

Enough is Enough

Posted by jackthejew - 04 Jan 2022 18:06

Hi, I'm a 21 year old Yeshiva Bochur. I started with books, magazines, and pictures @ age 13 and moved on to video @ 16. I became trapped in ABDL and hardcore BDSM porn. I've struggled on and off since 16 with porn, but B"H I've been clean from masturbation for over a year and a half.

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Re: Enough is Enough

Posted by sleepy - 29 Dec 2022 16:27

[ChaimMod wrote on 27 Dec 2022 20:31:](#)

[jackthejew wrote on 27 Dec 2022 19:15:](#)

Long Megilah Alert (Sorry if this reads like a bunk letter)

Wow! 1 Year! I never imagined making it this far. I must thank Hashem for constantly giving me strength and good to serve him though I never deserved it.

I must thank the following:

?????? ?????? ???????: GYE has helped me with guidance, companionship, and advice through the forums, librarys, and support options. So, to **ChaimMod, YaakovGYE, DovidGYE, MenachemGYE**: I was never sure if you're 1 guy, 4 guys, or 2 guys with 2 heads each, but: No words suffice to thank you for what you've done. May Hashem bless you with long happy, healthy lives to continue your great work.

Congratulations on your celebration of "one full year of sobriety"! In the name of all team members (**yes, we are separate people**) I would like to wish you many many more clean days, and Hashem should constantly give you more strength and everything good to serve him!

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Re: Enough is Enough
Posted by jackthejew - 29 Dec 2022 17:21

I see all it takes is for me to step out for 1 day and B"H the forum is buzzin'!

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Re: Enough is Enough
Posted by jackthejew - 31 Dec 2022 16:58

This is in regards to a conversation playing out across other threads, but I've decided to place it here. I have been thinking into how to phrase this for a long time. It's still not great but here's how I'll try to set it out.

Normalization and non-judgement of a person are applied to the person. If your view of the person is that he doesn't extend past this issue and he's defined by it, you're judging him based on one issue. However, in order to be accepting, the desire doesn't really have to be viewed as normal. We just have to not judge someone as a whole by one facet of his being. That desire, attitude, or outlook may not be normal per se, but there is much more to the person than that. Obsessing over justification, minimilization, and how the world sees it is putting aside the rest of the human being just as much as rejecting him in my opinion. A gay person isn't only gay, a trans person isn't just trans, and an abuser isn't just an abuser. Although the gay person may not be able to go to Mikvah, the trans man can't go into the ladies room, and the serial abuser shouldn't be employed as a babysitter. **They are still more than the sum of their particular issue.** Any issues that I have, I don't want the world judging me only based on that (Like the depression caused to people who've gone viral on social media doing 1 dumb thing) but the response to not wanting to be judged can either be harping on the thing I'm worried about or looking inwards to know there's so much more to me than that, although that thing must be dealt

with to the extent possible in order to help me grow moving forward. Now, someone in the thick of such an issue may be entirely consumed with it, so an allowance may be made to not necessarily dump everything in his face, and it's often important not to say things that will be taken as a judgement on the person. But the answer to the question of "**Are these desires normal?**" remains No.

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Re: Enough is Enough
Posted by Human being - 02 Jan 2023 03:03

[jackthejew wrote on 31 Dec 2022 16:58:](#)

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Interesting. I don't want the world judging me onanything. Why should the world judge a part of us? Whos the world either way?Why we judging even 1 part of a person? We can accept every single dingle part of us.

We don't have to say "don't just judge me by my depression" look at all the other wonderful parts of me". We have to not judge, love, normalize, accept, be open and curious to every single part of us. Not normalizing a part of us is 1970s my friend. Have you ever read "the body keeps the score" by Bessel van der Kolk? It has a lot of the incredible amount of discoveries in the areas of neurobiology, feelings, desires and the like. UPDATED information. There has been so so so so much more understood about the brain! "mental illness" "not normal" "disease" "bad part" are all things of the past.

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Re: Enough is Enough
Posted by jackthejew - 02 Jan 2023 08:33

[Human being wrote on 02 Jan 2023 03:03:](#)

[jackthejew wrote on 31 Dec 2022 16:58:](#)

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The reason there's a Chiyuv to Dan L'kaf Z'chus is because we will automatically judge people. NO logical decision is ever made without judgement. Non-judgementalism is a MYTH. But we can change how we judge and what the judgement is

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Re: Enough is Enough
Posted by sleepy - 02 Jan 2023 16:52

[jackthejew wrote on 02 Jan 2023 08:33:](#)

[Human being wrote on 02 Jan 2023 03:03:](#)

[jackthejew wrote on 31 Dec 2022 16:58:](#)

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i think this last point is a very good point ,all you non judgemental people sre just fooling themselves , lets face it, we all judge , maybe we should judge with the benefit of the doubt, but remember dan likaf zechus is not hefker and it has its rules. some people you must judge likaf zechus, some people you dont must but if you do , you get a mitzva, so if i dont must, no one has the right to tell me that im doing wrong by not being dan likaf zechus. i think the libarels are ready to dan likaf zechus even bad people , but when a religious jew passes by them ,see how quick they are ready to judge him negatively!

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Re: Enough is Enough

Posted by connected - 02 Jan 2023 17:13

[sleepy wrote on 02 Jan 2023 16:52:](#)

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[Human being wrote on 02 Jan 2023 03:03:](#)

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Ha.

I once had someone scold me for being judgemental about a person.

He said no one has the right to judge another person etc.

So, I asked him if I did something wrong by being judgemental, and his answer was a resounding yes.

Well, how can you judge me for being judgemental? That's where I struggle; shut up.

No, it's different...

Of course, it's different. It always is.

We all do it, some of us don't pretend that we don't.

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Re: Enough is Enough
Posted by Human being - 03 Jan 2023 21:19

[connected wrote on 02 Jan 2023 17:13:](#)

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Of course, it's different. It always is.

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We should never judge someone for being judgmental. Who do we think we are? Do we even know what he's struggling with? A good quote, "***Don't Judge Someone Just Because They Sin Differently than You.***"

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Re: Enough is Enough
Posted by DavidT - 03 Jan 2023 21:25

"Everyone you meet is fighting a battle you know nothing about. Be kind. Always."

? Brad Meltzer

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Re: Enough is Enough
Posted by Human being - 03 Jan 2023 21:29

[jackthejew wrote on 02 Jan 2023 08:33:](#)

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When we use the phrase "dont judge me" we mean "don't judge me for the bad" Not "be absent minded" When we say to be "non-judgmental", it means "to not be a 'judging for the bad' person". Nobody thinks we should be absent minded. No-one. I believe Non-judgmentalism, is no longer a myth anymore :-)

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Re: Enough is Enough
Posted by Human being - 03 Jan 2023 21:59

The way we can be non-judgmental in our example of depression is as follows. We can be compassionate to the part of us that is signaling to our brain to produce (or not produce) certain chemicals and leave us feeling depressed. Instead of calling our depression "bad" "an illness" "a

disease" We can view it as *there's a part of us that is trying to help us*, by causing us to be depressed. We can be curious and compassionate to ourselves and towards whatever is causing us to be depressed. And we can realize our brain is producing chemicals *to help us*. A part of us wants us to be depressed *for a reason*. That part of us believes depression is really really good. Because for that part of us, depression is helping to *shield us from something*. It could be pain, it could be stress, it could be loneliness, g-d knows what, there can be 100s of causes. But there is a legit cause. Your mind isn't dumb, our minds are good tool that try to help us. If we are depressed there is a reason. Lets not judge out minds and say "your an idiot for sending the message to my brain to feel depressed.

Depression is a bunch of normal chemicals, that are being produced abnormally *for a reason*.? Our brain doesn't randomly produce chemicals. Something is telling our brain to produce the chemicals. We have to be compassionate towards the part of us that is telling our brain to produce normal chemicals abnormally.

?The same is with anxiety. All the chemicals our brains release when we have anxiety are normal chemicals. They are very useful indeed. They help us run away from danger when we need to. The challenge starts, when our mind either perceives something to be dangerous when it is not in fact dangerous, or perceives a small threat as a massive imminent threat, thereby releasing the normal chemicals of anxiety abnormally.

We have the same 2 options of either judging our anxiety as "bad" "an illness" "a disease", Or we can understand that something in our mind -a part of us- it telling the brain that there's danger when their really isn't. Or that theirs an existential threat when there really isn't. The response of the brain to produce chemicals is very normal. *Its our brain working perfectly. aka we aren't judging our anxiety as bad. we are saying its good. We are being as to why the mind is giving the brain faulty information.* The problem here is in our minds. Why is our mind sending a message to the brain that there's danger when in fact there isn't? And that is not judging anything. we are just being curious.

This does not mean that we will always find out why we are depressed. But there a reason. The chemical imbalance myth is over with numerous studys from the passed decade.

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Re: Enough is Enough
Posted by Human being - 03 Jan 2023 22:03

You may ask, but hay! Depression is an illness! Its caused by the brain and ony the brain. Not the mind! -Nope. That's 1970s science. Please avail yourself to this article. I gained a lot from it.

www.verywellmind.com/the-chemistry-of-depression-1065137

There are several theories about what causes depression. The condition most likely results from a complex interplay of individual factors, but one long-prevalent explanation suggested that abnormal brain chemistry played a primary role.¹

More recent findings indicate that depression is likely not the result of chemical imbalances in the brain. However, the belief that chemical imbalances are responsible for causing depression is widely held by the American public. One survey found that nearly 85% of respondents believed that such imbalances were the likely cause of depression.²Recent Evidence

The belief that depression is caused by chemical imbalances has been declining in the scientific and medical community for some time. And a study published in a 2022 issue of the journal *Molecular Psychiatry* found further reason to doubt this explanation. The research indicated there is little evidence to suggest that depression is caused by chemical imbalances in the brain.³

The belief that chemical balances cause of depression is still widely held by the general public.⁴ This indicates a need to communicate the more current understanding that depression is a heterogeneous condition that may have many underlying causes.?

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Re: Enough is Enough
Posted by jackthejew - 09 Jan 2023 20:56

Another interesting blast from the past:

gye.nu/forum/19-Introduce-Yourself/108986-Muslim---I-just-dont-know

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Re: Enough is Enough
Posted by iLoveHashem247 - 15 Jan 2023 01:03

[Human being wrote on 20 Feb 2022 13:25:](#)

This may be awkward but I never understood how one can "not touch" when we use the bathroom! (#1 obvs)

Married guy here

is not so hard to just take it out and not hold and still have proper aim. Just take a second to make sure everything is in place and on target before going

if needed, I pinch the skin near base (off to one side) to adjust aim

hope this helps

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