

Starting up

Posted by abd297 - 23 Jun 2015 20:04

Hi, I'm just starting up on the site. I'm in yeshiva and have been struggling with masturbation for many years. I am very overwhelmed trying to navigate through all of the site's resources. I'm not really sure where to go after signing up. I just want to get involved with everything I can and get all the help possible.

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Re: Starting up

Posted by cordnoy - 25 Jun 2015 04:08

Like several said above: Take a deep breath, slow down.

The resources that suit you will find its way.

b'hatzlachah

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Re: Starting up

Posted by Sasha 2 - 25 Jun 2015 17:19

Welcome! I can relate to a lot of what you wrote, i found reading the handbook really helped me at times, though i have many ups and downs too.

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Re: Starting up

Posted by gibbor120 - 25 Jun 2015 18:26

[abd297 wrote:](#)

I have been struggling with depression, anxiety, relationships, and perfectionism, in addition to

my sexual issues. I hae some relatives over for most of the first month so there is some structure. The handbook should come in the mail very soon and I'll get started. I was just overwhelmed by all of the resources that the introduction says someone like me should use. I'm not sure why no one has dubbed me the perfectionism police yet, maybe they are too polite. But, you said the magic word, so I'm obligated to point out that I have a link in my signature to Dr. Sorotzkin's website. He has great stuff on perfectionism, and on the psychology of acting out as well. I found it very enlightening. I hope you do too.

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Re: Starting up
Posted by abd297 - 25 Jun 2015 20:25

Today I was out and about a littl more than my 1st 2 days on GYE. More room for looking at women which fills your mind with unwanted thoughts. I had an urge to fall but I immediately came on and started reading and posting. I think it has passed for now BH. I wasn't so carefully about looking but I was pretty good. It's hard to figure out what is more than an accidental glance because I am so sensitive that almost anything can turn me on. Any advice about this?

Also I started having unwanted sexual dreams. Is this normal at this phase?. I have struggled with wet dreams in the past. So far I haven't had one in a few months. Ar they counted as a fall? How do I prevent them? Does it reset my brain on the addicting path?

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Re: Starting up
Posted by SIB101854 - 25 Jun 2015 20:31

Take a look at what is a "slip" as opposed to a "fall" with respect to the 90 day chart.

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Re: Starting up
Posted by serenity - 26 Jun 2015 01:03

Ignore the dreams

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Re: Starting up
Posted by abd297 - 26 Jun 2015 01:34

After a wet dream I feel like I blew it and I must start all over again. Is this true? Do any of you feel similarly? How do you deal with it?

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Re: Starting up
Posted by Bigmoish - 26 Jun 2015 02:21

[serenity wrote:](#)

Ignore the dreams

No more needs to be said.

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Re: Starting up
Posted by abd297 - 26 Jun 2015 03:38

How do you guys stop the automatic head turn towards women? Even if I stop looking is just the first reflex an issue?

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Re: Starting up
Posted by yiraishamaim - 26 Jun 2015 10:44

I work on the head turning myself.

Firstly, before you go out on the street prepare yourself mentally that you will have challenges in this area and that will help not to look.

Secondly, train yourself not to be curios in general, to look what is going on somewhere else.

Thirdly, look down as you walk and perhaps focus on the ground.

Alternatively it is wise to think about a Torah thought as you are walking. Something a little deep that you find of interest.

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Re: Starting up
Posted by gibbor120 - 26 Jun 2015 12:35

Don't worry about the dreams. Work on recovery. The dreams will take care of themselves.

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Re: Starting up
Posted by abd297 - 26 Jun 2015 13:25

I'm going to visit an older relative on Sunday. She's not religious. My parents and siblings aren't on the same page as shomer negiah. I've been pretty good myself for the past year avoiding shaking hands and hugging relatives and the like but I am alone in this. Any tips, thoughts, or ideas would be greatly appreciated.

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Re: Starting up
Posted by gibbor120 - 26 Jun 2015 16:13

What are your thoughts? How would they react if you refuse? Is there any way you could explain it to them? Will they be understanding? Maybe discuss with your rav.

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Re: Starting up
Posted by abd297 - 26 Jun 2015 18:20

I feel that I need to get more knowledge on the halachic matters. Almost all of my relatives are not understanding or are critical of such beliefs. My parents and siblings are just unaware. I plan on discussing this and similar things with my close rebbi in the near future.

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