

i need help

Posted by abie14 - 27 Feb 2011 05:50

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tonight after shabas i stayed and learned a while.when i came home nothing happened.then when i was abt to go to bed i went on. What do i do. please help me. i want to just end this.

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Re: i need help

Posted by miracles - 27 Feb 2011 21:26

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Abie,

your only solution is WORK!!! U got to work hard if you want to get control over this. you need to get involved with whats going on in the GYE community. U got to get on a phone conference, and start going through the steps, so that you can realize that you are completely powerless over the lust and the only one who can help you through each trying situation is the Abishter. You need to pray to Hashem that he guide u along and take your hand and pull you through recovery. And you need to find out what is causing you to act out. You need to search and uncover the pain that you are feeling inside, which is ultimately the cause of our acting out.

Love,

Miracles

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Re: i need help

Posted by Dov - 27 Feb 2011 22:33

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[abie14 wrote on 27 Feb 2011 05:50:](#)

tonight after shabas i stayed and learned a while.when i came home nothing happened.then when i was abt to go to bed i went on. What do i do. please help me. i want to just end this.

Why do you have internet access? How do you expect to get any better at all if you are obviously powerless over your lust for internet schmutz? What gives you the idea that you can beat this? Do you see how silly this is? Give up and get rid of your internet access, and then get in touch with some kind of real recovery and healing so that you are freed from starrving for schmutz and orgasms. Otherwise, you don't really want to stop, you just want to feel better about using it.

What do you want? You sound desperate - can you answer all these questions?

Hatzlocha.

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Re: i need help

Posted by Dov - 28 Feb 2011 01:29

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Please quit the begging, it is making me nauseated.

Uh-oh...there *I* go, *begging you!* Ahhhhhhhhh!!!!

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Re: i need help

Posted by MovingUp - 28 Feb 2011 03:38

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[dov wrote on 28 Feb 2011 01:29:](#)

Uh-oh...there *I* go, *begging you!* Ahhhhhhhhh!!!!

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Re: i need help  
Posted by Dov - 28 Feb 2011 04:37

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Yeah. We are *really* not alone!

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I think we all need help here

Re: i need help  
Posted by Rising Up - 28 Feb 2011 05:07

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I was gonna suggest moving this thread to "Break Free", now I think "Just having fun" would be more appropriate. :D

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Re: i need help  
Posted by Dov - 28 Feb 2011 05:14

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It's not really that funny, for "abie14" has not posted anything back yet....hmmmm. Was I too mean? Were we all too funny? Did he really take the advice and chuck his computer in the trash and run to a meeting?

For answers to these and many other questions, stay tuned. Better yet: forget it all and just saunter over to Reb b's zoo or pictorial megillah featuring your favorite president.

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Re: i need help

Posted by bardichev - 28 Feb 2011 06:18

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Dov

Please warn em

There is a picture of that helen thomas its very triggering

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Re: i need help

Posted by Dov - 28 Feb 2011 23:51

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Look out folks, there is a very trigerring picture of Helen Thomas, and old antisemitic loudmouth hag who lived under the carpet of the whitehouse for fifty years until someone stepped on her and her antisemitism oozed out all over the floor.

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Re: i need help

Posted by evedhashem - 06 Mar 2011 16:39

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someone please help me too. i am turning 17 and ever since about a year and half ago I just cant stop masturbation. Ive tried different things and nothing helps. I feel so guilty after doing it as all I want to do is serve the Kadosh Baruch Hu. I need help. I know Hashem sent me to this website for a reason, there must be someone out there that can help me. Thanks!!!

Re: i need help

Posted by abie14 - 21 Jun 2011 22:42

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i really need help. I can;t throw out my computer and I need to sttop. I go on the computer and i see little spots in my underwear. is that Zera? i cry to Hashem to help but I'm just stopping myself. There is a great pasuk in mishlei that basicaslly says thinking about something will save you from averira. for example i was walking home from shul one night and i was very tired. for some reason my mind went to girls and i thought i was going to go on a look up a gross story. I turned around and went and sat down by myelf and thought it over. I was sure I wasn;t going to do anything.. I prayed to Hashem for giving me a chance to prove myself thaat I can stop.. I was so happy i overcame this, but later later that night I went onto porn. I felt so bad. I actually reduced myself from videos to chats, but the same outcome occurs zera and me upset.

Please help me

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Re: i need help

Posted by Dov - 21 Jun 2011 23:14

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Dear Abie 14,

Please do not get me wrong: I am not in favor of doing aveiros. That is why I must say to you that your obsession with 'drops of zera' and such things is indeed a pity, for it obviously is messing things up further, rather than helping you. The goal here is nbot to fight it and win, but to outgrow the childish obsession with it.

So, **please** take a breath and answer the following:

Exactly what steps have you taken for your protection from this problem you have? I understand what it is like to feel powerless and know well what failure feels like. Please clarify. Thanks.

- Dov

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Re: i need help  
Posted by abie14 - 23 Jun 2011 02:38

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ive installed a filter. but that doesnt work because i get the passowrd emailed to me. so i made another email that takes a bit loner for me to go on and send the passowrd there, I increase my torah learning and learn mussar. i bought 3 books but i dont really read them

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Re: i need help  
Posted by Dov - 23 Jun 2011 02:49

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Dear Abie14,

OK, so the filter:

Very good idea. Having a filter that works is *not* the point - if you want the schmutz, the filter won't really stop you in the end. The real value of installing a filter is ***the sacrifice in doing so***. So it must be a filter than *really* works well. That way, you are really putting a distance between you and the porn that you love (and hate) so much. That shows yourself that you have some real commitment. In recovery, action *doesn't* speak louder than words - *it is the only thing that speaks, at all*.

Increase Torah learning:

Never worked for me. The holier I got, the more I figured in my heart that I could control this beast of lust - that is, ***control and use it***. So a week later, I did!

Buying books:

They do not help at all unless you put them into action. Reading self-help is bobkess, zero. Do something, take action, or forget it.

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