

This will NOT define me!

Posted by proudchabadnick - 17 Jun 2016 04:29

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Hello everyone,

I am a twenty year old Bochor who has been struggling with mast\* for the past six years, and I want to fianlly control it before I become completly addicted, and before Shidduchim.

I started to mast\* when I was about fourteen, and haven't stopped since. In the begining it was only once in a while, but as I started to hit 16/17 it started to get very frequent, until today it can even happen a few times a day. To stimulate myself, I fantasize, watch movies (not too often), look at non tznius people, listen to the chat lines (Vihamaivin Yuvin...), and occassionaly see things on the internet.

I went to a therapist for about a year for this, but to no avail.

I have tried to stop dozens of times. I have spoken to my Rabbeim in all of the Yeshivos that I have attended, I am pretty open with my parents (they financed the therapist:angry:), and even open with one of my close friends (more in Klolisdiike terms about 'Taavos' and Vechulu), but all to no avail. The longest streak that I had was about 5 days, and that was a few months ago.

I am torn. On one hand I know how terrible it is Bigashmius and Biruchnius, but on the other hand I feel apathetic; it's just too hard, and I don't see any hope on the horizon.

I really thank my parents for being strict with the internet or else I would be addicted to it (although I have seen bad stuff po\* a few times).

Untill recently, I have been able to seperate my two lives: on the outside I am a bochor who learns and Davens with Hislavus, and I was very outgoing (being a leader in the class), and under my blanket or in the bathroom a guy who does.... However, recently my two lives have begun to merge, and I started to stop learning and being social, and I listen to the radio for a good part of the day. I have changed from a outgoing person, to a person who keeps to himself and isn't a leader. I understand this is one of the effects of mast\*.

I also am a anxious person, and I have fears about how this can affect me later in life.

As I start thinking about my life in the next 2/3 years I realize that I have to stop NOW! I can't enter into a marrige with this. It wouldn't be fair to my wife, and it can lead to many issues along the way. As a person who values relationships (I'm dying to get married!), I need to care of this asap. But it's hard. I really am going to try the methods that GYE is recommending (although I have tried some of them before).

I think the key is to be serious. Like anything in life, you can only accomplish something (especially as challenging as this) unless you are serious.

So if anyone has any eitzos or Chizuk, please send it my way, and it will be greatly apprecated.

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Re: This will NOT define me!  
Posted by proudchabadnick - 21 Jun 2016 01:23

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Btw, I am looking for a partner (although I got enough study partners!) and a sponsor. If you are interested or have any ideas, please contact me.

Make it a great day!

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Re: This will NOT define me!  
Posted by proudchabadnick - 21 Jun 2016 01:40

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I originally posted this on the 'testimonials' thread:

On one Motzai Shabbos I was really turned on and I needed to watch some Shmutz, but I don't have a smartphone. So I went to a store near me (the only one that was opened that late) and picked a smartphone that I wanted to buy, but it was out of stock. I tried the next one, nothing going. This major store did not have one smartphone!

I was blown away!

I realized that " yesh Baal habayis libirah zu"!

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Re: This will NOT define me!  
Posted by skeptical - 21 Jun 2016 03:08

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Welcome to GYE!

We're looking forward to getting to know you.

-A fellow proud chabadnick

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Re: This will NOT define me!

Posted by proudchabadnick - 10 Jul 2016 02:42

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Ok. So alot has happened since I last posted about 2 and a half weeks ago: I have joined Dov's Desperados conference call, started on the Taphsic method (and have seen some initial success!!), and became more optimistic about my chances of recovery.

I'm looking for a partner who is in a similar situation, so if you have any leads please email me at [proudchabadnick@gmail.com](mailto:proudchabadnick@gmail.com), or messege me. I'm also looking for a sponsor.

I would just like to give a Big thank you to all of the people who haved reached out to me so far and have taken time from there precious schedules: Dov, skeptical, one day at a time, and Happy Guy, you have all helped me, and although I may never meet you I really am grateful for your help and support. Continue helping other guys, and dont be Nispoel if they give you the

I'm also thinking about if I'm in addict or not. Initially I was sure that I was, but now I'm having doubts, so I'm going to go full force with the Taphsic method and hope for the best.

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Re: This will NOT define me!

Posted by inastruggle - 10 Jul 2016 03:15

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Great to hear about your progress.

Something that helped me a lot in my own thoughts about whether I'm an addict or not was

thinking about whether I'd want to stop if I wasn't religious. It isn't conclusive because even if you wouldn't stop you may be an addict who hasn't hit rock bottom but it may add some clarity.

Hatzlacha!

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Re: This will NOT define me!  
Posted by Markz - 10 Jul 2016 04:22

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Nick you make Chabad Proud, and us too

Keep up the great TRUCKING!!!

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Re: This will NOT define me!  
Posted by bsimcha - 10 Jul 2016 22:12

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I've found that letting go and reminding ourselves who gave us these nisyonos, HASHEM, he loves and believes in us and if we daven to him, or beg of him to give us siyateh dishmaya it really helps fill that void and see yeshuos.

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Re: This will NOT define me!  
Posted by gibbor120 - 11 Jul 2016 19:47

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[proudchabadnick wrote on 10 Jul 2016 02:42:](#)

Ok. So alot has happened since I last posted about 2 and a half weeks ago: I have joined Dov's Desperados conference call, started on the Taphsic method  
Funny that you put those 2 together. Dov is not a fan of Taphsic. But, whatever workds for you.  
Keep us posted.

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Re: This will NOT define me!  
Posted by proudchabadnick - 12 Jul 2016 02:40

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To Gibbor120: I know that Dov is not a major fan of the Taphsic method, but I wanted to give one last chance to the more conventional methods before I admit insanity. BH so far I'm 5 days sobor (which hasn't happened in 4 years) and trying to keep it up. I know that even if I hit 90 days I won't be cured, but I'm keeping my hopes up.

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Re: This will NOT define me!  
Posted by proudchabadnick - 12 Jul 2016 03:54

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Ok guys I'm starting the 90 day challenge!!! You can follow my progress in that forum.

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Re: This will NOT define me!  
Posted by Keepclimbing5 - 13 Jul 2016 01:24

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Wishing you much luck on your journey:) take it one step at A time and keep climbing!

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Re: This will NOT define me!  
Posted by Dermizininik - 13 Jul 2016 01:42

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Rooting for you buddy!

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