

Is this place for someone with my condition?

Posted by teddie - 29 Apr 2021 22:18

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Hi,I'm a yingerman of around 30 years old, and I have been struggling with some issues for the past 9 years or so, I have been for help already to a few people but nothing really made a lasting difference, and maybe it even got worse,I'm having a hard time putting my finger on what exactly my problem is and if it even falls under the GYE umbrella,Despite having many things to be grateful to Hashem for, and I think of myself as a very lucky guy, and on the outside everything looks so perfect, that fact is that in private I am a self destructive total mess.I'm avoiding social interactions and every second week or so I will fall into this dark hole where I just stop doing the most basic things, starting from basic yidesheit such as davining and learning, work, wife and kids, and even personal hygiene, all I will do is try to run away from myself via videos, computer games, news and anything I can put my hands on including porn and masturbation.this has been going on for close to 10 years now,I tried learning choivas halvuvvas and musar, talking to my wife about it, I tried picking myself up again and again, and I just keep on falling back, and I think I'm getting worseabout a year and a half ago I had a clean streak of about 10 months where in yidishkeit I was all good, but even then the other components of my condition was still very severe and ultimately I fell back in everything related to yidishkeit as well.I need help and I have no idea where to turn to, and I would like to hear if there is anyone here with a similar condition

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Re: Is this place for someone with my condition?

Posted by OivedElokim - 29 Apr 2021 23:52

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Welcome aboard!

Theres definitely much to be gained by hanging around over here, but from what it sounds like there seem to be underlying issues in your life that would best be resolved by some good old therapy. I am not diagnosing you with any thing but it's definitely worth a try...

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Re: Is this place for someone with my condition?

Posted by HappyYid - 30 Apr 2021 00:10

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Hey teddie! (I love that name btw),

This is a place to get Chizuk and ideas on how to break free from bad habits, for that part this is definitely a good place for you to be.

But for real serious stuff that someone may need like therapy, 12 steps... This place won't replace that need, and the best thing to do probably is to speak to a Rav or therapist.

I don't fully grasp your condition, but from the surface it sounds like the same as many of us, that are good people, just that we fall into a deep hole sometimes which could spiral out of control...

So in short, this is a great place to be, but it shouldn't replace therapy if it's needed. (To figure out if it's needed, you may want to speak to a Rav).

Keep us posted.

Hatzlacha rabba!

HappyYid

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Re: Is this place for someone with my condition?  
Posted by EvedHashem1836 - 30 Apr 2021 00:11

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GYE is a big place theres probably someone here who can relate. Regardless this is at least a good place to work on your porn/masturbation problems, and if your anything like me you might find that the self control you develop by working on those also affects other areas of life.

Wishing you much hatzlocho!

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Re: Is this place for someone with my condition?  
Posted by teddie - 30 Apr 2021 03:59

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Thanks for you're kind response

I have been on the lookout for a good therapist for the last 2 years, and it is far from easy, the market is flooded with plenty of wanna bees, I have tried out to date 3 different people not licensed ones, but it was either not consistent enough or they just didn't know what they are doing, I recently reached out to an organization that does mental health referrals, they gave me 3 names, they are licensed and I was told that they are the real deal, so far I was unable to get in touch with either of them, I left plenty of messages and email with no reply so far, one told me that he is too booked up to accept new clients.

I was told by the organization that they might be very overbooked, so if you know someone good, I'm currently in the market...

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Re: Is this place for someone with my condition?

Posted by OivedElokim - 30 Apr 2021 04:46

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I don't think I would know anybody that the organization doesn't. I've only had two therapists to date and they were both referred by the same organization you consulted (I'm assuming, although I don't know for certain).

Wishing you much Hatzlacha in your life and finding the right help.

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Re: Is this place for someone with my condition?

Posted by ihadstringsbutnowimfree - 30 Apr 2021 14:25

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Hey man.

Sounds like you might benefit from talking to a therapist. I relate to your struggle finding a good therapist, but I finally found my current therapist after a few months of searching.

A good place to start is [www.reliefhelp.org](http://www.reliefhelp.org) which it sounds like you may have tried. I didn't have such good results with them, as the people they suggested were busy.

Another good resource is [frumtherapist.com](http://frumtherapist.com) if you feel that only a frum therapist could relate.

What worked for me is [www.psychologytoday.com](http://www.psychologytoday.com) which is where I found my current therapist. I was hung up on "I need a frum therapist", but I found that I never brought up any religious issues in talking to them. My current therapist isn't Jewish, but is helpful nonetheless!

There's no perfect solution or therapist. But you can get started with A therapist, ANY therapist, and you'll find that you might get a better idea of what you need. Just pick one (licensed) that looks good enough and get started. Not getting started is not without consequences; you will fall deeper into the hole you're in. Get some momentum, you can always course correct later and get a different therapist. The most important thing now is to get out of your head.

Progress, not perfection. Good luck bro! You got this!

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