

I need help

Posted by igtr - 05 Jun 2016 17:58

Shalom

I'm a 13 year old boy, and i' addicted to porn and masturbation. I've been trying to fight it on my own for about a year and a half, but it's not working. Does anyone have any tips or ideas for me.

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Re: I need help

Posted by markz - 07 Jun 2016 20:11

Is there other teacher you can speak to that Cordnoy mentioned originally?

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Re: I need help

Posted by igtr - 08 Jun 2016 20:06

Yesterday I was in the middle of masturbating, but I stopped myself in the middle. How can I use this momentum to stop future problems

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Re: I need help

Posted by markz - 08 Jun 2016 21:50

That's amazing

It means you have the power of

Ctrl+S, which many times I don't

Have you found someone else to talk to yet?

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Re: I need help

Posted by igtr - 09 Jun 2016 00:42

Im gonna go back to my original person

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Re: I need help

Posted by igtr - 10 Jun 2016 01:12

I just had a 2 day period of cleanness (which is alot for me) I even stopped myself in the middle of masturbating twice, but today I watched porn and mastrbated 4 times. How do I get myself up and motivated

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Re: I need help

Posted by markz - 10 Jun 2016 01:42

Quote="[WhenZeidywasyounger](#)"

I agree with MR. DMS1234567 that the earlier you catch this, the better off you will be.

However, I disagree with his suggestion about chatting and private messaging.

It is important to reach out to real people, someone you can trust, someone you can open up to. Using the chat bar and speaking to anonymous people can help, but can cause a lot of harm as well. I am sure that everyone on this site is well-meaning and has good intentions (I certainly hope so), but not everyone offers the right advice, and not everyone can give the correct suggestions.

As a teenager, one can be very impressable (if there is such a word) and caution must be taken. I know that most teenagers don't want to hear this, but if you are here on this site and would like to embark on the road of recovery, do yourself a favor and do it the right way.

The best first step is to reach out to someone you trust...a Rebbe, teacher, parent, mashgiach, mentor, etc. Another good step would be with the phone conferences and perhaps connecting with one of the phone moderators. If you will be chatting with fellow gye members, choose wisely. This has nothing to do with Mr. DMS987654; I do not know him; it has to do with the best methods of recovery for teenagers.

Thank you

wishing you all much hatzlachah in your road to recovery

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Re: I need help

Posted by markz - 10 Jun 2016 02:17

My dear young brother (hey I'm no zeidy yet...), the last thing I'd want is to chase you from the forum, so feel free to keep posting, and hey you may be able to teach me a thing or 2

For example if you have unfiltered devices, I'd like to hear how you'll deal with those, if you don't have admin rights on them...

KEEP ON T(EEN)rucking

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Re: I need help

Posted by abd297 - 10 Jun 2016 03:52

Welcome. I can totally relate to you. By your age I was already deeply involved in masturbating and other stuff. I was completely alone until this past summer. I reached out to the first frum counselor I saw online and was directed to Guard Your Eyes. Earlier this year I spoke to my old school counselor. Finally, a few weeks ago, I spoke to my rebbi. I personally was very successful. My rebbi was really open and understanding. I hope to continue with him for a long time. It's really a vital asset to have someone you know who you can fully open up to.

Before all this I was completely on my own. I would go a week or two and then go back for a month or two and back and forth like that. I had a year or so but it didn't last. I wasn't doing anything to make it stick. With GYE, I have found assets that give meaning to my recovery.

I personally like the forums, but everyone finds what works for them. I personally recommend fully opening up to a rebbi or someone. You have to be as honest and straightforward as you can be. If all you get is abstract ideas and no practical advice, move on. I admire your ability to reach out so early. I waited until I was in my late teens. If you get on track now, you can really get a strong hold that will carry you through the rest of your life.

Please stick around and keep us posted. Best wishes.

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