

I want to quit but i cant

Posted by umutluyum - 14 Dec 2014 00:52

Hi,

I'm 18 and I am addicted to porn and masturbation. When I feel stressed I need to do it. I know its a sin but I just cant stay away from it. In my class there are girls who wear inappropriate clothes. I'm trying not to look at them as much as I can but sometimes it doesn't work. I know its awkward and I dont like to do it. I feel ashamed after masturbation. They call me the most religious person in the class[my school is quite secular] but like I just cant hold myself. I hope this will work out good for me? I just need a guidance.Are there any young ones like me? I would like to read their recommendations.

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Re: I want to quit but i cant

Posted by doingtshuva - 14 Dec 2014 02:48

Welcome to Gye

see to stick around here with all the boys, tattys, and zeidys,

Start with reading the handbook

good luck

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Re: I want to quit but i cant

Posted by shomer bro - 14 Dec 2014 04:43

I've noticed that regardless of age, we are all in the same boat. We all have struggles and temptations and we're all here to fix that. It's amazing that you're willing and ready already to take control and work on your yetzer hara. Wishing you much hatzlacha raba, keep on posting!

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Re: I want to quit but i cant

Posted by ted - 14 Dec 2014 08:49

Good luck. Be strong.

one day at a time.

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Re: I want to quit but i cant
Posted by serenity - 14 Dec 2014 12:35

Ok welcome! I just typed a long comment and erased it by mistake, so I guess it wasn't meant . You've come to the right place and have made a good start in the right direction! If you are similar to me, your issues go deeper than the way the girls in your class dress. Sounds like you realize that yourself though. You say that when you are stressed, you need to masturbate. So your need isn't caused by scantily clad women, but by your stress and your inability to address it in a healthy manner. I relate to that immensely and accordingly I started trying to understand what about myself and my life was causing stress. One thing I now know for sure is that masturbation and compulsive behaviors only add to my stress, so it makes zero sense for me to engage in them.

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Re: I want to quit but i cant
Posted by cordnoy - 15 Dec 2014 09:39

Welcome,

There is a section on the forum for teens, but it is not well-frequented. to be. Anyway, I'm way too lazy to retype it

Perhaps post there, and more people will come.

Anyway, stick around here.

May your journey towards recovery be a blessed one!

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Re: I want to quit but i cant
Posted by umutluyum - 15 Dec 2014 21:33

Its been good since I discovered this web sites. I think I m gonna make 90 days +. I m trying hard. I promisef myself.

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Re: I want to quit but i cant
Posted by cordnoy - 15 Dec 2014 21:35

Focusin' on 90 when you're on Day 3 can be a recipe for disaster...certainly if you're addicted, which you might not be.

We like to focus on the moment before us....but whatever works for you is fine by me as well.

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Re: I want to quit but i cant
Posted by gibbor120 - 15 Dec 2014 23:25

Welcome! It's tough being a teen these days. Read the handbook, read the posts. Post yourself.

You are at an age that you should be able to get some hadracha from a rebbi or rav. Speaking to someone in real life can really be a game changer.

Shame is your enemy. It will just drag you down. If you fall, just dust yourself off and get back in the truck.

Don't worry about your past. Make gedarim, as much as possible. Daven to Hashem for help.

Make friends here, and reach out for help.

GYE - Guard Your Eyes

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