

Seeking Some Torah and Chizzuk

Posted by shemirathabris - 08 Aug 2016 00:43

---

Hi All,

I'm seeking some Torah thoughts and general Chizzuk that can help me from the pretty low state I am in. Just to give a little bit of context: I am a single man who struggles with SSA, with porn addiction, and with masturbation. It has been a struggle for a long time, and it continues today. Stumbling upon this webstie has been a tremendous *brachah*, in particular the SSA resources that have helped me feel far less alone. I consider myself so fortunate for having GYE. I have even once completed over 100 days clean--I fell after that, but I did make it to 100 days during one period this year, which is incredible. And I have even started seeing a therapist, who is helping me make tremendous strides. In that sense, I am doing well, or at least I am on the right path.

But "recovery" is a strange thing. Every time I take a step forward, I come face to face with myself--and it feels like I am opening up a "pandora's box" and am finding that there is just so much more of myself that I cannot face. There is so much shame and pain and so much of myself I am disgusted by, and it is so daunting. And so even if I know what is right, I am just so afraid. And I act out, because I am afraid to confront it all.

I am looking for some basic Torah thoughts and words of Chizuk that can help me. Ideas, Divrei Torah, Chassidus, whatever. I have heard plenty of it. But since the beginning of my "recovery" and since I have started to truly experience so much more of my own pain, I think I need to start looking at my situation with a fresh pair of eyes.

=====

Re: Seeking Some Torah and Chizzuk

Posted by Markz - 08 Aug 2016 00:59

---

Chizuk is great but it sounds like the white book will be the book you may need

Have you started the gye Handbook

=====