

New member seeking help

Posted by newyorker94 - 29 May 2013 01:04

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Hello. I am new here. Ive been trying to kick my addiction unsuccessfully for the past year. I have been watching porn for 4 years now, acting out for 3. Also, what makes all off this more complicated is that i am currently seeing a therapist for ssa. I am now reaching the end of my first year of study in israel and would have hoped that by now i would be able to stop this terrible and shameful addiction. But, the longest ive gone the whole year is 22 days, most recently 19. I am now 3 days sober and i just started using guard your eyes.

If anyone is like me, or has any good suggestions that worked for them with bad thoughts, please respond. And if you think youre alone or that things cant get even more complicated for you, what ive learned from this website is that we're all on the same boat, trying to survive. The problem is i feel like im drowning in this. Lately, however i have been devoting a lot of my focus towards yeshiva, and i b"h havent had any lingering bad thoughts since the night i messed uP, 3 nights ago. Eagerly awaiting any chizuk or support or even compassion, Newyorker94

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Re: New member seeking help

Posted by gibbor120 - 14 Jun 2013 20:44

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I don't know much kaballah, but a bit of pirkei avos I do know.

Hamalbin pnei chavero b'rabim, ain lo chelek l'olam haba.

Doesn't sound like much of a mekubal to me.

His advice seems more likely to drag you down than pick you up. I agree, don't worry about it. Worry about staying sober one day at a time. I'm sure that is more precious than dipping in the ).

Davening is a good idea, but avoid DEPRESSION at all costs. Think positive!

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Re: New member seeking help

Posted by George999 - 14 Jun 2013 20:55

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I wish you luck with this.

If the Mekubal says go to Mikveh, than I cannot see anything bad with going to Mikveh.

Crying? Personally I would see this as a recommendation to personal prayer, somewhere in a calm place, perhaps a park? Something like Breslovers do?

But I see what this Mekubal said as a positive. He is calling for you to take stock of where you are and use all your resources to go to where you want to be.

Above all, be nice to yourself. I find that strict "Din" fails.

Far better to use positive encouragement than self punishment, we go through enough of that already.

I am new here, but I do know that one day at a time or even one hour at a time, is a good policy.

Actually I take things 10 minutes at a time, it is more manageable.

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Re: New member seeking help

Posted by skeptical - 14 Jun 2013 21:02

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I'm a bit skeptical (get it?) about mekubalim in Eretz Yisrael. Seems every other person is one.

Seriously, how hard is it to be right about a bochur masturbating?

Anyways, stay positive and keep up the good work, there's no other way.

Hatzlacha!

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Re: New member seeking help

Posted by reallygettingthere - 14 Jun 2013 21:05

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Just because a guy dishes out advice doesn't mean we should follow him.

To paraphrase R' Yaakov Hillel (one of the gretest baalei kabbalah alive today):

"Tell the guy to say a shiur in mesechta Yevamos first. If he can't then don't bother"

C'mon let's be honest, if he was such a great man then why is he telling someone with SSA issues to go to the mikvah. That's just stupid.

**I know that I usually don't write like this, but Rabossai, this "mekubal" is a phony**

I can do the same thing. I'll tell someone that he masturbates. Either he does and I am regarded as some magic worker who know people's secret lives or he doesn't and then starts thinking to himself, "hmmm what do I do that just as bad as masturbating..."

Stay far away from these people.

I would stick with Gibbor's advice "Davening is a good idea, but avoid DEPRESSION at all costs. Think positive!"

Disclaimer: I am not from the anti-kabbalah lobby (not at all)

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Re: New member seeking help

Posted by gibbor120 - 14 Jun 2013 21:30

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Yeah, and doesn't it say in "practical kabbalah for dummies" something about not dispensing

We'll have to wait for the honorable Mr E to weigh in. He is our resident kabalist.

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Re: New member seeking help

Posted by inastruggle - 14 Jun 2013 22:20

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I think that he telepathically sent this to me.

kabalistic advice at airports?

[guardyoureyes.com/forum/23-Just-Having-Fun/207301-Practical-kabbalah-for-the-masses?limit=15&start=75#209363](http://guardyoureyes.com/forum/23-Just-Having-Fun/207301-Practical-kabbalah-for-the-masses?limit=15&start=75#209363)

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Re: New member seeking help

Posted by Chachaman - 14 Jun 2013 22:51

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Gibbor beat me to it, but I was going to say "don't worry about what someone who has no cheilek in Olam Haba tells you".

now, I don't want to judge him, and I hope he had best of intentions. But why would anyone give someone advice that they don't know?? every person is different, and that's what rebeim are

for--to know each person.

if I didn't know better, id say that "mekkubal" was the yetzer Nara personified--youve made it 19 days CLEAN--NINETEEN!!!!!!!!!!!! THATS A HUGE ACCONPLISHMENT THAT YOU SHOULD BE VERY PROUD OF!!!

so the yetzer hara says "hm, what's the best way to get a New Yorker 94 depressed--oh, by insulting him and negating everything hes done until now, so that he will feel so bad about himself and say "who cares anyway, I'm worthless" and then fall."

don't listen to the yetzer. you are a tzaddik, that accomplishment is tremendous, and KOT brother!!! Every time you guard your eyes you get a huge zchus.

Anyway, best of luck! Keep us posted, and don't let anyone get you down!!

(I happen to agree that the mekubbal himself is probably a phony--in a group of 20 kids, its not that hard to tell one "you masturbate" without jeopardizing your reputation as a mekubbal".)

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Re: New member seeking help

Posted by newyorker94 - 16 Jun 2013 09:10

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Thank you ALL for all of your advice. I dont think I'm going to make any decisions until I've actually discussed it with my Rebbeim, but I just made it to 21 days and I don't think I would have done that if I had just started going to mikveh and even crying. My first night of this streak actually I was really down and upset and I had started looking around GYE, and even after all of that sadness I STILL looked at p\* that night. Once I realized how much I had to get out of this rut and start thinking positively did it really get easier not to watch p\* or m\* because it's just not good for me.

Thank you so much to all of you and for the GYE community. I really thought i was on the verge of failing tonight and I logged in to GYE and I feel better now.

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Re: New member seeking help

Posted by tehillimzugger - 16 Jun 2013 16:15

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[reallygettingthere wrote:](#)

C'mon let's be honest, if he was such a great man then why is he telling someone with SSA issues to go to the mikvah. That's just stupid.

NO MIKVA FOR YOU

NOT TOO MUCH CRYING EITHER (It'll bury you under layers of isolation)

DON'T HANG AROUND THE AIRPORT TOO MUCH EITHER

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Re: New member seeking help

Posted by newyorker94 - 17 Jun 2013 16:37

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Thank you, again!

UPDATE- Today I reached 22 clean days! Which is very significant because that was my longest streak for at least the past 2 years, which is amazing, and I know I could not have done it without my friends at GYE. Hopefully I will pass day 23 and not only tie that streak, but exceed it.

But this morning (and right now there are 16 hours left to this day) I woke up and was bombarded by the Yetzer Hara telling me "try it, you don't remember how it feels, it's not so bad, you've done enough teshuva so it wouldnt really matter" and I didn't give in, but I know it's going to be a long and rough day. I know, I should take it one hour, or 10 minutes at a time, but I feel like I'm going to fail today. Please give me chizzuk and tips.

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Re: New member seeking help

Posted by skeptical - 17 Jun 2013 17:11

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The YH likes to remind us of the good times and very conveniently forgets to mention how crummy we feel after a fall. Remember why you started your journey in the first place. Remember how great you feel knowing that you are doing the right thing.

Tell the YH to get lost, you're not interested. Don't even entertain the thoughts. Ask Hashem for the strength to overcome it and then replace the thoughts immediately.

Hatzlacha!

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Re: New member seeking help

Posted by inastruggle - 17 Jun 2013 17:43

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Remember that have an urge doesn't make it certain that you

re going to fall. At all. we only fall when we decide to give in and as long as we don't do that then we're going to be fine.

Of course you already know that since you made it this far.

Also if you're feeling weak then make extra boundaries for yourself so as not to be tempted to fall.

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Re: New member seeking help

Posted by gibbor120 - 17 Jun 2013 19:52

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Get busy with something else and stop talking to the yetzer hora ~~for petes sake~~ oops, for

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