

Need Chizuk and Advice

Posted by Warriorjew24 - 05 Sep 2014 22:25

Hi everyone I've been struggling with this area for so long it seems. Im already 20 and can't get a hold of the problem. I keep trying different solutions and approaches (filters, fences, contracts) which work for some time but I always find myself eventually slipping somewhere not to far down the line. I really really want to be rid of this disease before I get married or raise kids. I keep trying, but the tunnel seems to never end...it seems almost impossible to break free... I feel so down so many others have gone 90 days why can't I?

Any advice, thoughts or experiences are appreciated so please share.

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Re: Need Chizuk and Advice

Posted by gibbor120 - 05 Sep 2014 22:37

WELCOME! Have you read the handbook? You are fortunate to have found GYE at 20. I struggled for over 2 decades. I am fortunate to have found this site, and this warm community. Jump right in and post about yourself. There's lots to learn here. It doesn't get any easier over time, so the sooner you address it, the better.

Have you told anyone about your struggles?

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Re: Need Chizuk and Advice

Posted by skeptical - 05 Sep 2014 22:37

Welcome to GYE!

There are many people here who have been or are where you are now, and they are now making progress. Opening up and keeping out of isolation can go a long way.

Stay connected!

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Re: Need Chizuk and Advice
Posted by cordnoy - 05 Sep 2014 22:55

Welcome,

Some of us have been strugglin' with this for twice as long (old) as you are, and more.

there is a lot to learn here.

success and recovery will not be overnight and will require, at times, for you to step out of your comfort zone.

It is well worth it, for you are well worth it.

Thanks for joinin' and hatzlachah.

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Re: Need Chizuk and Advice
Posted by dms1234 - 06 Sep 2014 01:16

WELCOME!!!!!!!!!!

I am of similar age and probably experiences. Email me at dms1234ongye@gmail.com

Check out: [Skep's tips](#)

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Re: Need Chizuk and Advice

Posted by Warriorjew24 - 06 Sep 2014 01:21

I have read through Handbook one time, it definatly helped me and I kept clean for a while after that...I have I've been in touch with a close friend who struggles as well and we give each other support. Today I actually opened up and decided to speak to my Rebbe about the issue and he recommended a few things.

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Re: Need Chizuk and Advice

Posted by dd - 06 Sep 2014 23:55

WELCOME WJ!!!

great thing you joined here, and you should learn really quickly that there is a way out (cordnoy i was going to write hope but i figured why start with that), many have been in your situation and pulled out and even much worse, make yourself at home and get to know the oilam,

looking forward to seeing you around, KEEP UP THE GOOD WORK!!!

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Re: Need Chizuk and Advice

Posted by cordnoy - 07 Sep 2014 06:26

[Warriorjew24 wrote:](#)

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support. Today I actually opened up and decided to speak to my Rebbe about the issue and he recommended a few things.

Great news!

Openin' up to someone real is true progress.

Please tell us what happened.

Thanks

continued hatzlachah

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Re: Need Chizuk and Advice

Posted by newaction - 07 Sep 2014 17:08

Hey Warriorjew24 welcome to this wonderful site. you are so lucky my friend that Hashem blessed you with deep insight and wisdom. you wrote you want to get rid of this disease . for over 4 decades i did not know i had a disease . i thought i just can not control my YH. I can not control my urges. but you are so young and you already know it is a disease . And like all maladies it is treatable and controllable . the other thing you said , you want to do it before marriage . little did i know that marriage will not be the solution. instead, it reflected on my marriage and i am paying until today. So you are on the very right track. Here you will learn that breaking free is a reachable goal if you follow the right attitude of mind and the best strategy . Behatzlach in your journey

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Re: Need Chizuk and Advice

Posted by gibbor120 - 07 Sep 2014 20:45

[Warriorjew24 wrote:](#)

Today I actually opened up and decided to speak to my Rebbe about the issue and he recommended a few things.

Please share! Thanks! Great to hear that you opened up. Keep us posted.

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Re: Need Chizuk and Advice

Posted by lavi - 07 Sep 2014 23:29

hi wj,

it is a amazing what you did about talking to someone about it. it takes courage. i see you are actually a warriorjew. good for you.

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Re: Need Chizuk and Advice

Posted by dms1234 - 08 Sep 2014 00:48

Really incredible!!!!!!! Great work! Now what will you take from it? Meaning, how will you move forward. What steps will you take for recovery?

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Re: Need Chizuk and Advice

Posted by TehillimZugger - 08 Sep 2014 00:58

Just saying hi. I'm also around your age, this is a good place. Read up, post up a storm, become friendly with the oilam... Lotsa stuff to learn, sit back and let's take things one day at a time...

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Re: Need Chizuk and Advice

Posted by Warriorjew24 - 08 Sep 2014 02:05

Im very thankful how warm and welcoming all you guys are. Second it truly amazing getting to meet so many others who know how difficult it is and to see how everyone works as a team trying to help each other out! Im currently taking a number of steps to ensure success. First and foremost is making sure my eyes are properly protected, I've recently had my phone set up with webchaver and placed strict security measures on it. I also plan on checking in with my Rebbe weekly to see how things are doing. I feel like this disease has been plaguing me for too long, and I feel like its one of my life tests that must be won. For if I don't begin the curing process now it will only linger and grow and before i know it'll be beyond control. I really want to try making the 90 days anyone got any specific tips that helped them?

Thank you guys for all the support so far I really appreciate it!

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Re: Need Chizuk and Advice

Posted by cordnoy - 08 Sep 2014 02:20

You sound like you are on the right path.

Many of us focus on the day or the moment before us, not necessarily the 90 days (although there is benefit to that as well).

You did somethin' that many on this site still didn't do, and that is to open up to someone real; that is huge!

Kol hakavod!

The fact that you will speak to him every week is marvelous.

Strict filters is also a great step; many can't bring themselves to lock themselves out of their phone or computer. This is what is called acceptance. One must accept the fact that we have a struggle and we need outside intervention. Some have a difficult time with that.

So, all in all, you keep doin' what you're doin', and we wish you continued hatzlachah.

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