

my problems

Posted by mikestruggling - 15 Mar 2017 14:33

hi yakov or whoever will read this.

?i grew up in an abusive atmosphere my mother would beat me, i was bullied in school and one of my rebbeim picked on me and got my whole class to laugh at me. i was in therapy for the resulting problems for quite some time. i still see a therapist from time to time. at one point for two years i was taking meds a generic for Zoloft. that's my emotional history.

as for the kedusha problems I've been masturbating now for 13 yrs.. i have spoken to numerous rebbeim who tried to help me along the way. they weren't really equipped to deal with me. eventually i discovered porn but baruch hashem i always had limited access. i still have relapses in porn which are hard to get out of. i'm now married bh and i have a daughter bli ayin hora. please help

not sure how you'll contact me my email is mikefineroth@gmail.com (not my name and i don't know anyone with that name)

hope we'll finally break free

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Re: my problems

Posted by mikestrucking - 28 Mar 2019 01:33

[cordnoy wrote on 26 Mar 2019 21:23:](#)

"cordnoy" post=340026 date=1553635390 catid=19

[Trouble wrote on 26 Mar 2019 03:33:](#)

[Shlomo24 wrote on 21 Mar 2017 13:18:](#)

I think there's a misconception about dopamine. Dopamine is the hormone that induces craving. It's the hormone that will tell me that I'm going to feel pleasure soon. But it's not a pleasure hormone. Serotonin is the main pleasure hormone. So unless you really enjoy working out, there won't be dopamine. Sorry for the all the science. A bit of a nerd here.

This nerdy discussion interests me.

So when does the dopamine hit? And can I sneak some into my wife's ginger ale?

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Re: my problems

Posted by Workingguy - 03 Apr 2019 22:37

[Trouble wrote on 26 Mar 2019 03:33:](#)

[Shlomo24 wrote on 21 Mar 2017 13:18:](#)

I think there's a misconception about dopamine. Dopamine is the hormone that induces craving. It's the hormone that will tell me that I'm going to feel pleasure soon. But it's not a pleasure hormone. Serotonin is the main pleasure hormone. So unless you really enjoy working out, there won't be dopamine. Sorry for the all the science. A bit of a nerd here.

That's a new one. I guess it's better than helping out all day.
This nerdy discussion interests me.

Or endorphins

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Re: my problems

Posted by mikestrucking - 07 Aug 2019 20:38

Whow I've been gone for 6 months.....

i was not doing great now I'm doing better ifind I'm getting bored and play games a lot so I think I'll start hangin' out (cords I didn't forget you) here

p.s. by the grace of a loving caring Higher Power I'm sober 27 days

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Re: my problems

Posted by mikestrucking - 08 Aug 2019 20:39

Baruch Hashem, today I wasted much less time and I actually learned a bit (*applause*). There's still a long way to go but it's about progress not perfection. I met my sponsor we discussed steps 1 2 & 3. He gave me an exercise in the morning to stop and say out loud step my powerlessness and how I'm hopeless, then to say how I've seen and heard of many people in the groups recover and I can recover as well if I rely on the same power they rely on. Finally, I should say I am willing to give my life over to that power (God) and I'm willing to do whatever He wants from me today.

I've seen my sponsor recover (he joined SA after me) so I want to rely on his words
#JUSTFORTODAY

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Re: my problems

Posted by gye5770 - 09 Aug 2019 07:40

#justfortoday, thats the way to go. I also say that prayer every morning and during the day when needed.

It helps greatly.

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Re: my problems

Posted by mikestrucking - 12 Aug 2019 02:41

Its 525 am motzaei tisha bav. My son (baruch Hashem) is not feeling well I just spent like an hour plus walking rocking etc. . I'm full of emotional pain. I need to see my therapist ASAP I commit to calling him today too see if he has an appointment. I made a bunch of mistakes (bh not lust related just simple embarrassing stuff) and I'm beating myself up about it. I'm frustrated that I'm not talking do my mother. But I'm grateful that I got the opportunity to share my difficulties on the phone with a member last night/ tonight which is probably the reason I'm still sober.

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Re: my problems

Posted by buying king - 12 Aug 2019 04:36

yes I know what you mean. its usually in times of stress or when you need a relief that you tend

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Re: my problems

Posted by gye5770 - 12 Aug 2019 11:48

Keep sober and keep sharing that is what helping me. Don't beat yourself up for the past and concentrate on the present because that is where we live. Enjoy the present

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Re: my problems

Posted by mikestrucking - 10 Oct 2019 15:24

I just made 87 days! Then I fell. (Bump!)

It's pretty clear that it's possible (even for me) to get and maintain sobriety. It took me two plus years of recovery to finally figure out that I don't know how to stay sober. If you look through my previous posts along my journey you'll see how I used to think I have ask the answers. I need other people to tell me how to live.

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Re: my problems

Posted by Captain - 10 Oct 2019 17:13

That's amazing that you made it for 87 days! Sometimes it feels like it was for nothing, or that it was nice but whatever, because you feel like the same person you always were. But it's so not true. You have 87 days full of acts of saying no, each one amazing in itself! Those acts are priceless and are not lost, no matter what happened next. So get back up and continue your great work.

(If you have trouble feeling this way and you want help changing your perspective, check these out: 1. The Battle of the

Generation: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. 2. The Fight by Rabbi Ben Zion Shafier: <https://theshmuz.com/series/the-fight/>.)

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Re: my problems

Posted by ColinColin - 10 Oct 2019 22:04

87 days is a great achievement.

Try the Mindfulness method,

Treat the urge to fall as an external thought

www.psychologytoday.com/gb/blog/beyond-self-destructive-behavior/201601/mindfulness-in-the-treatment-self-destructive-behavior

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Re: my problems

Posted by mikestrucking - 12 Oct 2019 18:47

I cant say for sure but I think mindfulness wont help me. When I say I need other people to run my life I'm referring to other addicts with whom all other methods failed. I've tried rebbeim, therapy, taphsic and more. I need to be taught how to tap in to a "Power Greater Than Myself".

Then again, as always (perhaps specifically now), I may be wrong.

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Re: my problems

Posted by Tzvi5 - 13 Oct 2019 03:27

Perhaps try harder and don't give up on yourself?

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Re: my problems

Posted by lionking - 13 Oct 2019 06:14

[Tzvi5 wrote on 13 Oct 2019 03:27:](#)

Perhaps try harder and don't give up on yourself?

Tzvi, Alot of people on this site, Me included, have tried harder, have not given up on ourselves, have thoughts of torah and learn well. Yet we still fall. I've heard from someone that after a full night of learning Shavous night, he masturbated.

Trying harder is not a solution for everyone. The couple of good stretches I had were precisely when I didn't try.

Thanks for promoting what works for you, however please unbold your voice and understand that there is no one size fits all answer.

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Re: my problems

Posted by Tzvi5 - 13 Oct 2019 13:07

The mishna says ?????? ??? ?????? ?? ?????? in other words some might assumed they have tried but in reality they haven't. (I think there is a misconception that even just saying words of Torah, will remove his "desire")

(learning Torah using one's intellect: asking tos' question, understanding the answer
(questioning the answer, answering it: maharam, maharsha) is called proper learning.)

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