

My path to sanity... chevrah, help me with the way

Posted by ZDuvid - 03 Jul 2015 19:06

I'm deep and in the ????... I'm addicted to porn, masturbation and who knows what.

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Re: My path to sanity... chevrah, help me with the way

Posted by farblunjet - 15 Jan 2017 13:13

The battle that I fight within is very different than the one I think you are referring to. I do not fight a battle against desire, I fight a battle against the need to *fulfill* desire!!

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Re: My path to sanity... chevrah, help me with the way
Posted by Singularity - 16 Jan 2017 06:59

[ZDuvid wrote on 13 Jan 2017 18:37:](#)

[360gye wrote on 12 Jan 2017 04:27:](#)

Well put Zduvid.

Now the question to ask is: Why are you addicted to escaping reality? What about your reality is unpleasing and requires an escape? Is there a way to improve the reality or maybe compromise?

Since I can remember, I was always on this planet as a piece of shi**. At the age of 8 I was already going to wieght loss group's, and visited every freakin nutritionist that lived within a 100

People might not understand but a human being NEEDS to feel excepted and worthwhile. I always felt different.

I never comprehended the deep emotions that i carried till recently.

And even till today, for example i was by a Bris today in shul at a family members Simcha and one friend asked me "I see your on your way up...(in wieght) what's going on"..

I feel like a uncomfortable soul in my soul.

(A easy girl hook-up would never happen...why would they when they have cute dudes)

So I have this tense feeling all the time on one side not fitting in and being ashamed/uncomfortable, and on the other side im tense with needing to go on a diet and working hard on myself. (Exusting)

Nonsense! Have enough confidence to believe you could hook up with anyone!

..Then you'll stop thinking about how to achieve it.

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 16 Jan 2017 18:41

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Re: My path to sanity... chevrah, help me with the way
Posted by Singularity - 17 Jan 2017 08:23

HAAA! the problem is that the "confidence" will be leaning against "proven facts"

[ZDuvid wrote on 16 Jan 2017 18:41:](#)

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running after them..

HAHA! the problem is that the "confidence" will be leaning against "proven facts"

Law of large numbers, my friend! A successful salesman will make thousands of meetings and

snag maybe 20, 30 or so.

And please don't take my advice and talk to thousands of girls. Unless you're speed-shidduchisizing.

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 18 Jan 2017 04:51

I hear ya! (By the way is there any reason our Chachamim didn't kill the Yetzer Hora of Znus? Can you imagine it would've been the opposite, they would of killed the Znus but left the Yetzer Hora of Avoda Zora... GYE would of been GYG.. Gard Your Getchkah)

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Re: My path to sanity... chevrah, help me with the way
Posted by cordnoy - 18 Jan 2017 13:24

[ZDuvid wrote on 18 Jan 2017 04:51:](#)

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The Gemora asks your question and answers it.

Personallyl, I practiced: Guard Your Shiktzah.

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 18 Jan 2017 19:38

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Nu lets hear, what does the Gemora answer

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Re: My path to sanity... chevrah, help me with the way
Posted by Singularity - 19 Jan 2017 10:04

[ZDuvid wrote on 18 Jan 2017 19:38:](#)

The Gemora asks your question and answers it.

Personallyl, I practiced: Guard Your Shiktzah.

Nu lets hear, what does the Gemora answer

Was it not somewhere on the lines of, we would stop procreating?

Funny because if the YH of *avoda zarah* was removed, wouldn't it make us not speak to God?

Rabbi Akiva Tatz goes into it in his book, Worldmask.

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Re: My path to sanity... chevrah, help me with the way
Posted by ZDuvid - 21 Feb 2017 16:13

any read this? whats this therapeutic approach?

<http://matzav.com/a-frum-internet-addict-2/>

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Re: My path to sanity... chevrah, help me with the way
Posted by cordnoy - 21 Feb 2017 16:31

[ZDuvid wrote on 21 Feb 2017 16:13:](#)

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Good question.

This site used to have names of therapists.

I looked now and cannot find any.

Perhaps it is not on mobile or perhaps I just don't know where to look (although I was good at finding other stuff).

I do see that they are invested heavily in the relief organization, so perhaps they outsourced it all to the experts.

Try relief and see what they say, or post a comment on matzav askingl for more info.

Keep us posted please.

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Posted by ZDuvid - 21 Feb 2017 16:41

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Keep us posted please.

because the the endorsements that he got is very weak

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Re: My path to sanity... chevrah, help me with the way
Posted by GrowStrong - 21 Feb 2017 16:50

Hidden Link Below.

Warning: Spoiler!

Good Luck!

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Re: My path to sanity... chevrah, help me with the way
Posted by cordnoy - 22 Feb 2017 18:02

[GrowStrong wrote on 21 Feb 2017 16:50:](#)

Hidden Link Below.

Warning: Spoiler!

Good Luck!

Seems that there are issues with therapists and mobile version. Hopefully, one of the geeks will look into this.

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Re: My path to sanity... chevrah, help me with the way
Posted by MayanHamisgaber - 22 Feb 2017 18:54

The gemara is in yomah around daf 50b

They sealed the one for avodah zara and when they tried for znoos they could not find a fresh egg after 3 days... it k'dye to see the maharsha there too

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