

addiction

Posted by mzlapp - 09 Aug 2013 01:18

I am a 21 year old guy and as for as long as I can remember, I have had an addiction to internet p*** and masturbating. I've tried many times, but I always find my way back. I was in yeshiva for three years and even there I had a problem. I decided to join this forum because I've had enough of this problem and to finally admit that I need help.

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Re: addiction

Posted by skeptical - 09 Aug 2013 01:20

Welcome to GYE!

Looking forward to getting to know you.

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Re: addiction

Posted by Pidaini - 09 Aug 2013 01:28

I'm 22, and had this problem for about 9 years.

You've certainly come to the right place!!

What are you presently doing? what have you tried?

Have you read the GYE Handbook? it's a great place to start.

Hatzlacha!!

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Re: addiction

Posted by mzlapp - 09 Aug 2013 01:41

I have tried absolutely everything. Blocking the internet, but I always manage to get my password back. Learning has helped in the past, but it isn't doing anything now. I think I've always known that the only way to get over this is to share it with other people. So beezrat hashem I'll get better.

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Re: addiction

Posted by Pidaini - 09 Aug 2013 01:45

That's a great first step, have you spoken to anyone about it?

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Re: addiction

Posted by mzlapp - 09 Aug 2013 01:46

No I've never spoken to anyone, I've always been embarrassed, so this is kinda new to me.

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Re: addiction

Posted by Pidaini - 09 Aug 2013 01:50

yup, that's the way it is.

have you read the handbook? you can download it by the Ebooks section.

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Re: addiction

Posted by mzlapp - 09 Aug 2013 01:51

Yea, I just downloaded it. Thanks!!!

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Re: addiction

Posted by mzlapp - 09 Aug 2013 05:21

Thanks me too. I've seen some of your posts and you seem like an unbelievable person. 180 days doesn't even seem possible for me. This urge is so overwhelming that it doesn't seem manageable. Hope to get a lot of help from you and others from this site.

Thanks!

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Re: addiction

Posted by mzlapp - 09 Aug 2013 05:24

This post was to skeptical btw

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Re: addiction

Posted by reallygettingthere - 09 Aug 2013 08:38

Welcome to club chabibi.

I'm having a really tough time pronouncing your name.

My name is Eli.

Opening up has helped me tremendously. It didn't automatically solve the problem but opening up honestly was a game changer.

Is porn and masturbation your problem or is it a symptom of something else?

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Re: addiction

Posted by nitzotzeloki - 09 Aug 2013 11:07

welcome. i'm grandpa bochur (or avi. your call) im 27 and have had this problem for it seems like ever. joining GYE is a great step. i was in denial for a very long time. for me, the admission that i have a problem was a big FIRST step. don't stop there. what i imagined i would get out of GYE when i first signed up and what i'm getting now are worlds apart. for the better.

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Re: addiction

Posted by mzlappq - 09 Aug 2013 16:12

Yea it's just porn and masturbation. Just can't do it on my own. Thanks for making me feel at home. Ive never discussed this with anyone so it feels unbelievable to get off my chest.

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Re: addiction

Posted by cordnoy - 09 Aug 2013 16:15

it is the "q" in your name that I am troubled with...

question?

(addi) ction?

the other 5 letters I got

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Re: addiction

Posted by mzlapp - 09 Aug 2013 16:18

Haha, its just 6 random letters

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