

Please help me! I am drowning!!!!

Posted by committedjew613 - 01 Jul 2013 21:26

Hello everyone. I am so glad I found this website and am hoping you could help me.

I am a married father of one. My struggle began in the 8th grade when I was introduced to the dirt by some friend. Since high school, besides for a few periods of abstention, I have acted out almost every single day. I feel like I have no control over it. In the beginning I really believed myself when I said this would be the last time. But obviously I did not understand the nature of my addiction.

The first time I acted out after I got married, I felt horrible, so low and so depressed. But it's become sort of a norm now. Once a day usually satisfies me, but I feel empty without acting out at least once a day.

Although I take full responsibility for my problem, one issue that makes things more difficult for me is that my wife does not enjoy intimacy. I feel like we've sort of become somewhat emotionally detached because of this. About once or twice a month my wife will be intimate with me, I feel "as a favor," although she never enjoys it. I know this is not the cause for my problem but it makes it more difficult. Does anybody have any advice for me?

I have become so frustrated and enraged with myself. I just want to rid myself of this horrible addiction once and for all.

THANKS SO MUCH TO EVERYONE WHO READ THIS

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Re: Please help me! I am drowning!!!!

Posted by gibbor120 - 03 Jul 2013 23:49

The seforim also say that the main bechira a person has in this area is to "not take the first . But even for "normals" chazal tell us that once you get started it is hard to impossible to stop. The battle is not to get started. That battle *can* be won.

We just tell ourselves it's just a little peek... and before we know it "hey where did all that time

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Re: Please help me! I am drowning!!!!
Posted by AlexEliezer - 04 Jul 2013 00:22
go"?

[reallygettingthere wrote:](#)

[AlexEliezer wrote:](#)

The first thing to understand is that you are addicted to arousal, not masturbation. Masturbation is just the end result, the release valve.

@AlexEliezer

I just wanted to say thank you.

this line was a new level of clarity for me

I can't take credit, it's a b'feyrishe Dov.

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Re: Please help me! I am drowning!!!!

Posted by gibbor120 - 04 Jul 2013 00:46

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credit shmedit, you're the one who saidit