

24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?

Posted by help613 - 30 Dec 2009 17:58

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Hello every1

a friend of mine suggested me to look at this site and i think i have just found a gold pit !!!

I dont feel comfi opening up about all my probs and storys at the mom. but would like to share certain probs.

i HAVE, HAD, and will be going through. I know there are other ppl who do really bad things bc life these days

is hard to go through without these struggles...but for some reason i dont believe any1 has fallen as low as i

have a managed to hide it this well which causes no1 to think there is a prob with me and not offering any help. I am a 19 year old yeshiva Bochur learning in Jerushalim, if you see me you will think im this happy, aidel,

cute and really frum bochur that maybe has a hard time to sit down and learn but for sure has no other major issues. Basically i have been oyver and most issurim relating areyes... It makes me sick and daven really hard that H' should help me out of it, i have been through things that even in the none jewish world is a no no...it started when i was 14 and i tried for 5 years and just keep falling back down and always deeper and it always causes more probs and im just building up a load on top of me that i think one day it will just crash and i will be forced to give up not to embarres my fam. or just not maybe to cause other ppl

doing this sort of stuf... Its very hard to explain details there are things i would never want any1 to fiend out and thats y i cant speak to any1 about it. I would be so happy if som1 on this amazing website would take the time and try and save a fellow jew from giving up bc the things going on at the mom are really towards the top of an ice berg and a battle that i can no more fight on my own...

thanks so much for reading and i really hope on hearing from som1 really soon

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?

Posted by imtrying25 - 31 Dec 2009 11:54

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Oh Holy Holy Brother!! My heart hurts for you. You are so special. The y'h is working on you so hard says alot about what he thinks hes gonna lose if you beat him out!! Listen to what Guard and the others are telling you. They are all doing it out of pure love. They dont know you, and just want the absolute best for you. So do take serious considerations to the options they are laying out for you. Realize that this cant be done alone, and you have a wonderful and loving family here that are willing to help with every step of the way. Also realize that this isnt a question of teshuva. We need to get ourselves out of the rut and when we do then we can start thinking about teshuva.

Hatzlacha my friend, and heed the words of those greater than us, and we will go far. Very far!

To qoute a song;

***Theres a way, to walk in the light***

***Theres a way, to do what is right***

***the road of return***

***is not so hard to learn***

***If we heed what the tzadikim say***

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by theOne - 31 Dec 2009 12:56

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help613, ur not the only one that did such things. we r all in the same boat, we all have done mistakes. our task right now is to stop doing them. we have to look forward, not back. i hate myself for what i did and im sooo ashamed, but a wise friend told me just yesterday, that we can FIX things. its like taking a broken chair and changing it into a even more usefull furniture. we are/ were broken but we r changing. getting better. mistakes shmistakes. GOOD LUCK

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by the.guard - 31 Dec 2009 13:51

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It doesn't matter what the behaviors are - or how far you went, the bottom line is that you're addicted to LUST and can't control it.

You are right. It's all in the head.

Recovery is a **lot more** than just "stopping the behaviors".

It's a whole new way of thinking.

But still, it's hard to begin making the "inner changes" if we are in "active addiction".

As they say in AA: "Do it sober."

So let's sum up the practical advice here:

- 1) Contact SA - as soon as possible
- 2) Give Reb Shlachter a call - as soon as possible.
- 3) Stay away from triggers as much as possible. Delete bad phone numbers. Avoid homes where such problems have arisen in the past, etc...
- 4) Make yourself a red-line of at least one really bad "bottom-line" behavior that you feel you can conquer now before moving on to new territory.
- 5) Download and read the translations linked above.

Be well!

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by silentbattle - 31 Dec 2009 14:05

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IT25 - Ah...not enough people in america have heard of Ken Burgess...

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?

Posted by imtrying25 - 31 Dec 2009 16:16

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[silentbattle wrote on 31 Dec 2009 14:05:](#)

IT25 - Ah...not enough people in america have heard of Ken Burgess...

You dont what you just did for me SB. I love KB so much. His songs are just out of this world.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?

Posted by silentbattle - 31 Dec 2009 17:35

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You're making a lot of sense - but it's not that simple.

First of all, let me say that I think it's great that you have such a strong desire to connect with a wife on a deep level, and start a loving family. And when the time comes, I'm sure that you'll throw all of your incredible energy into those things.

So deep and sooooooooooooo full of meaning.

In the meantime, though, I think that you have some work to do. You have trouble avoiding problematic situations - in fact, you somehow seem to get drawn into them, correct?

The issues that you have aren't going to go away once you get married - both the lust issues, and the issues of getting close to people in inappropriate ways. And even if the "love and relationship" part is a bigger deal than the physical stuff, the two are clearly connected - as you already know.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by habaletaheer - 31 Dec 2009 17:47

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Dear Reb Help,

Thanks for opening up to us and describing the pain you're going through. The one common denominator on this site is that we are all struggling to overcome our private hidden challenges, the ones no one knows are ours as they pass us on the street. In this way you are the same as all of us here, and I think it is important for you to know that, so that you can receive the chizzuk we want to give...

I understand your reluctance to see R' Shlachter, it seems weird to you to just go to a rabbi and start telling him your problems. The truth is that I've never met him, but from what I've been picking up on the forums from everyone who has met him, is that this Rabbi is not like the Rabbis you grew up knowing. He has been dealing with people struggling the same struggles, some who think they fell even lower than you, some who feel like they didn't, but all people who are seriously struggling in this area. He understands them, he is not judgmental at all, he will maintain total confidentiality and not "blow your cover," and most of all HE CAN HELP. In order to reach up, we need to reach out. It is difficult and there is some shame involved but it will bring you enormous relief from the stress of leading your secret life.

Two other important comments. #1, from the descriptions of your strong need to connect, and your ability to do so both in healthy and non healthy settings, it seems that there is a lot going on here beneath the surface, stuff that goes way beyond ta'avah, something that maybe buried deep in your subconscious, or possibly some warped reaction to some sort of unhealthy relationship as a child... These kinds of issues usually need some form of professional help along with a supportive community which you will undoubtedly find here!

#2 Please don't think about getting married now. Marriage doesn't fix things, marriage exacerbates them. If your life is healthy, stable, good, marriage will make it super healthy, super stable, and super good (provided of course that you work hard on it). But if your life is filled with secrets, unhealthy activities and attachments, getting married will make your life fill with even more secrets, spin even more out of control.

We're here to help, and it will require some real steps on your part (the first one was of course coming here and joining and kol hakavod for that!!!), but you are the only one who can take back control of your life, and I look forward to watching you do it, as we all journey together

down the halls of GYE to real Freedom!

Keep on Trukkin,

Haba

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by the.guard - 31 Dec 2009 17:49

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You're worried about calling Reb Shlachter? Here's a post from "Uri" (21 yrs old) that might allay your fears. (I took it from his blog [over here](#))...

I dialed the therapist's number very determinedly. I was like k, whatever this guy sends my way or asks me to do, I'm in. It's time for this addiction to come to a close.

"Hello"

"Yea, hi, is this Rabbi Shlachter?"

"Yes."

"So my name is Uri, and I want to schedule an appointment with you."

"Ok. Why?"

Pause.

"I'm a sex addict."

Pause.

"So?"

Pause.

"So I don't want to be a sex addict"

Pause.

"Okay. I'll see maybe I can help you. Come in to my office tomorrow."

The next day...

"Hi."

"Welcome.How can I help you?"

"Well,I'm a sex addict.I can't stop watching porn,masturbating,and having sexual liaisons."

"So what?Sounds like fun to me."

"Uh,no.It sucks."

"Why?"

Wow.I never thought about that.

"Cause it's not right?"

"Nope."

"Cause G-d isn't happy with me?"

"Uri,you know it's not that either."

"Truth is,I don't know why I'm here."

"I do."

Relief.

"Tell me a bit about yourself..."

So I told him about my abusive father, my untimely move cross-planet, my painful relationships in my life,etc...

(paints a pretty picture,doesn't it?)

He's like to me "and that's why you go to sex,isn't it?"

I said "looks like it".

"So why on earth would you want to get rid of that?!"

Huh?

"You heard me. Sex was there for you when you needed it to be. It's been your best friend for as long as you can remember. It helped you out through rough times. Where would you be without sex? Maybe dead! Where's the hakaras hatov(appreciation)?!"

Wo.

Basically, he understands you a lot better than you understand yourself. he'll help you find the root of why you do these things, and help you change your thought process around. He's doing great work with a few of the members of our forum (Momo, Uri, IloveHashem).

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by the.guard - 31 Dec 2009 17:51

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We don't suggest marriage before an addict has at least a year sober. As Rabbi Twerski wrote to someone about this: *"It is important to know that the addiction is under control before considering marriage. Marriage is not a hospital and does not cure addiction, and continuation of the addiction is likely to ruin a marriage."*

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by Kollel Guy - 31 Dec 2009 18:09

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Dear R' Help

What your saying does make a lot of sense. However, there is only a fraction of a % that you understand about marriage before your actually in it. It seems to you now, that those things you mentioned are enough to keep you in line, and therefore marriage will negate the possibility of the entire problem.

Actually, I don't know ANYBODY who had a problem when he/she was single that was solved with marriage. They always blow up even more drastically. There are many things - about your marriage, about your future spouse, about life, about the world, and about yourself that you will only begin to realize after your married. With my strongest urgings, I would advise you not to even think about marriage until you are past this thing, in a very definite sense.

About the Rabbi, he's trained for this, and he has people coming to see him who have situations



identical to yours, or very probably even worse than yours. Yes there's the embarrassment issue, but really it's only for the first minute. As soon as you get to know the person your dealing with, all uncomfortable feelings disappear.

Buddy, I don't know how convinced you are of this, but **you will get out of this mess!!!!**

And I will get out of mine, and the next yid here will get out of his, and the next out of his.

We're all in this together, and when you feel you need chizuk - we'll be here for you, and when one of us needs it - you'll be here for us.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by imtrying25 - 31 Dec 2009 18:10

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I think its important you understand my Holy Brother that R Shlachter isnt just a Rabbi. Hes a professional therapist. This is what he deals with. Hes not like a Rosh Yeshiva or a Rebbi in some yeshiva.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by loi-misyaeish - 31 Dec 2009 22:11

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Hi there! First of all i wanted to mention to you that i go to r' shlachter as mentioned before(i used to call myself ilovehashem on gye). He's just the person you need. I had a friend who suggested i go to a therapist and i debated on it for a very long time. You see, my mother's into psychology and i just couldn't stand all this stuff. I was very hesitant on going. But my friend told me "listen, it's not gonna hurt you, it's worth the try. If it doesn't help, so what, at least you tried". But i was still very unsure and dreading it. Eventually i sent a email to guard about my fears and he told me to write an email to r' twersky and see what he says. That's what i did. R' twersky replied that i'm sick and a sick person needs to go to a doctor if he wants to be healed. You can ask guard for the chizzuk email speaking about this conversation [[u\]here's the link\[/u\]](#) - Guard]. I began to look for a good therapist. It was a long story, one was too full, one was not feeling well so i had to wait a week and a half till he got back to me. Above all many of them were charging exorbitant prices, i was going mad. Where would i pick up approx one thousand shekel per session. Eventually i called r' shlachter and he gave me an appointment the next day for only two hundred shekel per session!! I've been three times already. He's really really a great person. He does sometimes say things that are deep and takes time to understand, but after a number of sessions you'll feel like you are beginning to change. Just ask momo about that. You know i also had fears, i'm also a yeshiva bochur learning in israel. I am petrified that anyone

should find out about it, especially my rosh yeshiva, as much as i know him, he'll 'flip' if he would know i was going. He does not hold to much of psychologists and therapists. But i've kept it confidential and no one knows about it, so nothing to worry about. You know i feel the same as you, in the open i'm outgoing and friendly, but inside i felt rotten. But we'll both overcome this struggle iy"h. Loi-m

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by riskbh54 - 31 Dec 2009 22:43

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Hey buddy, im new here as well and Im with you here! No matter how far we fall we can always climb up, we just need that first REAL step.

Hatzlacha Rabah and I hope to hear of your triumphs over the yetzer harah soon!

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?  
Posted by Kollel Guy - 31 Dec 2009 23:19

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