

With A Sinking Heart

Posted by troubledbochur - 16 Sep 2013 00:51

---

I am a young bochur in third year Mesivta.

Today is the day immediately following Yom Kippur and I have already fallen. I have been a pornography addict for 2 years now and am desperately trying to break free. Additionally, 1 1/2 years ago, before I knew what it was or that it was Assur, I began masturbating and cannot stop no matter how hard I try.

I need help!

Probably more with the masturbating because there is no filter for such a thing. I have already done so, right after Yom Kippur.

HKB"H, have Rachmanus on your children!!!

Please help as living at home it is hard to call in or do some things on this site. I need all of your chizulk and help and if anyone has any tips about stopping masturbating PLEASE, PLEASE tell me.

I feel like a Rosha.

Please help me as I am young and alone in my struggle.

=====

Re: With A Sinking Heart

Posted by cordnoy - 23 Jun 2014 18:29

---

I have long streaks

go to groups

had a therapist

had falls afterwards

I know I am addicted

I have accepted that fact

I argue with people when they say they were born with it

I don't know if our wires in brain are actually different

but whatever the case, I have a strong urge for these things...even after acceptance and surrender (whatever the hell that means) and the fellows in the group all say the same.

b'hatzlachah

=====  
=====

Re: With A Sinking Heart

Posted by gibbor120 - 23 Jun 2014 20:26

---

Welcome! It's nice to have you with us. It sounds like guilty feelings are the culprit. Did you have guilty feelings at other times and manage not to give in? It sounds like you have things pretty well in order (minues a couple of bad days).

Could you share more of your journey with us? What prompted you to go to "groups"?

Why do you focus on the couple of bad days, and not the good 1.5 years each time? Are they worthless because of a fall or 2?

Just a hunch, do you consider yourself a perfectionist? I am. I learned a lot from Dr. Sorotzkin. I have a link in my signature.

Keep posting! There's a great chevra here.

=====  
=====

Re: With A Sinking Heart

Posted by maamin4ever - 24 Jun 2014 03:17

---

the reason i have a hard time accepting having addiction is, i compare this to other bad habbits i have. for example brushing my teeth. many nights i miss and dont brush, do i say i have an addiction to not brushing? besides, if i have a busy schedule, and not alone, and feel good about myself i won't have the urge to act out. also, if i have an addiction why is it that i can keep 1.5 years? furthermore, why is it that in both falls, i experienced being down before falling. if its an addiction i should just act out without reason. iam trying to be open so you guys can catch my mistakes not to blame or put anyone down.

thank you guys

=====

=====

Re: With A Sinking Heart

Posted by shomer bro - 24 Jun 2014 03:32

---

I personally find it hard to label it an addiction, because then in my mind it's then in the same category as things like smoking. i would never smoke, and am appalled at those that do. So, then I think, "if I wouldn't smoke because it's bad for me, and it can be addicting, why am I doing this"?! And yet, this line of reasoning is correct, because after all, "Why AM I doing this behavior which is destructive to me'? therefore, my mind says that it's not really an addiction. This is of course wrong.

=====

=====

Re: With A Sinking Heart

Posted by skeptical - 24 Jun 2014 06:13

---

If you are an addict there are tools for recovery.

If you're not an addict, why are you beating yourself up? You were clean twice for 1 1/2 years. So in 3 years, you "fell" twice. As mentioned previously, everyone has bad days. If you don't feel you're an addict, you should just get back up and keep moving forward without giving it another thought.

What made you post?

=====

====

Re: With A Sinking Heart

Posted by cordnoy - 24 Jun 2014 07:22

---

[maamin4ever wrote:](#)

the reason i have a hard time accepting having addiction is, i compare this to other bad habbits i have. for example brushing my teeth. many nights i miss and dont brush, do i say i have an addiction to not brushing?

this one, i'm sure you have the answer to

[maamin4ever wrote:](#)

besides, if i have a busy schedule, and not alone, and feel good about myself i won't have the urge to act out.

addictions require triggers as well

[maamin4ever wrote:](#)

also, if i have an addiction why is it that i can keep 1.5 years?

good question. that is why we asked what it is you are doin'. addictions can be controlled (in some manner) thru various methods.

[maamin4ever wrote:](#)

furthermore, why is it that in both falls, i experienced being down before falling. if its an addiction i should just act out without reason.

once again, addictions come on account of triggers as well.

[maamin4ever wrote:](#)

iam trying to be open so you guys can catch my mistakes not to blame or put anyone down.  
thank you guys

pleasure.

Don't get hung up on the addiction word.

Someone once said from r twerski that if you can't live without it, then it's addiction. perhaps he said that if you tried stoppin' cuz you know it's wrong and you can't then it's an addiction.  
(thanks pidaini)

how wrong is wrong?

how much is tryin'?

howbout if sometimes yes (it's manageable), and at times - no?

howbout somewhere in the middle?

whatever, like Skep said: if you're fine now, so continue on.

If you're not fine, continue on anyway.

not much of a difference here.

b'hatzlachah (from an addict who used to think he wasn't)

=====  
=====

Re: With A Sinking Heart

Posted by Pidaini - 24 Jun 2014 07:29

---

Rabbi Twerski says that if you know it's bad, and you've tried stopping, and can't, then it's called an addiction.

What's the matzav now? As skeptical asked, what made you post?

=====  
=====

Re: With A Sinking Heart

Posted by gibbor120 - 27 Jun 2014 23:39

---

M4E, I think you need to clarify. You talk like you are hopeless, then you say you can stay sober for 18 months, then you say you go to groups, then you say you don't like the word addict. I'm confused???

You need to clarify, When do you act out? How often? In what way? How often do you battle urges to act out?

You can answer as much or as little as you want, but right now you are painting a very fuzzy picture.

You also seem to have a hang up about the word "addiction". Forget about the word. What is your problem? Let's talk about that without worrying about the word addiction.

=====  
=====

Re: With A Sinking Heart

Posted by troubledbochur - 21 Sep 2014 07:56

---

It is almost a year since I began this topic. The day after the Yom HaDin. Last Yamin Norayim I took a kaballah on myself that this year woikld be different. That next Yamim Noraim I would be clean, a different person.

I didn't make it to that goal.

But today I was clean, today I fought the Yetzer Hora.

I am taking a new kaballah-this year, Haba Aleinu **L'TOVA** I will IY"H post of GYE once a week. I would love to say every day but it think that is too much to take upon myself now. I hope I can uphold posting once a week.

This year I feel it. ***This is going to be the year!*** My final year in Mesivta. I IY"H will be going to Yeshiva Gedola next year - I hope a clean Bochur.

May HKB"H give me the Siyatta Dishmaya and strength to fight the urge to watch inappropriate things and act out on them. Through this may Klal Yisrael merit a Yeshua and may we all have a Shana Tova U'Mesuka!

Wishing the best of luck to everyone in 5775, may we all reach new spiritual nights and be Matzliach!!

=====  
=====

Re: With A Sinking Heart

Posted by cordnoy - 21 Sep 2014 08:17

---

Welcome back

Postin' is good.

In the past, you have asked for suggestions.

did you follow any of them?

what helped?

what didn't?

what actions will you take now?

how is that free v'shinantem or webchaver holdin' up?

what will you be doin' the next three days?

Your optimism is great!

Keep that up!

We look forward to your posts.

b'hatzlachah

=====  
=====

Re: With A Sinking Heart

Posted by troubledbochur - 22 Sep 2014 01:22

---

I need a plan.

I felt an urge like no other today to act out. I ignored it. I fought it. I tried everything. I put in some headphones and lost myself in Simcha'dik melodies...and I felt better. Then it came back full force, I tried ignoring it but it filled me and made me feel sick to my stomach.

I fell.

What do you do when you feel such an urge that you mamash feel sick?

I'll be more detailed later..... I want to make a plan publicly so everyone can see.

=====  
=====



Re: With A Sinking Heart

Posted by troubledbochur - 22 Sep 2014 01:23

---

The WebChaver is great! I do need to find something that captures my screen periodically because I found some loopholes in the system--any suggestions?

=====

Re: With A Sinking Heart

Posted by cordnoy - 22 Sep 2014 03:39

---

[troubledbochur wrote:](#)

The WebChaver is great! I do need to find something that captures my screen periodically because I found some loopholes in the system--any suggestions?

Close the loopholes.

Read the handbook.

Open up to someone real and trustworthy.

Read the whitebook.

b'hatzlachah

=====

Re: With A Sinking Heart

Posted by Pidaini - 22 Sep 2014 08:18

---

I am closing them,  
one at a time, even though it's really difficult because I'm convinced they know that I'm an  
addict, and it's on my regular email account.....(I actually have a two or three new things to send

in, pushing it off though)

What have you been doing until now?

Have you opened up to anyone yet?

KOP!!! KOMT!!!

=====

=====