

I need help, please

Posted by some_guy - 13 May 2012 16:44

I have not done this before, 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. Before that, I would masturbate whenever I was stressed. I did it almost every night. I've never even taken drugs or alcohol (except for kiddish) so masturbating 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 therapist 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 just give-up and trust that these feelings will disappear when I get older. Does that make sense, 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 user's dependence on it. That describes me 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 some_guy - 31 May 2012 19:45

Thank you for the advice. To answer Eye.nonymous's question, there is not really anything that I am not doing that I could, but it FEELS like there is. Dov, I'm sorry but I don't understand your advice. Could you try explaining it again.

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Re: I need help, please

Posted by Dov - 31 May 2012 20:04

I am not giving you 'advice', per se. Please try reading it again and take your time. I am relating my personal experience. It is a process. Knowing that but remaining self-condemning and impatient is one thing - accepting it and moving on from there is a completely different experience. You will be successful living **with** Hashem - even if your desires win out

sometimes. But you will not likely be successful living with your yetzer hora, even if you cry to G-d constantly.

Many of us report that things started to change when we finally climbed out of the toilet of self-disgust and accepted the fact that Hashem loves us exactly as we are - even masturbating.

That is not the ending point, to say "so I might as well go masturbate to porn again!" - rather, it is the starting point for learning to start growing up. And you will not be perfect on the way there.

Is that any clearer or is it still muddy waters?

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Re: I need help, please

Posted by Eye.nonymous - 31 May 2012 20:15

I asked, mainly, what is all this **help available to you** that you are referring to?

The doing or not doing was really parenthetical.

--Elyah

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Re: I need help, please

Posted by some_guy - 08 Jun 2012 03:56

Dov, I think I understand. You're saying that for most people accepting that this is a long, difficult process is the first step to recovery. You are also saying that Hashem loves everyone no matter what they do. I am reading a book on Chasidic thinking that says that a lot. I just don't understand how that can be possible. How can He just forgive me for doing this disgusting, immoral sin. I read in a few book that this sin is the worst one in the torah. I just not good

enough to deserve compassion. Like a few days ago. As soon as I got out of bed, even before washing my hands or using the rest room, I went to my family's computer. I was not able to even slow myself down. How can He just forget about that like it didn't matter.

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Re: I need help, please

Posted by Shteeble - 08 Jun 2012 12:19

hi guy,

just checking in.

happy to see you keeping up your posting.

keep at it.

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Re: I need help, please

Posted by Machshovo Tova - 08 Jun 2012 14:39

[some guy wrote on 08 Jun 2012 03:56:](#)

Dov, I think I understand. You're saying that for most people accepting that this is a long, difficult process is the first step to recovery. You are also saying that Hashem loves everyone no matter what they do. I am reading a book on Chasidic thinking that says that a lot. I just don't understand how that can be possible. How can He just forgive me for doing this disgusting, immoral sin. I read in a few book that this sin is the worst one in the torah. I just not good enough to deserve compassion. Like a few days ago. As soon as I got out of bed, even before

washing my hands or using the rest room, I went to my family's computer. I was not able to even slow myself down. How can He just forget about that like it didn't matter.

Hi,

My name is not Dov, and nobody asked me; but if somebody would have, I would have replied: Maybe Hashem knows you and your limitations better than you know yourself. And Maybe He's more merciful than you could ever imagine. And maybe he loves you much more than you love yourself.

Anyhow chabibi - we all love you as well, and hope for your success.

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Re: I need help, please

Posted by alexeliezer - 08 Jun 2012 15:10

[some_guy wrote on 08 Jun 2012 03:56:](#)

Like a few days ago. As soon as I got out of bed, even befor washing my hands or using the rest room, I went to my family's computer. I was not able to even slow myself down.

Yes, the battle begins when we open our eyes, and doesn't let up until we drift off to sleep at night.

We need to be very aggressive with our sobriety. Upon awakening, we sit up and say Modeh Ani. Right after that, we can add a tefilla asking Hashem to keep us clean and sober today. Then we need to take charge of our minds.

Once you've been away from the drug for a while, it will get easier. But really away from all forms of the drug.

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Re: I need help, please

Posted by Dov - 11 Jun 2012 04:42

What in the world does Him *forgiving* you for this sin have anything to do with Him *loving* you?

Nothing.

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Re: I need help, please

Posted by E-Tek - 13 Jun 2012 18:35

Try to imagine the greatest love that exists on this earth- it's a parable to Hashem's love for you, so that you can better understand Hashem's love for you. All relationships in this world are mosholim for our relationship with the Ribono Shel Olam.

When a child runs across the street, does that minimize the love of the parent for the child? Not in the least. Low grades? Nope. And the parent doesn't even KNOW what goes on in the kid's mind, that he was depressed at his progress and couldn't study. Hashem knows you, he knows how hard it was, and he loves you... If He is disappointed about your failure, he still wants you to succeed, and He is willing to help anytime you reach out. He loves you. Believe it.

And, we at the forum love you too (on a smaller, mortal scale), and want to see you succeed.

B'Ahava,

Meir

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Re: I need help, please

Posted by Dov - 15 Jun 2012 02:03

Hashem did the first bunch of makkos in order to help **Par'oh** do teshuvah and stop doing his aveira of holding onto his Jews. Not for the Yidden, but *for Par'oh*. That's what it says in the Torah. I'm not making this up. Not only did he feed Par'oh and care for him and his household all that time, but He made incredible nissim of the makkos, partially for the sake of caring for Par'oh's Tikkun. He wrote that in His Torah at least three or four times. (Only after Par'oh had his bechirah taken away later on, did Hashem start doing makkos in order to cause pain to Par'oh for another reason that is beyond the scope of this piece).

Are you worse than Par'oh?

No you are not. You are a plain yid in the confused time we are in, who like the rest of us knows practically nothing about Hashem, and is a mess. Nu. **Join the club.** Membership is free.

And if deep down inside you really do think you are worse than Par'oh to Hashem, then I suggest you have the wrong god, plain and simple. Not Hashem, but something else.

At least I am sure that **we here** like you more than you like *yourself*. Nu. You may not have

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Re: I need help, please

Posted by some_guy - 18 Jun 2012 15:00

Thank you. It feels great to think of things in that way. I just wish that I could stop sinning before He switches from trying to help to punishing.

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yourself, but at least you have friends!

Re: I need help, please

Posted by E-Tek - 18 Jun 2012 18:40

[some_guy wrote on 18 Jun 2012 15:00:](#)

Thank you. It feels great to think of things in that way. I just wish that I could stop sinning before He switches from trying to help to punishing.

No such thing.

Derashos HaRan, Drush Yud

B'Ahava, Meir

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Re: I need help, please

Posted by Dov - 19 Jun 2012 18:33

I do not mean to insult you at all. I relate 100% to what you write. And from personal experience I can tell you this and mean it 100%:

Your entire punishing fixation is childish and not based on Judaism. How old are you, really?

Sorry, but you have your own religion, and you worship your made-up god of fire and hatred, not the G-d of the Torah.

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Re: I need help, please

Posted by some_guy - 26 Jul 2012 17:22

I just came back for a jewish camp. I was there for a month without internet, cell phones, ect. I couldn't stay clean while I was there, nor the night I got back. I am not going to get depressed over that. I am going to have a all new out-look on this problem. I am going to try being happier, even if I fall. I read the book Let Us Make Man. It is all about low self-estimate and judiasm. The first few chapters outline syntoms of a person with low self-estimate and I realized I had almost all of them. So now I am going to fight it. I will talk to my theripist regarding this book. I am sure that I can beat this now, it's just a matter of time.

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