

To tell or not to tell

Posted by thatslife - 17 Jan 2017 15:02

hi

i have a mz"l problem and come bein hazmanim also a porn problem (most of you would say that i am not an addict). now for the question: should i or shouldn't i tell my parents? a few points here 1. my father is a very normal understanding person, so i think he will come to terms with it and help me out. BUT he is not an addict (to my knowledge). and only an addict will really understand what i'm going through. 2. i have a phone at home that TAG filtered, and my parents think everything is fine and dandy, but i broke thru the filter a long time ago already. so even if i'm not gonna tell my parents i don't have any way to filter my phone without my parents knowing, being that i'm gonna need to put in a normal filter that charges per month. and if i don't filter it then nothing will stop me. 3. i'll be very very embarrassed from them, as they consider me a very good normal boy. in other words not someone who would fall prey to such things. 4. also deep deep down i don't want to tell them cause than i won't be able to watch porn cause they'll be breathing down my neck....

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Re: To tell or not to tell

Posted by Hashem Help Me - 29 Jan 2017 03:57

This thread should make us all appreciate GYE. Being that no such concept existed when I was a bochur and I unfortunately did not seek out help, I suffered IMMENSELY for years. It was a painfully lonely journey with the constant thought that I was one of the very few people (losers/reshaim) who did this issur. I beg you TALK TO SOMEONE. You obviously how common this issue is and how people have with Hashem's help recovered. From your description of your father it sounds like he will be very supportive. If you are uncomfortable, almost every yeshiva has someone trained to deal with this. Hashem should bench you with much hatzlocha. You are obviously a special individual for you have reached out here for help. We will cheer you along and be available to help in any way possible.

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Re: To tell or not to tell

Posted by thatslife - 30 Jan 2017 14:25

WOW such an outpouring of support and answers. thanks a lot everyone out there. to see everybody worried for another anonymous yid is quite amazing and sobering.

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Re: To tell or not to tell
Posted by thatslife - 30 Jan 2017 14:42

i'm sorry for not saying this earlier but here goes: before i started looking at porn, a year before to be exact i was being molested for about 3-4 months. i don't know if i can call it molested, it was more of a relationship with another male my age. it was because of that that i started to look for something else to excite me, and stumbled upon porn. then it was just downhill form there...i feel like crying now...please help me work thru this, all of you

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Re: To tell or not to tell
Posted by Hashem Help Me - 30 Jan 2017 16:37

Crying is very helpful and we are here for the long haul to cheer you on. You're a lot more than "another anonymous yid" (even though we have no hasaga how great every yid is); you are a super yid for reaching out for help! Be proud.

It is probably worthwhile for you to discuss the molestation with a professional who is trained in that field. It's good to detox. Hatzlocha!

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Re: To tell or not to tell
Posted by thatslife - 08 Feb 2017 15:56

i had such a drastic and disgusting fall, that i decided enough is enough, and im gonna tell my parents

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Re: To tell or not to tell
Posted by Markz - 08 Feb 2017 16:09

[thatslife wrote on 08 Feb 2017 15:56:](#)

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Sorry to hear #1

Happy to hear #2

Time to change the title of your thread, cos thatslife

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Re: To tell or not to tell

Posted by MayanHamisgaber - 08 Feb 2017 18:50

[thatslife wrote on 08 Feb 2017 15:56:](#)

i had such a drastic and disgusting fall, that i decided enough is enough, and im gonna tell my parents

?May i suggest talking to a rebbe or professional on how to tell your' parents

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Re: To tell or not to tell

Posted by Shlomo24 - 08 Feb 2017 22:16

I would highly suggest getting advice about telling parents.

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Re: To tell or not to tell
Posted by Hashem Help Me - 08 Feb 2017 23:01

Your courage says a lot about you! People like you make it b'ezras Hashem. Keep us posted how it goes.

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Re: To tell or not to tell
Posted by Singularity - 09 Feb 2017 07:55

Sorry 'bout the fall

Good that pain provokes action. Please ride on the inspiration for higher things! Surf that truckin' wave!

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Re: To tell or not to tell
Posted by jasonb - 10 Feb 2017 04:08

A close friend of mine had an almost identical scenario to yours his rebbi told him "It is better if your father knows now than your wife later." He also suggested not getting his mother involved if possible since it would be harder for her to understand the struggles of a man and that his father could yield more applicable advice.

Hatzlacha

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Re: To tell or not to tell
Posted by thatslife - 13 Feb 2017 14:13

[Shlomo24 wrote on 08 Feb 2017 22:16:](#)

I would highly suggest getting advice about telling parents.

so give me some advice:blush:

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Re: To tell or not to tell
Posted by Shlomo24 - 13 Feb 2017 14:48

From a competent Rebbi or someone who is qualified to deal with this. Not me. I'm not qualified.

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Re: To tell or not to tell
Posted by thatslife - 13 Feb 2017 15:03

[Shlomo24 wrote on 13 Feb 2017 14:48:](#)

From a competent Rebbi or someone who is qualified to deal with this. Not me. I'm not qualified.

if you'll read my earlier posts, you'll see that the only person i'm close enough to speak to speak to him about this, is my father. so now what?

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