

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

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Hi. I've been meaning to write for some time but I didn't have the courage. I'm 20 years old and essentially yeshivish. I am a lust addict. not necessarily porn, which I haven't seen for a few weeks already, but i masturbate and fantasise regularly. I've been involved since i was about 12. At first it was due to my mother leaving her unfiltered computer on, progressing to the library and internet cafes and onto owning a smartphone with a filter i learnt to get around and finally this laptop i have now. It now has netfree, which is genuinely kosher, but i've gone through many fazes. Throughout the period when i had a smartphone, any time i found a loophole i'd first use it for a few hours before getting sick enough to get the problem fixed. throughout the many years of the problem being my mother's computers she never picked up on the problem and i even remember her calling the accountability company for reporting things she'd never done, apparently not dreaming that anyone else would use her computer. Eventually, once i'd grown up enough to admit to other people, someone else told her to make sure never to leave devices unlocked. Although there has been a few slipups in the few months since i came home, it generally hasn't been a problem. this means i'm only left to deal with on a regular basis masturbation and fantasies. I hope to get a therapist at some point, which may help. I'm also losing weight and doing exercise a lot, which often puts me in a good mood. when i'm happy and my day is full i dont have much problems, but when one of my chavrusas cancel or i get bored for some other reason, i inevitably start fantasizing. As I have become very disconnected from my thoughts and emotions and have trouble living or reliving most events, my fantasies usually revolve around making stroyies in my head. I sometimes even write them down and immediately delete them, because the point of them is to actualize my lust, not for the contents of the story. I signed up many years ago to gye, but mostly used it in the wrong way, allowing myself to be triggered by almost anything. A few weeks ago I realised how amazing this beautiful website is and I've restarted the 90 day program and am getting a lot of chizzuk from the forum and all the holy people on it. I've written enough for now and would really appreciate any comments or chizzuk and can respond if you have question. thank you.

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Re: Not given up yet

Posted by retrych - 28 Aug 2022 16:10

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By the way, just looked at your first post, 21-ish? You're way to young to say you've given up. I'd barely tried to fight at your age. You've got plenty of time to try new tactics, your lif eis gonna keep changing regardless of your efforts.

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Re: Not given up yet

Posted by hopless - 28 Aug 2022 16:13

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dont give up your on the right place!

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Re: Not given up yet

Posted by hopless - 28 Aug 2022 16:13

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im with same story as you and will get out of it bezh

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Re: Not given up yet

Posted by ColinColin - 28 Aug 2022 23:26

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You can't give up.

It is a challenge that we will face every day of our life.

So there is no concept of giving up, just as there is no concept of having totally won (though we must congratulate ourselves every day we are clean.)

We just take it day by day, hour by hour, minute by minute.

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Re: Not given up yet

Posted by Goldfish - 12 Sep 2022 20:58

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I have good news. I applied and was accepted to go to a yeshiva next zeman. I am looking forward to escape the filthy atmosphere of the store i've been working in the past few months. I

can only hope and daven tht this will be the oppertunity I need to work on all areas that need fixing. I intend to sleep in the dormitory with other boys around, which will hopefully greatly help with my struggle against masturbation. I am optimistic. Boruch Hashem.

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Re: Not given up yet

Posted by committed\_togrowth - 13 Sep 2022 04:09

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That is amazing!!! Mazel tov and much hatzlacha!

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Re: Not given up yet

Posted by Hashem Help Me - 13 Sep 2022 11:23

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Great news! Just make sure none of the guys are allergic to fish!

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Re: Not given up yet

Posted by Goldfish - 21 Sep 2022 17:20

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I sometimes stop and try think. I am begining to become more convinced that i am an addict. Not highly, but slight more than just obsessed. I spoke with the mashgiach of my new yeshiva, who is an expert at dealing with emotional / mental problems etc and with struggling bochurim. B'ezras Hashem we will start working together a plan how best to accomplish and succeed. However, my question is, next week, when Hashem comes down to judge this world, will He judge me negatively for allowing my passions to override me, will He judge me favorably because He knows how much I struggle or will He judge me negatively because He knows that I could've tried harder. I understand that the problem with an addiction to an issur is that emotional and spiritual issues become too strongly enmeshed, yet I don't know how to look at it. Any elucidation on this matter would be well regarded. Much appreciation,

Goldfish

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Re: Not given up yet

Posted by DavidT - 21 Sep 2022 18:28

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[Goldfish wrote on 21 Sep 2022 17:20:](#)

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Goldfish

Fist of all it's so good to hear that you have a good person to have an open & honest conversation with him. That's the number one proven tool for accountability and healing.

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One thing is for sure. Hashem knows the TRUTH. he created us and all of our struggles. He knows how difficult it is and our true desires and intentions. The only thing I can suggest is the proven segulah that we should judge others favorably and Hashem will in turn judge us favorably as well.

May we all have a ?????? ?????? ????

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Re: Not given up yet

Posted by Vehkam - 21 Sep 2022 20:33

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[Goldfish wrote on 21 Sep 2022 17:20:](#)

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Goldfish

I can only share my perspective which has been helpful to me when I was struggling. I regret the things I did wrong. Those are in the past. I am committed to putting in the effort to battle this yetzer hara in a healthy way. I ask hashem for his help because it is clear that without hashems help I cannot overcome. With this perspective there is no unhealthy feeling of guilt. The person I am today only wants to do good. If I ch"v fall in the future it is not because I want to. It is because the yetzer hara overcame me. It is not because I didn't try hard enough. It is because I have not yet discovered the perfect balance necessary to overcome these challenges. I am human and was created imperfect. I will keep trying and planning as appropriate and I daven that I should be successful.

please go into rosh hashana with the knowledge and pride that you are taking the steps to do ratzon hashem. You can daven very hard that hashem bless you with a sweet new year but Do not focus at all on the specific falls of the past. Focus on your desire to connect and come close to hashem.

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Re: Not given up yet

Posted by Hashem Help Me - 22 Sep 2022 20:13

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The truth is that this should be viewed as an illness more than as aveira. One who does a bad action, feeling compelled to do so, has lost control. Be kind to yourself and dedicate the yemei hadin to do teshuva for everything else. Whether it is bitul Torah, lashon hara, missing zman krias shma, lack of kibud av v'eim, laxity in hilchos Shabbos or kashrus, etc. lyh when you are clean for a few years and are healthy in your mindset about sexuality and about your history, then you can ask a rav how to do teshuva for all of this - and if there is a need to do real tikunei teshuva.... I forecast you will be surprised at the answer you will get then, but let's just get there b'ezras Hashem.....

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Re: Not given up yet

Posted by Goldfish - 22 Sep 2022 20:59

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I understand that i shouldn't really dedicate my yomim noroim to repenting for something I have less control over, but it still is an aveirah. Its an unescapable fact. Otherwise I have no reason not to masturbate now on the cheshbon that Hashem anyway doesn't care.....

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Re: Not given up yet

Posted by Hashem Help Me - 22 Sep 2022 21:20

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Hashem does not want us to do it and cares very much. Going forward you are mechuyav to find strategies to help you improve and stop these behaviors. That is why you are here on GYE. However, being broken over past actions that were to a large degree out of your control will actually cause one to relapse chas v'shalom. Standard teshuva processes are for actions that we did with normal bechira, not for aveiros done almost b'onais. The nekudas habechira sank with each viewing of pornography and with each compulsive masturbation. If the first such action was done at age 20 or so, so yes, one would be expected to do teshuva for that. But if one's first introduction to these things was as a youngster - with no adult explanation of what is going on, too much built in shame to reach out for help, and trauma from mistakenly thinking "this is what daddy, the rabbi, and my rebbi do" - how can he be chayav to do teshuva?!

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Re: Not given up yet

Posted by Vehkam - 23 Sep 2022 00:32

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[Goldfish wrote on 22 Sep 2022 20:59:](#)

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Hence the commitment to put in the effort going forward. As a rule of thumb if thinking about it and focusing on it will make you feel down and less positive about your ongoing avodas hashem then it is not healthy for your ruchniyos and should be avoided.

Any teshuva that you are doing should make you feel closer to hashem and enthusiastic about your opportunities. If you feel depressed and disheartened you are traveling on the wrong path.

Given the above it is best to focus on your positive commitment for the future.

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