

How I got into this mess, and would like to shake
Posted by Redeemed @ 21 - 09 Apr 2017 16:14

During my last year in HS when most people can't wait to get out of high school. I and a few fellow seniors would masterbate together just to experiment, yes it happens in a lot of dorms.

from there it slowly morphed from once a month to 2x a day.

slowly over time my cognitive department could no longer function on yeshiva or summer jobs but how can I have the best orgasim possible.

I so badly want to get out of this mess.

I'm now 21 and still suffering.

I can no longer learn properly.

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Re: How I got into this mess, and would like to shake
Posted by cordnoy - 09 Apr 2017 16:19

Welcome,

Sorry to hear.

Great move comin' here.

Can you tell us what you have tried in the past and how you reacted?

B'hatzlachah

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Re: How I got into this mess, and would like to shake
Posted by GrowStrong - 09 Apr 2017 16:24

Welcome Brother,

You are not alone, there is a group of guys here going through very similar issues for many different reasons.

You can breathe easy, you will find most of the answers you need, right here on the site.

Find some free moments to read through the [GYE handbook](#) if you have not yet already done so. Take some extra time to go through the [30 Principles of GYE](#)

Of the many tools you will find here on this site, bringing the problem out into the open, out of isolation and sharing it with others in a similar boat is a great first step.

Read up on the various ways that many here have managed to stay clean for amazingly long periods of time by participating with us in the forum.

If you are dedicated to stopping, know that it is possible.

Most importantly.

Keep on Trucking.

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Re: How I got into this mess, and would like to shake
Posted by Redeemed @ 21 - 09 Apr 2017 18:22

I tried learning more and being focused on other things. To no avail I would masturbate again. I came to a new Yeshiva this Zeman was clean for like the first month then fell again...

I have no one to open up to my father is in kollel for 30 years I already have 1 sister who is bisexual and not religious. That is hard enough for them.

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Re: How I got into this mess, and would like to shake

Posted by ColinColin - 10 Apr 2017 01:03

Only by understanding the triggers for this masturbation can you know to to stop it.

Why do you do it?

What circumstances make you do it?

Tiredness?

Loneliness?

Seeing pornographic images?

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Re: How I got into this mess, and would like to shake

Posted by LifneiHashem - 14 Apr 2017 03:23

Welcome!

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Re: How I got into this mess, and would like to shake

Posted by Shlomo24 - 14 Apr 2017 14:15

Welcome. I'm also 21. Been in recovery for 2 and a half years. Glad to be of service if you want to reach out.

Hatzlacha

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Re: How I got into this mess, and would like to shake
Posted by Chaimel - 16 Apr 2017 06:11

Sometimes people surprise you! I opened up to someone and was pleasantly surprised bh,
maybe you can do the same! Whatever way you go may hashem guide you successfully
through to the end!

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Re: How I got into this mess, and would like to shake
Posted by Chaimel - 19 Apr 2017 05:50

Any updates? You can't keep us hangin'!

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Re: How I got into this mess, and would like to shake
Posted by Singularity - 19 Apr 2017 08:05

[Redeemed @ 21 wrote on 09 Apr 2017 18:22:](#)

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came to a new Yeshiva this Zeman was clean for like the first month then fell again...*

*I have no one to open up to my father is in kollel for 30 years I already have 1 sister who is
bisexual and not religious. That is hard enough for them.*

I find adding on to my learning to fight it just aggravates it.

Welcome, brother. May we all be redeemed soon!

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Re: How I got into this mess, and would like to shake
Posted by gibbor120 - 20 Apr 2017 21:02

Welcome! What is your family life like? Do you have emotional triggers like anger, depression, loneliness, stress? It may not be primarily an issue of taivah. Then again, it may be.

Check out the handbook. Keep posting.

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Re: How I got into this mess, and would like to shake
Posted by Redeemed @ 21 - 22 Apr 2017 19:26

1) Sorry for keeping all hanging, I have Netspark on my phone and sometimes DKY, it doesn't let me access this site, anyone how to work it out? Even when u do have access, can't see all posts.

2) I did open up to a very close friend of mine, who has had a lot of interaction with me over the past few years. Surprisingly, he handled very well. Thank you Chaimel.

3) I'm still in middle of reading the handbook. Still working on pinpointing triggers. My family life is relatively in tow with what it should be at. Stress, could possibly be a factor...

4) With the Zeman looming ahead, dk how often I will see the forum...

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Re: How I got into this mess, and would like to shake
Posted by tzomah - 22 Apr 2017 20:18

hope you also dk seeing other things

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Re: How I got into this mess, and would like to shake
Posted by Markz - 23 Apr 2017 02:02

[Redeemed @ 21 wrote on 09 Apr 2017 18:22:](#)

I tried learning more and being focused on other things. To no avail I would masturbate again. I came to a new Yeshiva this Zeman was clean for like the first month then fell again...

I have no one to open up to my father is in kollel for 30 years I already have 1 sister who is bisexual and not religious. That is hard enough for them.

Personal question - feel free not to answer.

Is your father in kollel an Ish Chessed and also a masmid who's like the guy that bought an Aliyah at the last Dirshu shabbaton auction for 10,000 daf, or is he more the dysfunctional type (He wouldn't be the first that I know personally)?

If he's part of the 2nd group, it's a bigger question than you think

Feel free to answer, cos (right now) no one knows who you are

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