frum strugglers have so *few* things we can really trust in this world the way we learn to trust porn and orgasm for making us feel relieved of our stress and self-hatred. In the same way, we have grown to trust and *love* our defects of character, because they are our favorite coping mechanisms.

So....it is **acceptance** that helps us regain sanity and control of our lives. Not more of the same silly fighting and controlling that got us here.

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Re: I need help, please

Posted by Peace Of Mind - 04 Dec 2012 00:24

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Re: I need help, please

Posted by Peace Of Mind - 04 Dec 2012 19:32

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Re: I need help, please

Posted by Dov - 04 Dec 2012 21:03

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Why the desperation? Can you or your chizzuk save him? I know mine can't. He will post when ready, it's OK.

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Re: I need help, please

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Posted by some\_guy - 06 Dec 2012 21:19

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Sorry for not posting for a while. I was at the hospital. I feel much better now.

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Re: I need help, please

Posted by Peace Of Mind - 06 Dec 2012 23:06

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Re: I need help, please

Posted by Dov - 06 Dec 2012 23:09

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Hey, I was at the hospital, too! Hope you are mended now, too.

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Re: I need help, please

Posted by jewish jew - 06 Dec 2012 23:55

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[some\\_guy wrote on 03 Dec 2012 15:18:](#)

I feel disgusting. **I want to kill myself** just to make sure I never do anything this disgusting again. I don't care that I will forfeit my reward in the next life. I just want to stop being disgusting.

So has ANYone heard from some-guy since he posted about his fall? -I just hope he is ok!

That is what WSMNB was nervous about and now I see Some Guy was in hospital!!

Yitzchok

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This is real nerve racking stuff! ;D :D :

Re: I need help, please

Posted by some\_guy - 05 Jan 2013 01:08

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Hi everyone,

Sorry for not coming here for a long time. I have been really bad. I feel like I want to surrender just to make this fighting stop. The battles in my mind are tearing me apart. I just can't do it anymore. Please, make it stop. I can't do this. I have no self control. I can't stop for even a day or two now. I just want it all to go away.

Elias

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Re: I need help, please

Posted by nederman - 05 Jan 2013 02:06

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[some\\_guy wrote:](#)

Hi everyone,

Sorry for not coming here for a long time. I have been really bad. I feel like I want to surrender just to make this fighting stop. The battles in my mind are tearing me apart. I just can't do it anymore. Please, make it stop. I can't do this. I have no self control. I can't stop for even a day or two now. I just want it all to go away.

Elias

If I recall correctly you had some good motivation to stop, thinking about how beautiful Shabbos is, and how bad you feel when you masturbate because of your perfectionism. And in terms of method you had chosen SA. So go to SA meetings and find a sponsor. They used to say "90 meetings in 90 days." If you still like this approach then do it. If you want to try the cognitive method just tell me. I can send you instructions via private message.

There is one case where a person can never get better, which is when he ignores the instructions manual and tries to guess the best approach because he knows better. This behavior destroys the benefits of having a Rabbi, the cognitive method, sexaholics anonymous, and everything else. You have to follow the instructions. So if you are doing SA, then do it by the book. You cannot change a method until you understand "why it works and when it doesn't." And even then you think about it ten times first.

If you want you can call me before Shabbos. I am on eastern time. If you don't have my phone number I can give it to you again.

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