

Please help me!

Posted by Teshuvah - 14 Dec 2015 20:22

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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!

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Re: Please help me!

Posted by eslaasos - 15 Dec 2015 17:27

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I was expecting this:

**Warning: Spoiler!**

PS anyone else having trouble uploading images?

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Re: Please help me!

Posted by jack - 15 Dec 2015 17:55

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what's spoiler?

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Re: Please help me!

Posted by jack - 15 Dec 2015 17:58

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as u see, i'm an am haaretz-

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Re: Please help me!

Posted by eslaasos - 15 Dec 2015 18:00

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Click the spoiler

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Re: Please help me!

Posted by jack - 15 Dec 2015 18:25

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dear eslaasos - we addicts are very hard on ourselves.maybe because people were hard on us, so we learned.but in my opinion, saying there'll be a din vcheshbon only serves to bring us down.UNLESS, UNLESS, it doesn't. in which case, it's GOOD to think about it.but it only works if we take that down feeling and use it to stop us from acting out.i think dov speaks about this.for me, it doesn't work.for me, the wise words of anybody, are only STARTING to make their way into my psyche.i read with envy the way our leader speaks so forcefully against this addiction.i wish i had that feeling.but i don't.but i'm working on it.the klippos of the addiction are mighty strong, and it takes a long time to break them down.and while i'm doing the work, i can't afford to be brought down - it'll only make me fall.

by the way, the people here are GREATTTTT!

jack

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Re: Please help me!

Posted by stillgoing - 15 Dec 2015 18:40

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Re: Please help me!

Posted by Teshuvah - 15 Dec 2015 23:04

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Thanks again everyone for your encouraging words!

I have a question: Sometimes when I'm on the web, I tell myself that I won't search anything porn related... it lasts for a few min... My question is, how do I control myself and always remember that I'll be much happier not watching/doing these things... Even as I watch, I tell

Thanks

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Re: Please help me!

Posted by markz - 15 Dec 2015 23:26

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Are you on the web for work or chizuk purposes?

I myself wouldn't go on for other purposes, and after 10:15 PM is out of bounds for me as shown at the last link on my signature.

I have a great reporting system too

This is if gedarim helps you

What to tell yourself?

I don't talk to myself too much so I can't tell you

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Re: Please help me!

Posted by Teshuvah - 16 Dec 2015 00:22

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I go online for work related and for news etc.

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Re: Please help me!

Posted by Shlomo24 - 16 Dec 2015 00:34

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[markz wrote:](#)

What to tell yourself?

I don't talk to myself too much so I can't tell you

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Re: Please help me!  
ph huh, sure, we all believe you mark  
Posted by Shlomo24 - 16 Dec 2015 00:37

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in terms of what to tell yourself i think one thing that can be helpful is saying that tomorrow (or even in a hour, minute wtvr) you can go watch all the porn you want, but right now you aren't going to watch porn. I am assuming you can stop for one (day, hour, wtvr) at a time?

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Re: Please help me!  
Posted by Teshuvah - 16 Dec 2015 00:38

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I guess I can try that.

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Re: Please help me!  
Posted by Shlomo24 - 16 Dec 2015 00:43

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[Teshuvah wrote:](#)

I guess I can try that.

that's all we really can do in life.

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Re: Please help me!

Posted by doingtshuva - 16 Dec 2015 19:55

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[Teshuvah wrote:](#)

Thanks again everyone for your encouraging words!

I have a question: Sometimes when I'm on the web, I tell myself that I won't search anything porn related... it lasts for a few min... My question is, how do I control myself and always remember that I'll be much happier not watching/doing these things... Even as I watch, I tell

Thanks

Hi Teshuva

I'll share with you what helps me

I use the TaPHSiC method - [guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category\\_id=278](http://guardyoureyes.com/the-gye-program/20-tools/item/tool-10?category_id=278)

But first read how to use it correctly and then adjust it with the time.

myself "this is no good! It's not healthy" but once you're in it, nothing seems to help

I would also advice you to spend time reading or listening on this topic, there so much available and it opens our eyes and we learn new ways to fight.

Hatzluche

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