

Help me please!

Posted by Stuart900 - 17 Mar 2016 16:42

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Im new to GYE, actually i found it by mistake today...

Iv had this problem of *Shichvas Zera Levatoa* for a long time...

The problem is, i seem to not be able to fall asleep at night without doing it!

I have managed not to do it, every now and again, but i have fallen asleep late, and it was quite hard...

The truth is, i dont mind falling asleep late, if it means that i dont do it! But it is very hard to not to...

Besides for that, I am in Yeshivah, and i am a good boy, i go to all *Sedorim* and learn most of the time.

The only other problem i have is going to *Shachris*, i dont go to it, because i am scared that my *Rosh HaYeshivah* is going to see something on me (You may call me crazy).

Anyway, i would love to stop it...

Anyone can help me?

(I still need to read the handbook i got from GYE)

Im not sure why im writing all this, but everyone else seems too... and it is abother thing to tick off the 'home page'.

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Re: Help me please!

Posted by markz - 17 Mar 2016 16:48

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Welcome!

Great move

Do you have anyone to talk to about this struggle?

There are bachurim here that have spoken privately with someone trustworthy and are doing great Trucking!!!

Safe trip!

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Re: Help me please!

Posted by Stuart900 - 17 Mar 2016 17:22

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No I do not have anyone to speak too.

That's the whole point of staying anonymous!

I forgot to add, I DO have a filter on my phone. That's not the problem

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Re: Help me please!

Posted by BenTorah.BaalHabayis - 17 Mar 2016 17:27

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Welcome!

You can speak on the phone without revealing your identity. You get a Google Voice number to mask your real number and go by first name only.

There's another user on the forums with the same issue. His user name is "Waydown" and I

would highly recommend you take a look at his thread. If I find it I'll post a link.

Hatzlacha!

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Re: Help me please!

Posted by markz - 17 Mar 2016 17:38

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That is user number 50 to read, please start with number 1 to 10

See the success stories in the "Free Towing" page in my signature

Read bentorahbaalhabayis' story too

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Re: Help me please!

Posted by markz - 17 Mar 2016 17:44

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You wanna read a nice story??

Checkout this page [here](#)

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Re: Help me please!

Posted by Mesayin - 17 Mar 2016 19:40

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Welcome stuart! Hatzlacha with your journey.

Nothing happens in this world by chance, you found this site cause Hashem sent you here.

If your rosh yeshiva is that holy that he can find out just by looking at you that you did something wrong, then I'm sure he is the type of person that would be understanding and kind and not psak you so hard on it.

Anyway, use the many tools this site has to offer and if you are sincere you will get there.

Chazak V'emutz

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Re: Help me please!

Posted by Shlomo24 - 17 Mar 2016 21:19

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Welcome. 20 yr old guy who really relates here.

Hatzlocha.

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Re: Help me please!

Posted by cordnoy - 17 Mar 2016 22:05

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Welcome.

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Re: Help me please!

Posted by pischoshelmachat - 17 Mar 2016 22:52

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Welcome Stuart,

You are so lucky to have decided to work on this disease at your young age. Imagine suffering for 30 years. Take this seriously now, because it will only get worse.

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Re: Help me please!

Posted by realsimcha - 17 Mar 2016 23:22

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Welcome! Keep posting !

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Re: Help me please!

Posted by Donaldthetramp - 18 Mar 2016 05:10

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Welcome Stuart!

(Im also relatively new here...)

You mentioned anonymity, so i thought of an eitzah that works, but against anonymity.

Every time you fall, you tell someone, preferably a rebbi or madrich. That person shouldnt say or do anything to you, but he will just know. The point is, it shouldn't be someone you are so comfortable with like a friend, but not a rebbi who will scream and yell at you every time.

The uncomfortableness of having to tell someone can do wonders, especially at your age.

I know someone who was quite addicted to masturbation and it worked wonders.

Not in one day, but gradually.

Obviously finding the right person is difficult.

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Re: Help me please!

Posted by Watson - 18 Mar 2016 09:00

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[Donaldthetramp wrote on 18 Mar 2016 05:10:](#)

Every time you fall, you tell someone, preferably a rebbi or madrich. That person shouldnt say or do anything to you, but he will just know. The point is, it shouldn't be someone you are so comfortable with like a friend, but not a rebbi who will scream and yell at you every time.

Wonderful idea!

In fact, tell them about your struggles now and maybe you can prevent the next fall from ever happening.

I went to my mashgiach once and 'admitted' my problem. I remember what I said - "I have a question. How can shz" I be so serious if it's so easy to do?" LOL. Looking back I wish I was honest with him and just tell him what was really going on. I might have saved myself years of hell.

Behatzlocho

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Re: Help me please!

Posted by Stuart900 - 19 Mar 2016 23:32

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I don't have anyone that I trust enough to tell them! Not any friend or Rabbi...

So that is why I joined this! It is anonymous!

So it is actually not a very good idea...

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Re: Help me please!

Posted by Watson - 20 Mar 2016 00:02

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[Stuart900 wrote on 19 Mar 2016 23:32:](#)

I don't have anyone that I trust enough to tell them! Not any friend or Rabbi...

I understand. I also didn't trust my mashgiach enough to tell him.

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