

Starting up

Posted by abd297 - 23 Jun 2015 20:04

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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 inastruggle - 22 Apr 2016 03:49

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More like a win-win-lose sort of situation but definitely worth the chance.

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Re: Starting up

Posted by abd297 - 22 Apr 2016 13:36

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Thank you for that advice. I don't think he's the fire and brimstone type but it'll be interesting to see what he can offer.

I just want to extend a chag kasher vesameach to everyone in the GYE community.

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Re: Starting up

Posted by Aryeh821 - 22 Apr 2016 14:39

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[inastruggle wrote:](#)

More like a win-win-lose sort of situation but definitely worth the chance.

Not true even if he does option number one abd can tell him what harav mark said and kol haomer beshaim omrom maivee guelah loalom so it is a win-win-win situation

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Re: Starting up  
Posted by abd297 - 26 Apr 2016 20:01

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"Do I need to come clean and open up about all of my struggles? I feel that I want to but I'm scared. I also don't know how much is too much for such a setting. I really have some troubling and odd things that have been with me privately. Some things for up to 15 years when It all started. What do most guys do about this?"

I was digging around some of my old posts. This one came up and wasn't really discussed. Any thoughts?

(I can't get the quote thing to work)

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Re: Starting up  
Posted by abd297 - 26 Apr 2016 20:26

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Here's another one.

In hope you all had a good shabbos. I had some trouble over Shabbos. We had a guest over who had a granddaughter in from Israel. She is my age. I was immediately attracted to her. I did a pretty good job at controlling myself at the meal. after the meal my older brother and I started

talking to her innocently. It had nothing to do with her, it was just 3 people around the same age socializing. I don't know what she or my brother were actually thinking but I was having feelings even though the conversation and situation were far from sexual. They came back the next day for a while but I had already anticipated this. I kept my distance and pretty much controlled my eyes.

Now I have been having trouble keeping my mind off her. I was just so comfortable, so relived to finally have a normal conversation with a normal person, acquaintance to acquaintance. I felt like I was more than just a spectator, more than a little kid. The problem with this is obvious though.

Clearly this is something which I yearn for. I have not really been able to do this very much. In highschool, I always liked going to people's houses who made me feel this way. I was able to go to their house as a friend have good conversation with him, his wife, and their guests. I wasn't the desperate highschooler who they were being nice to by letting me come. I hated those meals. I liked the small, calm, intimate ones. This did leave room for me to wrongly interpret those good feelings as sexual on occasion. (I have elaborated on my other forum in the SSA section.)

I need to fill this void somehow. I don't know what all of my feelings mean or how the facts affect this. The people involved were often women, guests or wives of my hosts. I felt that they were more understanding.

Any questions or comments are appreciated as they help bring out the details in a more condensed fashion. Thank You and KOP.

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Re: Starting up  
Posted by abd297 - 26 Apr 2016 20:32

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Re: Starting up

Posted by abd297 - 26 Apr 2016 20:37

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I have realized what some of my problems are. I have the motivation to really change now but I don't have the physical aspects available. I need to actually start getting help. Posting helps but is a way to be connected and get support, not to get long lasting help (at least for me). I can't go on much longer in the same situation that I'm in. I am around things that trigger me sexually and emotionally. I am isolated. I don't have structure to my life. I have the right ideas without the battle plan. This is for sexual and emotional issues. If I continue like this either I will fall or I will only be covering up the issues without addressing them.

The problem is that I am not self sufficient, I don't make my own choices, for the most part. I just go to yeshiva, come home, follow whatever's happening. I just fill the role which people think I play in life. I don't have the means to get help and live a long lasting lie free of my issues. At least not the way things are now.

Does anyone have any advice. I'm a quiet 18 year old. I dorm at yeshiva for a few weeks at a time. I am fully supported by my parents. I am alone in my issues.

I need to break free and take control of MY life before it's too late. I don't want to wake up in a few years when life really starts happening and wonder, "Where the heck did it all go?!"

And another.

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Re: Starting up  
Posted by markz - 27 Apr 2016 01:13

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[abd297 wrote on 26 Apr 2016 20:01:](#)

"Do I need to come clean and open up about all of my struggles? I feel that I want to but I'm scared. I also don't know how much is too much for such a setting. I really have some troubling and odd things that have been with me privately. Some things for up to 15 years when It all started. What do most guys do about this?"

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(I can't get the quote thing to work)

Abd

Do you want to give us examples of what your questions look like, so all us anonymous gyes can give you our heartwarming input

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Re: Starting up  
Posted by abd297 - 27 Apr 2016 14:22

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Like speaking about my struggles in a less abstract way. Revealing fetishes. Is it a necessary thing to move on in recovery?

Also, the fact that I feel satisfied and comfortable when speaking to women, not in a sexual way. That I feel the need for a strong connection with people in general on an emotional level. I feel that in the past, it as been a relief for me being in a private setting with people as friends. It was a step up from just being that kid who needs a meal again. It was just a few mature people sitting around and enjoying themselves. It obviously brought lust challenges for e but that wasn't the point.

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Re: Starting up  
Posted by cordnoy - 27 Apr 2016 15:50

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Why is this thread so wacky on mobile?

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Re: Starting up  
Posted by skeptical - 27 Apr 2016 16:08

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It's showing up wacky on the computer too.

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Re: Starting up  
Posted by abd297 - 28 Apr 2016 14:40

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Is everyone having trouble viewing my thread? Is it the whole thread or just the last few posts?

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Re: Starting up  
Posted by cordnoy - 28 Apr 2016 14:50

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Just the last several posts.

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Re: Starting up  
Posted by Gevura Shebyesod - 28 Apr 2016 17:02

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Looks fine here.

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