

Is there hope for me

Posted by Reb Dovid - 23 Oct 2013 20:37

In the past couple of weeks I am having a very hard time remaining clean for even a 24 hour period, I have a few numbers of friends from here, it's hard to get a hold of anyone. I have succumbed to lust. Lust has become my master. Is there hope?? I love my job, my family and G-D and the Torah. Yet I am lost in this addiction.

What should I do?

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Re: Is there hope for me

Posted by ddmm11219 - 23 Oct 2013 20:58

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?? ??? ?????????, ?? ????

You have reached the right place in the right time.

Hashem gives us Nisyoines ????? ????? ????

listen to me

if there is a will strong enough, and will know for a fact that true we cant help ourselves, but with ?????? ?????? and ?????? ?????? we will iy"h have hope

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Re: Is there hope for me

Posted by Reb Dovid - 23 Oct 2013 21:01

I am looking for some guidance, what can or should I do in the next 24 hours to remain sober?

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Re: Is there hope for me

Posted by tryingtoshteig - 23 Oct 2013 21:02

Welcome! You are not alone anymore, you have come to the right place!

Take a deep breath, sit down, stay a while.

Can you tell us a little about yourself and the history of your problem?

Looking forward to getting to know you better.

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Re: Is there hope for me
Posted by Reb Dovid - 23 Oct 2013 21:16

BH

I am reluctant to give a complete history since this is a public forum and this is a very personal matter.

I have struggled for too long when I first discovered GYE I had 203 days of being sober, it was refreshing and changed my life for ever, since then I have had 30 days a week or more or less being clean and sober.

I am beginning to lose hope. Is there any hope for someone like me.

Just give me 24 hours of being sober.

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Re: Is there hope for me
Posted by abe68 - 23 Oct 2013 21:59

Reb Dovid,

Welcome to the place where we all look to become sober, and where people like me and you find the right help to become sober.

My first advise to you would be (I mean who am I to advise you? I am just another addict!) to go for this one day, to keep in front of you to be sober for today.

And its very important to have a plan, any plan but a plan. I have a partner, it helps me a lot, maybe you can do the same thing too.

May Hashem heal your illness just like he will heal ours and all friends here.

Hatzluche

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Re: Is there hope for me
Posted by gibbor120 - 23 Oct 2013 22:28

WELCOME REB DOVID! I had a similar "streak" of over 200 days. I was devastated when it ended. Read the handbook and stick around the forum. Talk to someone if you can about your problem. Share a bit more about yourself. You don't have to give identifying information, but the more you share, the more likely someone will say, I had the same problem and this is what I did.

We look forward to hearing more from you. Many people have been helped here, you can too. I acted out for more than 20 years. I am now more than 4 years sober B"H. Many have been helped, you can be helped too.

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Re: Is there hope for me

Posted by R76 - 23 Oct 2013 22:35

I had a single sober streak May '92 -- Feb 4 '94. After that I had several attempts to give up my sin. After '95 I did not try until my current sober streak starting Oct 1 2013.

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Re: Is there hope for me

Posted by R76 - 23 Oct 2013 22:39

>> In the past couple of weeks I am having a very hard time remaining

>> clean for even a 24 hour period

>> when I first discovered GYE I had 203 days of being sober

Welcome Reb Dovid,

That was exactly my situation February '94 and Spring '94. I did not even feel guilt for looking at adult magazines and acting out -- I did not realize it is one of the worst sins.

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Re: Is there hope for me

Posted by Reb Dovid - 23 Oct 2013 22:44

R76,

What worked for you these past couple of weeks?

I am having issues with Internet on my phone.

And I am not giving up internet on my phone because than i do it on my computer, I figured how

to go around the K9. I prefer to have the option to act out in private. Not risking putting my family in danger.

My issues are porn via internet. I live a very meaningful life, I exercise, learn much throughout the day. Don't know about a meaningful davening. am married. what else can I say.

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Re: Is there hope for me
Posted by R76 - 23 Oct 2013 22:49

I am 37 -- thus my drive is less then what it was half my age ago. I take 75mg Effexor a day. I also started taking 1 -- 2 Licorice tablets a day plus 3 -- 4 Valerian tablets a day.

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Re: Is there hope for me
Posted by Pidaini - 24 Oct 2013 02:46

Welcome Reb Dovid!!!!

As TTS wrote, take a deep breath, there have been many here with stories like yours, and they aer in successful recovery. I personally also have everything I need in life, and I also have this problem.

First thing is that I doubt popping anything is an ideal idea (sorry R76).

Second you can't expect something that has been planting roots for such a long time to be outrooted with a quickfix, it'll take time. But just know that you are on the right path just by coming here!!

thirdly, very very important is One day at a time. It's all we have, the day in front of us, the hour,

the minute. the past and the future are irrelevant. Just do the right thing NOW!!

Hatzlacha Rabbah!!

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Re: Is there hope for me
Posted by Dov - 24 Oct 2013 03:35

I agree. Don't divulge anything identifying about yourself here on the open forum.

And if you feel like you can't stay clean and must act your lust out, u can always just call me or other guys here and talk it over. Not to 'convince you to stop', of course, for that's your business....but rather, just to open up, face the truth, and simply let go of the goofy lust for just this one moment with Hashem's help, if you really want to let it go. Nobody can 'want to' for you.

It's worth it.

It's free.

It's safe.

And it would do you just as much good to call and open up to anyone else here. No difference.

I would assume you have been hiding this problem of yours for some years, now. You would be surprised at how much of your difficulty is simply because no real live person knows the real truth about you.

If you feel that you can't get that perspective by just posting here behind a fake name, then call!

You will stay clean today, anyhow, be"H.

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Re: Is there hope for me
Posted by R76 - 24 Oct 2013 03:50

>> First thing is that I doubt popping anything is an ideal idea (sorry R76).

I am a great fan of medicine -- antidepressants, etc. But I am not in a position to advice anyone.

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Re: Is there hope for me
Posted by R76 - 24 Oct 2013 03:56

On many forum there are science vs. Torah debates.

I believe science can greatly strengthen one's Torah. I take 75mg Effexor per day. That helps me greatly with depression and has decreased sexual thoughts. I have read reviews of those who take 375 mg Effexor/day. They claim that it performs miracles -- it destroyed their lust. Some of these people did not like that side effect.

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