

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 - 07 Nov 2014 16:20

---

Therapy

12 steps

SA group

Mentor

White book

Cheshbon hanefesh

Phone conferences

How many of the above will you choose?

Let us know.

Many people here will guide you along.

b'hatzlachah

=====

Re: With A Sinking Heart

Posted by Machshovo Tova - 07 Nov 2014 20:24

---

[troubledbochur wrote:](#)

I am fighting a beast within! And he is STRONGER than me!

How will I ever break free? I've been trying and trying and keep falling. I've tried TaPHSiC but all it does is make me over on Issurim of Shevuos because my inner beast breaks them.

How am I EVER going to break free?

Is this possible?

I sink lower and lower.....

I need help, I am still young and want to end this NOW.

PLEASE, give me any Eitzos you have.

Welcome chaver,

The following eitzos comer to mind:

1. Make it a habit to daven to Hashem and to ask for His help. He is the only One stronger than your YH, and the only One with the power to help you break free.
2. Commit that regardless of whether you succeed or you fail, you will keep on trying. Success may not be in your power, but you can surely keep trying. And for that you will be amply rewarded (in this world and the next).
3. Avoid all forms of lust. Guard your eyes and your thoughts to the best of your ability. As the Chinuch says, our thoughts are like parents and our deeds like children. If the parents are eliminated, there will be no children.
4. Realize that every day (or part of day) in which you stay clean is a great accomplishment. All you have is the current day. So forget about yesterday (or the days before), don't worry about tomorrow (or the days afterwards) - just focus on making today the best day of your life.
5. Don't beat yourself up so hard. Understand that, like so many other good Jews, we have a personal issue which drives us crazy against our will. We try our best, and we rely on Hashem to do the rest.

Hatzlacha & Good Shabbos

MT

=====

=====

Re: With A Sinking Heart

Posted by cordnoy - 07 Nov 2014 20:31

---

I find the last two posts amazin'.

Two grandpas - with two completely different ~~lusts~~ lists.

MT has a proven track record; that's for sure!

b'hatzlachah

=====  
=====

Re: With A Sinking Heart

Posted by belmont4175 - 07 Nov 2014 21:00

---

[cordnoy wrote:](#)

I find the last two posts amazin'.

Two grandpas - with two completely different ~~lusts~~ lists.

MT has a proven track record; that's for sure!

Cordy don't undermine yourself You too have a proven...

=====  
=====

Re: With A Sinking Heart

Posted by Machshovo Tova - 07 Nov 2014 21:21

---

...and I'm not that great.

But B"H I have accomplished the following: For decades, I constantly lived a life of lust with real life simmering on the back burner. Now I feel like I'm living real life with lust simmering on the back burner.

Hodu laHashem kitov!

MT

=====  
=====

Re: With A Sinking Heart  
Posted by dms1234 - 07 Nov 2014 23:27

---

How about: Take a deep breath! In and Out!

Check out the [GYE Handbook](#) and [Skep's tips](#) for some great ideas!

=====  
=====

Re: With A Sinking Heart  
Posted by Shlomo24 - 08 Nov 2014 23:12

---

dont get to hung up over acting out, its about how you rebound from it. keep taking it one moment at a time, what happened 5 minutes ago and what is going to happen in 5 minutes is not part of your world now.

=====  
=====

Re: With A Sinking Heart  
Posted by restart - 09 Nov 2014 00:01

---

In my personal (imexperienced

=====

=====

Re: With A Sinking Heart

Posted by troubledbochur - 29 Jan 2015 03:57

---

I've been having a real roller coaster life since last posting. I went back to my own ways—acting out and beating myself up....feeling so guilty that I didn't even want to log onto GYE or reach out to a friend. Last week I logged back in, met some great supporters and am trying again. Its been bumpy but I'll keep trying.

Today I had a really strong urge. I had taken a city bus and many fantasies were going through my head. I was just about to act out when I picked up my phone and texted one of my chaveirim that I had just met. Together he helped me overcome my urge. I feel relief now.

=====

=====

Re: With A Sinking Heart

Posted by shomer bro - 29 Jan 2015 04:27

---

Wow! That's just amazing! Keep it up bro! The ride may be rough, but we're always here for you

=====

=====

Re: With A Sinking Heart

Posted by cordnoy - 29 Jan 2015 05:37

---

We are here for you TB.

What are you doin' for recovery?

b'hatzlachah

=====  
=====

Re: With A Sinking Heart

Posted by troubledbochur - 29 Jan 2015 06:28

---

Cordnoy: Right now I'm just taking things slow and reaching out to chaverim when I have an urge. 'm trying to build a chevra or support system that I can reach out to in time of crisis.

=====  
=====

Re: With A Sinking Heart

Posted by fighter26 - 29 Jan 2015 06:53

---

hey tb your awesome when i was a bachur lust drove me crazy too its amazing that you keep on trying. i once spoke to a therapist he said the following mashal he said if i owned that wanst doing well there a lot of mistakes so i buy the buisseness thinking that i can fix it so i start to work on the bussiness when do i know that my investment pays of if from year to year there are less problems than the year before that if i get hung up that there are things wrong ill never get anywhere he said if we could understand then why do we say and i quote "that my hashem is so stupid" if your working and trying and making any type progress stay strong cause hashem loves you tb i wish i can help in way seriously my heart goes out for you i remember my days as a bachur they werent easy hang in there take care

=====  
=====

Re: With A Sinking Heart

Posted by skeptical - 29 Jan 2015 07:11

---

The best way to have a support group when things are tough is to be in touch with them when things are good as well.

Hatzlacha!

=====  
=====

