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Posted by joniteshuba - 24 Nov 2014 21:03

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Re: a very difficult struggle for a teen

Posted by gibbor120 - 24 Nov 2014 21:15

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WELCOME! I'm sorry to hear that you are having a difficult time. It's great that you are seeking help at a young age. Many of us live with addiction for a long time before reaching out for help. I'm not sure who can help you, but you need to find someone. From what I could understand the taphsic isn't working as well as you would like. Is there another rebbi that you can talk to? Is therapy an option?

You seem to need some sort of outside help. Read the handbook and see what helps you. You can keep posting here and get ideas from the chevra.

I wish you the best. The earlier you deal with this issue, the better. It gets worse over time, never better, if it is not dealt with.

I wish you hatzlacha!

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Posted by joniteshuba - 24 Nov 2014 21:42

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Re: a very difficult struggle for a teen  
Posted by gibbor120 - 25 Nov 2014 01:14

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Why do you have to get out yourself? If you can, great. But, if you are struggling, why not reach out for some help? You seem to be reaching out for help. You seem to realize you cannot do it by yourself.

I could not get out myself. I'm glad to have help.

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Re: a very difficult struggle for a teen  
Posted by cordnoy - 25 Nov 2014 01:59

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Welcome

tapshik is not by yourself either.

it is the scare of the oath.

You do not know that God put this test to you to conquer yourself.

that could be your ego talkin'.

that bein' said, I also feel that you should talk to someone you respect and trust.

Comin' here anonymously, fishin' for advice or suggestions is not really a sound method.

whatever you do, your road to recovery should be blessed with hatzlachah.

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Re: a very difficult struggle for a teen  
Posted by serenity - 25 Nov 2014 03:45

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Just want to wish you hatslacha! You sound like you're good and wise person. Focus on all the good that you do and be kind to yourself! Best wishes.

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Re: a very difficult struggle for a teen  
Posted by Watson - 25 Nov 2014 03:53

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[joniteshuba wrote:](#)

Bore holam put us in this struggle to try get out by ours self.

Where did you get this from?

The torah says you should not eat treif so you get a shochet and mashgiach to help you prepare kosher food.

The torah says you should put on tefillin and fix mezuzas so you get a sofer to write them for you.

The torah says you should learn torah so you get a chavrusah and go to shiurim.

The torah says you should give tzedokoh, avoid loshon hora, daven with a minyan, marry, do kindness, avoid theft, the list goes on and on and on. All these things involve other people. Even a quick glance at the torah shows the emphasis on doing mitzvos with other people.

Is this one actually different? Or is it just harder...?

To put it a different way. For me porn and masturbation has always been a way of isolating myself and doing my own thing without involving other people. Moving on from there there's TV, video games, music, all indulged in by myself, with earphones. Shut up world, Watson wants to be alone.

It's the isolation that's half the problem. Fortunately in recovery I can meet people in similar situations and get out of the isolation. B"H for that gift.

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Re: a very difficult struggle for a teen  
Posted by ineedchizuk - 25 Nov 2014 05:13

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Welcome!

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Re: a very difficult struggle for a teen  
Posted by dms1234 - 25 Nov 2014 05:22

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WELCOME!!!!!!!!!!

Check out the [GYE Handbook](#) and [Skep's tips](#)

Many of us have tried "beating it" ourselves but that got us nowhere!!!! Once we started  
meetings, dms How could you say something like that????") we actually started growing!  
"live

Stick around and get to know the amazing guys here!

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Posted by joniteshuba - 25 Nov 2014 06:40

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Re: a very difficult struggle for a teen  
Posted by WhenZaidyWasYoung - 25 Nov 2014 19:39

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I wrote something similar to your above post on your thread in the Teen's section.

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Re: a very difficult struggle for a teen  
Posted by dms1234 - 26 Nov 2014 01:24

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Please listen to WhenZaidyWasYoung. I look back at my post and i went a little far for a teenager. Zaidy is the moderator for the teen thread and he is much more experienced in dealing with teens than i am. Please consult him. Thank you Zaidy for again teaching me i have

But btw, i didnt mean you should "fight" this with others. If you truly are an addict, you can't "beat" it.

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to watch what i say

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