

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 mzlapp - 09 Aug 2013 17:14

Trying to keep busy. Got up bright and early today, learned with a chavrusa, great davening. I think that's really important, to start the day on a good note.

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Re: addiction

Posted by cordnoy - 09 Aug 2013 17:50

you're telling us that those are just random letters?

Motzi

Zera

Lvatalah

And

Porn

Qaddiction

We will take your word if you say so

and the way the keyboard is set up, you might have an asmachta like you

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Re: addiction

Posted by mzlappq - 09 Aug 2013 17:57

wow. that was amazing, don't know how u got that. But they really were random letters.

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Re: addiction

Posted by Pidaini - 09 Aug 2013 18:08

you'll see, the oilam here is quite creative!!

Yes starting your day on a good note certainly will help, but you can't gauruntee it can you?

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Re: addiction

Posted by mzlappq - 09 Aug 2013 18:15

Nope. Very true. But I've found that days where I've started off well, the chances of me falling drastically decline. Just gotta keep focused and busy

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Re: addiction

Posted by AlexEliezer - 09 Aug 2013 19:03

[mzlappq wrote:](#)

180 days doesn't even seem possible for me.

It's only possible to stay clean for one day. One day at time, that is. That's all we're ever asked to do. Sometimes it's one moment at a time. I like to say "one right decision at a time."

[mzlapq wrote:](#)

This urge is so overwhelming that it doesn't seem manageable.

Sounds a lot like the first classic step of recovery:

"1. We admitted that we were powerless over lust -- that our lives had become unmanageable."
(www.sa.org/steps.php)

[mzlapq wrote:](#)

Hope to get a lot of help from you and others from this site.

Thanks!

The most important "other" on this site is Hashem. He's right here with us. That's a lot like the second step of recovery from addiction:

"2. We came to believe that a Power greater than ourselves could restore us to sanity."

What's my point?

A few things.

When we realize we are powerless over something, our only choice is to avoid it entirely. This would mean staying far from the computer when you are alone. It means not looking at women entirely, not just pics on the net. It means guarding our minds from fantasies, INCLUDING the fantasy that we have the luxury of looking at porn on the computer. The fact is, we don't have that luxury. We have given up our ability, our right to lust. When we start lusting we're finished.

We are addicted to lust. Not masturbation. That's just the release valve. For us to be sober, to be off our drug, we must stop lusting entirely.

It's actually easier than sneaking hits here and there and feeding this monster inside of us. Our only hope is to starve him. That's our hishtadlus. The rest we turn over to Hashem, asking Him constantly to help, verbally surrendering our lust, our option to lust, over to Him, asking him to take our lust for now so we can live.

Another thing. This addiction thrives on isolation. So get out and do normal things with friends. Friendships are very important.

Hatzlocha and welcome!

Alex

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Re: addiction

Posted by Pidaini - 09 Aug 2013 19:16

Welcome back Alex, haven't seen you in a while!

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Re: addiction

Posted by mzlappq - 09 Aug 2013 19:23

I just want to say that this is the most amazing site. I've always wanted a place to be able to talk about this without people knowing who I am, and now I have it. Thanks so much to everybody!!

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Re: addiction

Posted by Gevura Shebyesod - 09 Aug 2013 20:15

But we know exactly who you are! Isn't your name Mordche Zalman Lipa Akiva Pinchas Qohn?

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Re: addiction

Posted by cordnoy - 09 Aug 2013 20:21

my roshei teivos was better

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Re: addiction

Posted by reallygettingthere - 09 Aug 2013 20:21

[Pidaini wrote:](#)

Welcome back Alex, haven't seen you in a while!

I was thiking to myself just yesterday, "Where's Alex?"

Welcome back

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Re: addiction

Posted by skeptical - 09 Aug 2013 21:30

cordnoy

youre tellin us that those are just random letters?

Motzi

Zera

Lvatalah

And

Porn

Qaddiction

Qualms - a feeling of uneasiness about a point especially of conscience or propriety

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Re: addiction

Posted by Lizhensk - 11 Aug 2013 21:09

[Gevura Shebyesod wrote:](#)

But we know exactly who you are! Isn't your name Mordche Zalman Lipa Akiva Pinchas Qohn?

NO, its Moshe Zundel Leibel Avremel Psachya Qornfeld

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Re: addiction

Posted by gibbor120 - 12 Aug 2013 20:43

WELCOME mzlapp! I'm glad you are enjoying the camaraderie here. Opening up is powerful. Take a look at the dov quotes link in my signature. I have some other good stuff there too. Keep us posted on how you are doing.

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