

How bad am I and what is the next step?  
Posted by endofmytether - 07 Aug 2013 19:03

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Dear everyone,

**I have removed the details as they are no longer necessary and for privacy reasons**

With all my heart,

At the end of my tether!!

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Re: How bad am I and what is the next step?  
Posted by endofmytether - 13 Aug 2013 18:22

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I am starting to feel much better over the last few days, and i hear a voice telling myself I dont really need therapy. It was just hard with my cousin staying by me!!

Should I ignore this voice and go anyway just in case or indeed measure myself again now over the next few months to see if maybe I am really normal?

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Re: How bad am I and what is the next step?  
Posted by cordnoy - 13 Aug 2013 19:09

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don't ignore

you are normal

one has nothing to do with the other

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Re: How bad am I and what is the next step?  
Posted by endofmytether - 13 Aug 2013 19:14

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But I am thinking like this now.

On an average day in my life, true I check out every girl and love seeing a good sight, but it doesn't last in my mind very long. True I masturbate in the shower, but who cares, everyone does it. The underwear story is disturbing, but it is an extremely rare occurrence.

Maybe I over exaggerated my problems whilst down in the dumps!

I am really unsure now that my mind is free again, whether or not I need to go still for therapy.

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Re: How bad am I and what is the next step?  
Posted by skeptical - 13 Aug 2013 19:33

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If the strong urges were there once, they'll resurface at some other time.

Therapy should be able to teach you things about yourself and how to grow.

Why not give it a shot instead of wondering?

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Re: How bad am I and what is the next step?  
Posted by endofmytether - 13 Aug 2013 19:35

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cos its expensive? And it makes me into a guy who goes for therapy as crazy as it sounds? Its also not easy pulling it off in secret.

You dont just wonder if you need therapy, you find out first!

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Re: How bad am I and what is the next step?  
Posted by gibbor120 - 13 Aug 2013 19:35

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Do you think your obsession/addiction/problem/whatever-you-want-to-call-it will get better over time or worse?

To answer that question, consider another question. Has your acting out gotten better or worse over the last 10 years? The last 5 years? The last couple of years? What is the trend? Up or down?

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Re: How bad am I and what is the next step?  
Posted by endofmytether - 13 Aug 2013 19:42

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I would say mayb eslightly getting worse, dont forget as I get older I have more access to girls, porn etc etc.

The only thing that terrifies me is a story like my cousin one happening again and that time it goes further!

Maybe your right. Is it normal to suddenly think you dont need to go 5 minutes after you decide you are going to phone a therapist?

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Re: How bad am I and what is the next step?  
Posted by gibbor120 - 13 Aug 2013 19:49

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Many of us addicts go through periods where everything seems to be ok. That is normal. If things are getting progressively worse (the trend over the long-term), why do you think they will magically start to get better?

You can choose to ignore the warning signs. You can wait and see, but you are better off seeing a therapist by choice than going to one because things have gotten so bad that you no longer have a choice.

The decision is ultimately yours.

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Re: How bad am I and what is the next step?  
Posted by gibbor120 - 13 Aug 2013 19:50

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[endofmytether wrote:](#)

Is it normal to suddenly think you dont need to go 5 minutes after you decide you are going to phone a therapist?

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Re: How bad am I and what is the next step?  
Posted by endofmytether - 13 Aug 2013 20:01

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I get you, the way I see it I have two choices.

I can either delay the therapy and work through the GYE guidebook and if after half a year I havent really progressed then I will know I gave it my best try and go for the therapy

Or I can start now. Will think it over!

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Re: How bad am I and what is the next step?  
Posted by Machshovo Tova - 13 Aug 2013 20:07

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[endofmytether wrote:](#)

I get you, the way I see it I have two choices.

I can either delay the therapy and work through the GYE guidebook and if after half a year I havent really progressed then I will know I gave it my best try and go for the therapy

Or I can start now. Will think it over!

If you decide to try the first choice, perhaps make a vow that if you don't see 'such and such' progress by 'such and such' date, then you must start therapy. This will give you an incentive to improve.

Hatzlacha either way,

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Re: How bad am I and what is the next step?  
Posted by endofmytether - 13 Aug 2013 20:25

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Nice idea, Machshova Tova, a bit not my type though

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Re: How bad am I and what is the next step?  
Posted by gibbor120 - 13 Aug 2013 20:42

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I'd like to share something that has helped me and may help you too. I like to over think and over analyze everything. I had to learn to let go and take direction from others. My over thinking was part of my trying to be in control of everything. In recovery, ~~Heard~~ am learning to let go and "let" Hashem have control. Listening to others and taking direction from them is a good exercise in letting go of our own control.

Oh, and one question. Do you consider yourself a perfectionist? If the answer is yes, I highly recommend listening to/reading Dr Sorotzkin on perfectionism. There is a link to his website in my signature. It was a HUGE help to me.

His article on sexuality is a great article for anyone on this site as well.

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Re: How bad am I and what is the next step?  
Posted by Dov - 13 Aug 2013 21:42

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Watching you go in circles is sad, EOMTether. The idea you asked:

It is simply taking real action, that is your challenge, that's all. Thinking about it all and fantasizing about it all are all fine and good...then when the tayvoh 'overcomes you' (as a result,

of course, of your buildup of self-fantasizing) it feels like you had no choice. Right?

The entire avenues of 'figuring yourself out' or of 'figuring out how to beat this problem' are dead ends. They may have been so for your whole life. But we all gravitate to our most comfortable and sweet places.

So being a fantasy-and-thinking man, *deciding* to call a shrink is fine. It's just *thinking*! But as soon as you are about to actually take the action itself, look out. In operant conditioning this phenomenon is called 'extinction burst', basically. Resistance to change does not exist very much in the mind - it only exists in real action. That is **terrifying**...I know cuz I have had a lot of it!

Gevalt, man. It is up to you to relax your overpowered brain and *do* something good for yourself.

Get help.

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