

Me!

Posted by TA613 - 14 May 2015 05:50

Hi, I'm looking for help. I started masturbating at around age 15 when I (literally) had an itch and, not knowing what I was doing, just kept going once it felt good. I was having a really rough time then (with both my parents recently unemployed and constantly yelling and making me stressed and depressed), and I ended up watching porn. Since then Ive intermittently watched porn but constantly masturbated. I want to break these patterns before they become more serious. I'm 17 now and dorming next year. What should I do?

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Re: Me!

Posted by serenity - 14 May 2015 06:01

Welcome to GYE TA613! You're not alone anymore and many of us here are either in your situation right now or have been there. There are a lot of really good people here and we are all here to support you! The first step of recovery is honesty. Getting honest with yourself and with others. By posting here, you have begun this important step!

Hatzlacha!

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Re: Me!

Posted by cordnoy - 14 May 2015 11:37

Welcome,

Have you told anyone?

do you have someone you trust?

Read the handbook, but ultimately, the best would be to open up to someone real.

choose wisely.

b'hatzlachah

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Re: Me!

Posted by gye1962 - 14 May 2015 14:32

hi

i am going more or less through what your are going rgiht now.

has yue said yourself, when we get depresed or stressed we tend to turn to something to deal with it(porn and zera levatala).

beatzlacha raba

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Re: Me!

Posted by gibbor120 - 14 May 2015 17:11

WELCOME! You have come to the right place. We are all in the same boat. Start with the handbook. Keep sharing and posting.

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Re: Me!

Posted by yiraishamaim - 14 May 2015 17:33

Smart move to post messages on the forum. As was said: be honest, keep posting - and keep listening to sound advice.

You've taken a giant step in the right direction.

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Re: Me!

Posted by TA613 - 14 May 2015 17:49

b"H Im no longer depressed (I came to the realization that I can control my emotions and life is too awesome to live depressed).

For a while Ive tried to build the courage to face a Rebbe who can help but I can never bring myself to it. Im somewhat of a "goody-goody" and although this rebbe constantly talks about how important getting help is and how much he respects the people who reach out, and how this can happen to anyone, and its just a ploy of the yetzer hara to try to get us to avoid getting help, i have an extremely hard time coming to terms with that. Any aitsas?

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Re: Me!

Posted by gibbor120 - 14 May 2015 18:56

JUST DO IT! Speak to your rebbi. Don't think about it too much. You'll be glad you did.

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