

A struggling bochur

Posted by Shnitzel and kugel - 26 Jun 2018 19:00

Hi, everyone I'm a 21 year old bochur, struggled with masturbation since 14! Went to Yeshivah and bh had no access to technology so it wasn't really a issue then when I got a smartphone 2 years ago the issue started again. Bh I discovered this website 3 weeks ago, then I installed webchaver and iml very careful now with Shmiras ainayim whilst walking in the street, and I've also joined the 90 day challenge and I'm currently 16 days clean! lyh many more day by day with the eibishter's help!

Any other bochurim out there in my boat?

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Re: A struggling bochur

Posted by lionking - 17 Mar 2019 05:02

[Shnitzel and kugel wrote on 17 Mar 2019 03:04:](#)

I'm also confused... Used to think I'm not an addict however I think now I am an addict.

Makes sense I shouldn't be telling the parents if I'm still struggling.. and I feel stupid for telling the parents that I went to therapy.. however hashgocho protis they know..

Does it make sense to tell the parents that I have a close friend who has struggles and so I know Abit about these things, without saying it's me

Just my 2 cents. Please take with a grain of salt or two...

First of all, Stop feeling stupid. We have to accept that the past was basher't to happen, and is what Hashem wanted. Like you said, it's Hashgacha Protis that they know.

Regarding telling the parents; I don't know either of you or your relationship with them. I'm just going to try to present both sides of the coin.

On the one hand, both you and the boy can gain tremendously when you are completely honest with them. It might help them accept that there is nothing wrong with their son, and unfortunately it is quite normal for boys to be exposed at that age.

However consider the fact that the parents are currently confused and traumatized. People in this state don't act rationally. They might be puzzled by the fact that their precious son viewed porn. "How can it be? This couldn't happen to us? This only happens in some Mishpacha Lifelines story. Something must be off." Then you step in and tell them that you also viewed porn at that age and are struggling with it. It gives them an opportunity to project blame. "Oh, it must be that Shnitz Guy, he probably exposed our son to it."

Personally I would stick to a pareve loshon like DoingTeshuva wrote to provide the resources, and then I would butt out.

Hatzlocha Rabba, on whatever decision you decide to take. May you be zoche to proper Siyata DiShmaya.

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Re: A struggling bochur

Posted by doingtshuva - 17 Mar 2019 05:04

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Re: A struggling bochur

Posted by Shnitzel and kugel - 17 Mar 2019 05:18

I don't think they'll be blaming "shnitzel" for exposing their son, however like I wrote earlier on, they might want to freeze their connection with me even though they think highly of me as I've

helped their son out tremendously in the past..

My therapist said I can tell them I have a friend who struggles, but want to hear opinions from people on gye...

I'm just trying to figure out what I'll be losing out if I say "oh I have a friend who struggles, and he told me he was also exposed and he has done such and such to get help"

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Re: A struggling bochur

Posted by mggsbms - 17 Mar 2019 06:19

[Shnitzel and kugel wrote on 17 Mar 2019 05:18:](#)

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This reminds me of the story of the chasid that was embarrassed to ask a certain question from his rebbe so he asked the question in the name of his friend who is too embarrassed to ask himself. The rebbe caught on and asked the chasid why couldn't your friend ask the question himself and say his friend sent him...

My two cents, the parents will probably not buy into the friend story and will not appreciate your dishonesty which will make them suspicious. I say keep yourself out of the equation and let the therapist deal with it.

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Re: A struggling bochur

Posted by doingtshuva - 17 Mar 2019 06:23

I once heard a Shiur on Shulem Beis and the Rabbi started that he believes that everybody here today has come for there children, wife or extended family. Everyone was laughing.

Who are we fooling?

I see that you want so strong to tell them that you have friend that is struggling, so whats the big deal? Why don't you trust your therapist??

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Re: A struggling bochur

Posted by Shnitzel and kugel - 17 Mar 2019 06:35

Mggsbms I believe that story happened with the rebbe maharash of lubavitch but lol very well said that they'll get suspicious.

And doing teshuvah my therapist isn't a sex therapist and doesn't specialize in this field, so in dealing with emotions he's awesome! In dealing with pornography addicts he ain't that experienced..

in our case, he can help the kid get rid of depression, build self esteem etc but to stop from viewing inappropriate stuff, there might be people who are better off...

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Re: A struggling bochur

Posted by cordnoy - 17 Mar 2019 12:40

Us "addicts" like to fix the world. If we can't fix it, we like to orchestrate the help provided.

Many who join gye know this feelin' well. As soon as they author their very first post, or immediately after reachin' 17 days clean, they are the "chat-sobriety-guru." It makes us feel better about our problems/issues.

Read step 12 in the white book please. Others should as well.

Godspeed to all (especially to me).

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Re: A struggling bochur

Posted by doingtshuva - 18 Mar 2019 00:39

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guardyoureyes.com/GYEFiles/MP3s/12Steps/Dov%20Workshop%2012.mp3

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Re: A struggling bochur

Posted by Hashem Help Me - 18 Mar 2019 11:31

It is very noble to want to help others to the extent that you are considering sharing your own personal struggles. There is a big difference between having told them that you went to a therapist to learn how to deal with emotional issues - which has become much more acceptable (and even respected) in society than in the past, and sharing your "kedusha challenges" which are still misunderstood by many - and viewed as evil instead of as an illness/ingrained habit. As others have stated, there is a risk that it will be misunderstood, especially by parents who at the moment are hysterical. When do we share that info? When we see someone reaching out for help with sincerity. If at some point you detect that this talmid is really looking to be helped (not forced by parents etc), at that point you should make a judgement call of whether to spill the beans or not. Each case is different, so choose wisely. Be proud that you want to help. You are b'ezras Hashem saving this boy years of unnecessary suffering. Hatzlocha.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 18 Mar 2019 13:11

Exceptionally well written! What will we do without hhm?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 18 Mar 2019 19:29

Ok, told the parents info of my therapist and told them some info what I know in general about pornography.. turns out this kid was exposed at age 8!! By some cruel and mean "friend", i told them about this site...

Yikes!! They might see my forum...

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Re: A struggling bochur

Posted by Shnitzel and kugel - 18 Mar 2019 19:30

Now I'm butting out and focusing on "shnitzel" and as my Rav said "if you can't help him, at least help yourself"

Day 16!

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Re: A struggling bochur

Posted by doingtshuva - 19 Mar 2019 00:01

Your doing great.

Actually we help ourselves by helping others.

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Re: A struggling bochur

Posted by Markz - 19 Mar 2019 00:04

True

but

Actually we truly help others by helping ourselves

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Re: A struggling bochur

Posted by doingtshuva - 19 Mar 2019 00:38

[Markz wrote on 19 Mar 2019 00:04:](#)

True

but

Actually we truly help others by helping ourselves

You mean we help (save) the people around us? Wife kids and etc'?

Oh are you right!

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