

looking for therapist

Posted by s4nh - 11 Dec 2017 18:22

I never thought I would come back here but i failed today and have no one to talk to about my issues. I need to vent. (if you know a good therapist in NY pm me)

I was not really happy with this site because I found the type of people here to be very different than me.

Im modernish, so I didnt really fit and I dont know yiddish at all. I was unhappy when I was told that "Mussar and our torah won't work, instead read this christian book on the 12 steps."

The 12 steps is literally the mesilas Yeshorim watered down.

I have struggled on and off with porn since late high school when other students introduced it to me. I fell in with the wrong crowd I guess. I watched it randomly here and there. Otherwise I was a very good guy. great grades, never did anything wrong...

It was when i turned 20 that i even heard that porn can be an addiction and I suddenly became nervous. I went cold turkey for 4 or 5 months and installed a filter called k9 and gave the password to a family member. it took guts to do that and I was very proud.

But I am a web developer. A very very good one. No filter has stopped me yet. :D

When I wanted to watch porn again I simply hacked right through k9. I told k9 about the breach but they have never fixed their stupid program so... I moved on to netnanny. Cracked that one. And the next one...

I finally found one that wont crack easily.

But I break through every so often. but it was like every 2 or 3 months.

then I started dating and it wasn't working out. I watched every friend and family member get married. Even those bad kids from high school all married. My younger siblings all married. Im almost 30 and still not married. I began to think it wont happen for me. I even was sitting with some people one day who made fun that at the age of 30 i was still a virgin. That was hurtful so I felt somehow justified in watching porn.

Over the past few years it has gotten worse. Usually I'll watch in bouts. Like 3 days in one week

and than i will go cold turkey for a few weeks to a month.

On this site I was also told marriage wont fix the issue, but i feel marriage is the reason I am doing this. I feel i have no outlet and am somehow justified. Once I do it I feel pretty bad.

I'm looking for a therapist in my area who is helpful with this stuff. Please pm me if you know one.

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Re: looking for therapist

Posted by tzomah - 13 Dec 2017 09:39

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

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Re: looking for therapist

Posted by ieeyc - 13 Dec 2017 09:49

[tzomah wrote on 13 Dec 2017 09:39:](#)

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sorry , are you talking to me (:

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Re: looking for therapist

Posted by tzomah - 13 Dec 2017 11:27

no

i was saying in general about this thread

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Re: looking for therapist

Posted by youcan - 13 Dec 2017 16:17

[ieeyc wrote on 13 Dec 2017 07:45:](#)

[Markz wrote on 11 Dec 2017 18:30:](#)

Welcome back

Sorry to hear you didn't find any light since you joined gye 7 years ago

Have you checked the gye Therapist page

guardyoureyes.com/resources/therapists

Hmmm... i checked the post twice and i didnt see any mention of 7 years:surprised:

Looks like you don't know Mark yet, he knows everything about all of us (just from reading our posts!) & takes all that in consideration when replying...

If somebody says he was here before & came back a while later Mark will figure out how long the break was. He's amazing!

=====

Re: looking for therapist

Posted by youcan - 13 Dec 2017 16:28

[tzomah wrote on 13 Dec 2017 09:39:](#)

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What I said was that "based on his post" "I don't know" why he needs a therapist, I didn't say for sure. My point was that sometimes a person is going through something & all he needs is a close person to share the pain with, but if he doesn't get it he may feel stuck & think he needs a therapist. I just wanted our friend to hear that before he decides to go for therapy cuz no therapist will tell him this...

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Re: looking for therapist

Posted by Markz - 13 Dec 2017 16:32

[youcan wrote on 13 Dec 2017 16:17:](#)

[ieeyc wrote on 13 Dec 2017 07:45:](#)

[Markz wrote on 11 Dec 2017 18:30:](#)

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Thanks for the compliment

This and my Doinuts will have to keep me going as my Therapist is not avail till next week...

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Re: looking for therapist

Posted by bb0212 - 14 Dec 2017 11:25

[youcan wrote on 13 Dec 2017 16:28:](#)

[tzomah wrote on 13 Dec 2017 09:39:](#)

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To me, if I understand you directly, it seems that you see therapists as only being able to help "sick" people and if you're not sick, it's a waste of time.

Therapists (good therapists), teach people skills to succeed in life. You don't need to be schizophrenic in order to grow from different forms of therapy.

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Re: looking for therapist

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Of course therapists can help for healthy people, some therapists can be plumbers too. My

point is that this guy here may be a healthy person & has naturally all the skills to succeed in life. And what he feels is just an urge to share what he's going through & maybe get some tips that any smart person without a licence can tell him. Of course a therapist can help him as well, but if it's not needed why should you do it? If you feel that you still need therapy go for it!

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Re: looking for therapist

Posted by serenity - 14 Dec 2017 20:52

[youcan wrote on 14 Dec 2017 16:45:](#)

[bb0212 wrote on 14 Dec 2017 11:25:](#)

[youcan wrote on 13 Dec 2017 16:28:](#)

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I started go to my therapist because I needed help. Now I go because

Warning: Spoiler!

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Re: looking for therapist

Posted by s4nh - 21 Dec 2017 04:29

I am hopefully going to see a therapist next week! im so excited!

I feel uncomfortable writing my issues on posts.

But maybe its not so bad...

Its hard for me to come back to this site. im always pulled away. I come than dont show up for 5 years than come again... :/

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Re: looking for therapist

Posted by youcan - 21 Dec 2017 05:49

I wish you a lot of success!

I had my first session today... I'm also excited about the fact that I'm finally doing something to help myself & that there is real hope that things will change to the good.

(what I'm not excited about is that it cost \$200 for a session of 45 min...)

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