

HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:48

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Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by Fb2016fbt - 26 Feb 2016 05:49

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I usually can't go more than 10 days without masturbating and usually bec of porn or erotic pictures. I've tried so many things and nothing is working!! Any suggestions/chizuk?

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Re: HELP ME

Posted by hbulathar - 26 Feb 2016 06:04

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first confess to hasam, than ask him to help you,

did you read the guide book?

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Re: HELP ME

Posted by Fb2016fbt - 26 Feb 2016 06:04

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I'm long past confessing

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Re: HELP ME

Posted by Fb2016fbt - 26 Feb 2016 06:05

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I haven't managed stopping masturbating for more than 3 weeks in the last 10 yrs how the heck am I realistically gonna make 90 days. Impossible

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Re: HELP ME

Posted by BenTorah.BaalHabayis - 26 Feb 2016 06:49

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Welcome!

There's no "button" to press which will suddenly make you stop. Even a thread on GYE doesn't quite work like that. What you will find here is a great support group and many ideas and perspectives which can help you figure out your path to recovery. But remember, it's a process!

So start reading and participating in the forum and read the GYE Handbook as well.

Hatzlacha!

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Re: HELP ME

Posted by cordnoy - 26 Feb 2016 11:37

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Welcome,

Firstly we are/were all in the same boat.

Secondly, let's not focus on 90, but today.

Thirdly, what have you tried in the past?

Finally, what blocks have you put in place so you cannot access that stuff?

B'hatzlachah

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Re: HELP ME

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Posted by markz - 26 Feb 2016 13:02

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Welcome!!

The struggle of a bachur is highly understandable

I suggest you install a GPS in your truck (see my signature), and join your group call on Sunday - try to just say the word "Hi" on the call, and nothing more, and take it from there

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Re: HELP ME

Posted by Yesod - 26 Feb 2016 15:00

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[Fb2016fbt wrote on 26 Feb 2016 06:05:](#)

I haven't managed stopping masturbating for more than 3 weeks in the last 10 yrs how the heck am I realistically gonna make 90 days. Impossible

Been there, my record was 2 weeks for about 7 yrs

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Re: HELP ME

Posted by Fb2016fbt - 26 Feb 2016 15:04

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I have learnt seforim on shemiras einayim and installed filters on my phone. I've tried over the yrs telling myself how I'm gonna have a screwed up life if I don't stop but since so far nothing crazy happened, I guess it's harder for me to get it. Also I've been the top of my shiur for a while throughout yeshiva so obviously my ego tells me that I shouldn't worry about my problems. It's a prob in the yeshiva system but lemaysa that's all anyone cares about, how good u r in ur learning. It's funny I write this knowing this issue but I still tell myself that learning is the main thing to worry about and everything else is battul to it. I mean it is the main thing so....

Usually after a fall I guilt myself then pound learning. Is this weird or normal. I feel like the

yeitzer hora does this so that I don't shtel on fixing my problem but rather go vayter and learn and then never actually properly work on what I need to do

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Re: HELP ME

Posted by markz - 26 Feb 2016 15:25

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I don't know if you managed to read the GPS, but here's another page worth reading - Learning Gemara Rashl Tosfos won't necessarily help your struggle at all - see more at the Mark of Torah [HERE](#)

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Re: HELP ME

Posted by Yesod - 26 Feb 2016 16:03

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Like trying to learn away a fever

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Re: HELP ME

Posted by Watson - 26 Feb 2016 16:17

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[Fb2016fbt wrote on 26 Feb 2016 06:05:](#)

I haven't managed stopping masturbating for more than 3 weeks in the last 10 yrs how the heck am I realistically gonna make 90 days. Impossible

My experience is that it is truly impossible for me to keep myself sober. But for Hashem to keep me sober - easy peasy.

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Re: HELP ME

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Posted by Yesod - 26 Feb 2016 17:34

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If you don't mind me asking.

That is a charming platitude,

However it sort of overlooks the enormous challenge of actually having gd in one's life constantly.

All it takes is a few minutes, hours, or days without gd in one's life in order to find oneself back in the dirt.

How easy peasy it is to live with gd in one's awareness all the time 24/7, or even to only reintroduce gd into one's life whenever the going gets rough, also that is a challenge, we are fallible and we generally resort to human resources.

All it takes is one miss

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Re: HELP ME

Posted by musician - 26 Feb 2016 17:39

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First, I doubt that during days 1 - 9\* it doesn't occur to you to act out, and then, POOF!, on day 10 you get the urge. That means that there is a certain amount of self-control that you DO have, and probably to a great extent, although not enough to carry you through day 10.

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Here is a suggestion: On day 10, when you realize you are getting close to succumbing, lo aleinu, and begin planning the act, make a conscious decision, or better still a neder, to postpone the act for [insert number] minutes. When I was in the stage you are describing, I did the neder for 15 minutes, sometimes 60 minutes, whatever I knew I could withstand.

After the time elapses, one of three things will happen: 1) you will have become distracted by something else and the urge might subside to where it is controllable, 2) you will renew the neder for [X] minutes, 3) you will chas vesholom fall.

But even in that disastrous event, you will have exercised your self-control "muscles" and that will make it easier to stay sober for a longer period next time. It would be a small step, but a significant one, to your recovery.

When I first did this, I formalized the neder each time by snapping my fingers. That was a siman to me that Yes, this is indeed a neder and binding. That helped me 1) make sure to keep the neder and not try to talk in to myself that I hadn't meant it, and also 2) to make sure that I WOULDN'T make a neder that I would not be able to keep.

Hatzlocho

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