

I need help, please

Posted by some\_guy - 13 May 2012 16:44

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I have not done this befor, both the posting and the opening up, but I will try to do my best. Please tell me if anything I post is inappropriate in any way. I am not married and a little younger than most GYE members. My family is not religious, but I have been trying to be for about a year now. Befor that, I would masterbate whenever I was stessed. I did it almost every night. I've never even taken drugs or alchohol (except for kiddish) so masterbating was my only coping method. You have to understand that because I was secular I did not see anything wrong with it. Well, when I learned from my Rabbi that Jews should not do that, I said I would just stop. Lot easier said than done. Since trying to stop, I have been able to go only 2-3 days without falling again. And when I do fall, I get so depressed that I end up falling again and again. My Rabbi always tells me that it is natural to have these urges and I am better than everyone else for just trying to stop. Is it also natural to not be able to stop. Why do I lack the self control to just stop? I get so depressed after falling that I see a theropist to deal with my depression. I have never told him why I am always so depressed, partly because I don't feel comfortable with him. I just don't know what to do. Sometimes I feel that I should I just give-up and trust that these felling will disappear when I get older. Does that make sence, or is my evil inclination trying to trick me? Addiction is defined as not being able to stop a dangerous coping method because of the users dependance on it. That describes my perfectly. Can I really be an addict when I am only 16 years old? I just don't know, I don't know. Please if anyone can help me in any way I would be forever grateful. I just don't understand. Please, I need help.

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Re: I need help, please

Posted by Peace Of Mind - 09 Jan 2013 01:53

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Re: I need help, please

Posted by reallygettingthere - 09 Jan 2013 03:09

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[some\\_guy wrote:](#)

I hate myself. I am to weak and pathetic to deal with this problem that Hashem has given me. I am just disgusting and always will be, because I am too pathetic to stop. I want to just kill myself. If I am too pathetic to deal with my own problems, how can I ever become a rabbi who

can help others. I have just given up.

1. Even if you hate yourself, Hashem still loves you (dearly)

2. Weak? maybe. Pathetic, no.

3. You are not disgusting and will never be.

I pretty much disagree with everything you just wrote.

4. You don't want to kill yourself, You would much rather find a way to deal with the problem

5. *how can I ever become a rabbi who can help others.* You've never seen a fat doctor?

, if you did you would have not posted and would have killed yourself  
(which Baruch Hashem you did not do)

Perhaps when you get this demon under control (by using the appropriate tools that work for you), you will be able to help people in a way that other cant because of your personal experience

Eli

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Re: I need help, please

Posted by chaimcharlie - 09 Jan 2013 11:41

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Gave up? Awesome. I also recently gave up, and when I acted on it by joining SA I have been sober for almost three months. It's not at all through my own POWER, cause that didn't get me to far for 10 years, but so what?

6. You haven't given up

The life after death is great.

Keep on giving up!!

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Re: I need help, please

Posted by nederman - 09 Jan 2013 16:34

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What would happen if you don't become a Rabbi, what would mean to you?

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Re: I need help, please

Posted by jewish jew - 10 Jan 2013 16:51

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Why did it take three posts until Nederman asked the right question?

Who cares currently becoming a Rabbi, isn't a simple good healthy and sane Jew right now enough for you? I think it is just away of letting yourself free to do what you want, by setting the bar high and not being able to see yourself in the current state getting to it. Just want to be a simple good from Jew, once you get there **only then** move the bar a bit higher.

Yitzchok

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Re: I need help, please

Posted by nederman - 10 Jan 2013 19:01

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I think you are thinking that I was asking a rhetorical question. I wasn't. I was trying to get to the bottom of it.

I probably already know why he wants to become a Rabbi, because that will finally make him deserve to be alive. But he is the one who has to see that. People who are not clinically depressed may not appreciate what it means to believe that you do not deserve to be alive.

some\_guy, your brain is not going to let you argue it out of being depressed. Only action works, because you watch yourself act a certain way and try to find a justification for it, and there are always justifications to be found. You choose what you think, and you feel they way you think. To fix your depression you have to act towards yourself as you would towards a valued guest. Treat yourself like royalty regardless of performance as a Jew or other role, and you'll be able to dump this cacamemi idea that different people are worth different "amounts." I went through that myself. Don't wait another twenty years to do this.

Maybe your therapist didn't stress the action point.

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Re: I need help, please

Posted by Dov - 11 Jan 2013 04:10

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If you are ready to give up, then are you ready to also *get help*? Or are you only ready to give up *your way*?

When *you* say "giving up", I assume you feel like giving up on yourself. And that hurts, for it is unnatural. I know that feeling well - and it never ever got me anywhere but lusting even more.

But when the *recovery* people I know say "giving up", they mean the *opposite* of giving up on ourselves. They mean completely giving up on winning by our power, and instead *doing whatever it takes not to lose [b]ourselves[b]*.

Jews have been giving up for millenia - in war. The Torah teaches us it is fine to give up, in fact. It teaches us davka **not** to have self-confidence in physical battle. It teaches us that when we see the enemy and it's minions and realize we can't win, to depend on G-d, not ourselves, not our battle plans, and not even on our past great successes. This is the rule for parnossah, too...even according to R' Yishmo'el.

The problem you have is surely *involving* aveiros - but (if you are an addict like I am) I see it primarily as a mental/physical/emotional battle, rather than a religious one. I assume you have

seen it and approached it as a religious one till now for - how many years...and so, here we are. I think it is more like the very physical battle the Torah is speaking of, and like our struggle for parnossah.

And if **you** have really given up winning by your power and are willing to do anything to save yourself, I consider you fortunate - even though it may hurt so much right now. But the victory will take action rather than just thinking, posting, and really, really wishing. Real opening up and real reaching out for real help (usernames do not work) is the only thing I know that makes this thing get out of fantasy and become as real as your money, your health, and the rest of real life are to you. "Keboreyach min ha'esh", as the sforim tell us...if you were really on fire, you would not be ashamed to do whatever was really necessary to put it out and keep it out. Right?

Hatzlocha. You are not alone and there is a lot of help out here to live free and stay free.

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Re: I need help, please

Posted by some\_guy - 23 Mar 2013 06:09

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Hi everybody. Sorry I disappeared for a while. I have been having a really hard time. Can someone just send me a message?

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Re: I need help, please

Posted by zvi - 24 Mar 2013 02:59

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Hi!!! I'm new to this forum, but I was looking through some of your posts- you're an amazing guy! Don't give up!

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Re: I need help, please

Posted by lion - 28 Mar 2013 07:23

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My message to you is simple; don't give up! no matter what!

Hashem does not expect you to be perfect, He is your eternal father, He knows your plight. Talk to him, just like talking to a human being. Do it when you are alone in a room. He does listen!

Also you should know that according to Rabbai Nachman from Breslov if you wash yourself and then say the Tikun Haklali, which takes about ten minutes to say, you are going a long way in your repentance.

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Re: I need help, please  
Posted by Dov - 28 Mar 2013 10:23

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Dear Some guy,

Any time you wish to talk, I'd be glad to chap a shmooze abt what things are like by you these days. I tried PM-ing you, as u asked. Nu.

Gut moed!

- Dov

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Re: I need help, please  
Posted by some\_guy - 28 Mar 2013 23:13

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I can't do this. There is not a mikvah in my town. Also, I read that the Tikun Haklai only works for accidents. I purposely went to the websites.

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Re: I need help, please

Posted by inastruggle - 28 Mar 2013 23:22

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both those things shouldn't have to do with you doing this....

what has to do with doing it is being committed to do what it takes to stop and then doing it. i cant think of anything else that should make a difference

if you're committed then you will eventually win because we don't get a test that we can't handle **even addiction**

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Re: I need help, please

Posted by Dov - 29 Mar 2013 00:46

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Sorry, but that sounds very nice but is not relevant. Notice that I did not disagree with you. All I am saying is that it is not relevant that the person has bechirah and can do it - because **he doesn't do it**. Why he does not do it is not worth the debate.

While the sweet yid is fighting the good fight and definitely racking up tremendous Olan haboh - even if he falls every other week, Hashem still gives him amazing nitzchiyus s'char for the sincere effort he makes to stop when he is omeid b'nisayon!

But who cares? Not his wife - who gets his Chlamydia or Herpes. Not his kids - who don't really have a father because he is just *too emotionally burdened 'fighting his yetzer hora'*. Not his Jewish heart - that is getting hollowed out by living a double life (or really only a *half* a life!). hatzlacha

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This is not about the beauty of struggling or the value of being omeid b;nisayon. This is a battle for a life. It is reality vs fantasy, winning a real life and being a real part of - vs losing and being a stranger to everyone around us who really matters. There is surely no perfection in recovery and in winning - but there is no 'middle ground', either!

I hope my point is well taken and helpful.

Love,

Dov

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