

Please help me!

Posted by Teshuvah - 14 Dec 2015 20:22

I am new to this site. Here's my background - I NEED HELP, FAST!

I'm in my 20's and have been struggling with watching shmutz and masturbation for the past 7 years. I've had my ups and downs, of course. The past year has been crazy - every time I fall through I beg and cry to Hashem to forgive me and promise myself that I will never ever fall through again! I have made gedarim for myself, i.e. No taking the phone to the bathroom. I have a filter on my phone (actually, no i don't even have a web browser on my phone - but that didn't stop me today!), go to the gym. etc. However, it just doesn't seem to work!!!

I feel like such an insane person, because I daven to Hashem to give me parnassah and a good life and here I go and do the worst thing possible - I promise never to do this again, and the next day I fall through again!

I have come to the point in my life where I am just sick and fed up!! I tried and tried and don't know why I keep on falling through and have zero self control! I can't do this on my own anymore and I need help NOW!!

Please someone, tell me what to do? How can I stop the madness? Why do I keep on failing? Am I normal that I keep on promising to stop, yet fail time and again??!! What can I do to become a normal person again and get my life back??!!

Thank you!

=====

Re: Please help me!

Posted by Teshuvah - 15 Dec 2015 04:47

Markz:

Sometimes I'll make an extra effort not to look at women who are not dressed appropriately. But

then I think to myself, like what's the point? I've seen much much MUCH worse, what's the problem looking at these women on the street... you get what I'm saying?

=====

=====

Re: Please help me!

Posted by mggsbms - 15 Dec 2015 05:14

[Teshuvah wrote:](#)

Markz:

Sometimes I'll make an extra effort not to look at women who are not dressed appropriately. But then I think to myself, like what's the point? I've seen much much MUCH worse, what's the problem looking at these women on the street... you get what I'm saying?

There are no half measures with this addiction, for sure it makes,a difference, every lust hit brings me closer to fall, if we are carefull what we see on the street we are one step closer to recovery.

=====

=====

Re: Please help me!

Posted by mggsbms - 15 Dec 2015 05:16

As far as the spooky stuff this happened because of that. It is natural to think on those terms but i dont think it has helped anyone.

=====

=====

Re: Please help me!

Posted by markz - 15 Dec 2015 05:27

[Teshuvah wrote:](#)

Mark, Sometimes I'll make an extra effort not to look at women who are not dressed appropriately. But then I think to myself, like what's the point? I've seen much much MUCH worse, what's the problem looking at these women on the street... you get what I'm saying? You may be interested to join this poll [HERE](#) free of charge

You say you don't look at inappropriately dressed women

I take the same stance as I think Alex Eliezer does - No looking at any women

=====
=====

Re: Please help me!

Posted by doingtshuva - 15 Dec 2015 11:31

[Teshuvah wrote:](#)

Markz:

Sometimes I'll make an extra effort not to look at women who are not dressed appropriately. But then I think to myself, like what's the point? I've seen much much MUCH worse, what's the problem looking at these women on the street... you get what I'm saying?

I got to learn, that if I want to stay sober I got to stop lusting!

You can lust after a women who is dressed very modest. lust awakens our inner sickness.

looking at inappropriate women or stuff just fuels our addiction.

but to get free we got to stop lusting this thirst to see to know

all the best

=====
=====

Re: Please help me!

Posted by jack - 15 Dec 2015 14:00

there's one thing in all this great advice that i haven't seen - and that's that this battle TAKES TIME.it doesn't come immediately.it's DIFFICULT to break an addiction, which is a VERY STRONG HABIT.so calm down, take it slow, have patience with yourself, accept a fall, and you will progress much faster. isn't that an oxymoron? slow down and you'll progress much faster? well, that's how it works.when i started on this site about 7 years ago (or was it 8?) there was a saying - 'sheva yipol tzadik vkum'. which means IN ORDER to become a tzadik, you have to fall!! it does NOT mean that the definition of a tzadik is a person who gets up after a fall - it means that IN ORDER to become a tzadik, YOU MUST FALL, and then of course, get back up.how many times? is 7 an absolute? meaning if i fall 8 i can't be a tzadik anymore? i doubt it.it probably means a million times also.

jack

=====
=====

Re: Please help me!

Posted by gibbor120 - 15 Dec 2015 16:03

Your feelings are quite common, but we really don't know why good or bad happens. One thing I do know is that it's a lot more complicated than if you acted out today or not. I wouldn't stress about it.

=====
=====

Re: Please help me!

Posted by gibbor120 - 15 Dec 2015 16:05

as far as #3, if I take in lust, even if it's not "that bad", it leads me to stuff that is "that bad". I can't afford to start, for once I do, I cannot stop.

=====
=====

Re: Please help me!

Posted by Eyeglasses - 15 Dec 2015 16:10

Reb Teshuvah,

YES YOU CAN!

Don't give up, once you'll be clean you'll understand the beauty of just not looking on women on the street.

But you certainly can and will Be'zh get there.

Did you install filters on your devices already? if not do it ASAP, and install the toughest possible.

Be strong and you'll make it up there.

Mit Hazlocha.

=====

Re: Please help me!

Posted by eslaasos - 15 Dec 2015 16:13

[jack wrote:](#)

sheva yipol tzadik vkum'. which means IN ORDER to become a tzadik, you have to fall!!! it does NOT mean that the definition of a tzadik is a person who gets up after a fall - it means that IN ORDER to become a tzadik, YOU MUST FALL, and then of course, get back up.how many times? is 7 an absolute? meaning if i fall 8 i can't be a tzadik anymore? i doubt it.it probably means a million times also.

jack

Jack,

Thanks for the post, this is a posuk that has stuck in my head after hearing it numerous times from the mashgiach in my yeshiva many years ago. However I never understood this aspect that you NEED to fall in order to be a tzadik. Can you elaborate?

Tyvm

=====

Re: Please help me!

Posted by eslaasos - 15 Dec 2015 16:25

[Teshuvah wrote:](#)

Just a few more points I wanted to mention;

- 1) Every time something goes wrong, or someone doesn't feel well etc. I always blame myself, that it's because i watch/do such terrible things. Does anyone else feel that way every?
- 2) If after I stumble, something good happens to me, I say to myself "you see, Hashem was mekabel your teshuva and he trusts that you'll be better from now on - BUT imagine had you not stumbled... Hashem would've done so much more good for you..." - Has anyone ever experienced this too?
- 3) Sometimes, I'll make an extra effort not to look at women who aren't dressed modestly in street, but then I think to myself "seriously? this is gold compared to what I see...." - Does that make sense?

Re points 1 and 2 are counter-productive as has been pointed out, and are therefore just another *falsehood* used by the YH to trick you into keeping you under his thumb.

Regarding the third point, I have no idea but it's definitely possible that Hashem will have a bigger taynah on the little stuff that you could have more easily overcome.

Additionally, the progression of the YH starts with eyes looking, heart desiring, then actually doing. So if currently you don't have an issue acting out with live people, you want to keep it that way by not starting down that path, i.e. by not looking.

=====

====

Re: Please help me!

Posted by jack - 15 Dec 2015 16:28

yes.rabbi reisman talks about it in his book, pathways of the prophets.to me, that is a MUST read.in fact, while you're there, read the whole book (only if you want to become educated though).failure is a big part of success. it teaches us things.about ourselves.and what we need to improve on.failure should not get us down - it is a teacher.getting down is a trick of the yetzer hara.guilt is good BEFORE we fall - but after we fall, guilt will not help unless it stops us the next time - which it probably won't, as dov says.

=====

====

Re: Please help me!

Posted by jack - 15 Dec 2015 16:29

by the way, my chat box opens up and people say hi, but there is something wrong and my box keeps disappearing.so i apologize if people see me not answering

jack

=====

====

Re: Please help me!

Posted by eslaasos - 15 Dec 2015 16:34

[jack wrote:](#)

yes.rabbi reisman talks about it in his book, pathways of the prophets.to me, that is a MUST read.in fact, while you're there, read the whole book (only if you want to become educated though).failure is a big part of success. it teaches us things.about ourselves.and what we need to improve on.failure should not get us down - it is a teacher.getting down is a trick of the yetzer hara.guilt is good BEFORE we fall - but after we fall, guilt will not help unless it stops us the next time - which it probably won't, as dov says.

Thank you.

I used to be too black and white to understand this because you're still responsible for your actions and there is going to be a din vcheshbon on an action that is actually necessary for future growth! Seems counter-intuitive.

I still don't understand it but I'm learning to accept it nevertheless. In the (hopefully very) distant future I will find out how the RBSO's perfect justice system will be applied to my life, for now I just need to work on not allowing the past to define the future - easier said than done.

Thanks for the reference.

=====