

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:](#)

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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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