

Poll: Do You Think You're an Addict?

Posted by skeptical - 22 Nov 2015 15:01

If you voted yes:

Did you accept that you were an addict as soon as you joined GYE, or did it take time for you to figure it out? If it took time, how did you come to that conclusion? Please post below.

Thanks for your time.

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Re: Poll: Do You Think You're an Addict?

Posted by Markz - 26 Sep 2016 03:50

[Moshe271 wrote on 23 Nov 2015 14:00:](#)

When **my therapist** said, why don't you try SA? I said, "Naw, really?" That afternoon, I looked up SA's website. They have a questionnaire. I answered all the questions in the affirmative, except for the last one. I never sat in jail for a sexual act. At that point, I was convinced. I knew I was a sexaholic. From my 2nd SA meeting I began introducing myself as, "I'm Moshe, and I'm addicted to lust."

but someone that's not got a therapist, it can take a few years to see the light...

Thank Gd I have a therapist too, although more for issue mentioned on my story thread, which I'm sure helps me keep lust at bay too. I believe many guys can get good theraputic advice from kind insightful rabbis and others.

But often it's just simpler to continue hiding behind a veil of riteousness because we never imagined what life is, or can be outside of our antiquated cave. We have gotten so used to believing that there's no solution to "my needs" other than acting out...

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Re: Poll: Do You Think You're an Addict?

Posted by Markz - 09 Nov 2016 17:23

This is a hard one, cos you're voting for / about yourself and requires honesty

Warning: Spoiler!

and calm forethought / foresight[spoiler][spoiler]

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Re: Poll: Do You Think You're an Addict?

Posted by Markz - 06 Jun 2017 20:04

Bump

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Re: Poll: Do You Think You're an Addict?

Posted by tiger - 06 Jun 2017 20:23

no i did not accept it right away, though i knew deep down something was wrong.

it took me 2 years from when i joined GYE and acted out many times till i decided to join SA,

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Re: Poll: Do You Think You're an Addict?
Posted by Shivisi_Hashem - 06 Jun 2017 21:15

Did you accept that you were an addict as soon as you joined GYE, or did it take time for you to figure it out? took me a week to figure that out, I was all over the place, so it took me time to understand what is called an addict.

If it took time, how did you come to that conclusion? A+B=Apples, after understanding the term of Addict then its very simple

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Re: Poll: Do You Think You're an Addict?
Posted by besrashashem@gmail.com - 06 Jun 2017 21:40

Shivisi, stay dtrong forever!!

i'm onGYE for a month and you're one of my strongest supporters. I read your daily post with my mouth.. i'm waiting for it the whole day. Listen if you have the power, please start posting more messages a day as you're a strong supporter to others. I really admire your great work!!!

KEEP ON TRUCKING!!

you're doing great.....

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Re: Poll: Do You Think You're an Addict?
Posted by Shivisi_Hashem - 06 Jun 2017 21:57

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you're doing great.....

Why do I feel that my eyes are wet?!?!, I'm really thankful to you... it keeps me going that I see how many people are being inspired true my posts, I will IY"H stay clean just for you people, I promise, ill try..

thank you thank you thank you

stay strong! stay clean! yes, you can, and I can too, that's why I'm here on this world...

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Re: Poll: Do You Think You're an Addict?

Posted by Markz - 10 Sep 2020 00:55

[mggsbms wrote on 24 Nov 2015 15:51:](#)

[MBJ wrote:](#)

I can't say that I ever considered my disease progressive, and most of the time I still don't. For me it was about not being able to stop. Withdrawl when trying to stop as well I guess. But mostly for me it is the unending obsession. It is all I think about sometimes. Even now. Something I always turn back to. I know I will never be cured.

Also what really hit home for me was when I was stressed about a high credit card bill and my first reaction was I need to go to the bathroom and masturbate. It was so twisted and disturbing that I had no choice to admit that lust had become my panacea for all my problems and I can't just walk away from it.

Wow sounds familiar. My car broke down acting out was the first thing that came to mind. Even when arthritis hits (I'm not that old though...) i think of acting out. Totally messed up thinking.

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Re: Poll: Do You Think You're an Addict?
Posted by Meyer M. - 10 Sep 2020 02:58

Yes I was an addict. I knew something was extremely wrong when I completely broke down to my therapist about my life. I didn't realize it was lust at the time and I was completely lost in life. I did admit when I joined GYE that I was an addict but that was after some time on my own trying to fight it and pull myself together, eventually realizing this fight was much bigger and stronger than me on my own. So I didn't admit I was an addict right away and I went through the same period of realization as everyone else here and eventually coming to the same conclusion.
Can one vote by mail

May we be zocheh to see Moshiach in our days...

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Re: Poll: Do You Think You're an Addict?
Posted by sleepy - 10 Sep 2020 04:31

[Meyer M. wrote on 10 Sep 2020 02:58:](#)

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im very happy that you have been helped by that realization ,but not "everyone else here " had that same conclusion , many have just a fight with a very strong,if not one of the strongest urges ,of a person, but it wasnt an addiction,and BH have found tried and true ways of dealing with the Yetzer Hara. but true ,for someone who has an addiction probably other methods would have to be employed to get the desired results.

what i mean by this being not an addiction for some is as following , here is a nice yeshiva boy who just finished learning a geshmaka R' Chaim and his Echad by Krias Shema almost ripped off the roof of the Beis Hamedrash,comes along his father and picks him up from Yeshiva ,gets home , tells his son to take a good shave and shower , and to get dressed in his best . when the son is ready, the father drives him to a house of harlotry, gives him a shpritz of the latest aftershave , and stuffs a wad of hundreds in his hand and drives off ...Chazal say about this scenario,"Mah Yaase Haben Shelo Chata?!"What in the world can the son do that he wont sin?!"if chas vishalom he falls, was it due to an addiction? is he a faker ?no*, of course not. its just a terrible nisayon.

do i make sense?

*ill grant you that there are people here who would say hes a faker, but i humbly disagree even though they have helped many people ,so my disagreement probably isnt worth too much,if at all ,to others

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Re: Poll: Do You Think You're an Addict?
Posted by sleepy - 10 Sep 2020 05:00

since the above poll is not a secret ballot , since im sure the gye staff know who voted what, ill disclose that i voted as of now no, Hashem should guard me from the future

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Re: Poll: Do You Think You're an Addict?

Posted by wilnevergiveup - 10 Sep 2020 05:48

[sleepy wrote on 10 Sep 2020 04:31:](#)

[Meyer M. wrote on 10 Sep 2020 02:58:](#)

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Re: Poll: Do You Think You're an Addict?

Posted by sleepy - 10 Sep 2020 15:15
Wow, you agree with Dov on something

[wilnevergiveup wrote on 10 Sep 2020 05:48:](#)

[sleepy wrote on 10 Sep 2020 04:31:](#)

[Meyer M. wrote on 10 Sep 2020 02:58:](#)

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Re: Poll: Do You Think You're an Addict?
Posted by Markz - 06 Nov 2024 05:35

#TheRealVote 3

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Re: Poll: Do You Think You're an Addict?
Posted by chosemyschem - 06 Nov 2024 22:28

[Markz wrote on 06 Nov 2024 05:35:](#)

#TheRealVote 3

Just like the presidential election, I'm inclined to say a vote here won't make much of a difference.

If you have a problem, you need help. If you are in immediate danger, you need immediate help. If your danger is less imminent, you can try things out as you go.

I spent too long trying to decide if I was an addict. For what? I have a problem that needs help, but why does it matter if the problem is bdavka this type or that type. I worked my way up the food chain of solutions until I found one that worked. Punkt I didn't make it into a SA room to find a solution that is (bli ayin hara pu pu pu) working.

As far as I can tell the only reason a definition of "addict" matters is if you accept three premises: 1) addicts need a specific solution and 2) only that solution will work for addicts but 3) that solution will not work for non-addicts.

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