

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 - 10 May 2013 23:14

I just posting today because I can. I have had a pretty O.K. day.

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Re: I need help, please

Posted by MJB - 11 May 2013 22:08

For all your struggles, I am so happy to hear that it is starting to get easier.

Hatzlacha

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Re: I need help, please

Posted by some_guy - 12 May 2013 19:58

I fell Friday and today. I am not all that upset. I know that Monday when I am buzier I will start another long streak again.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by inastruggle - 12 May 2013 23:09

[some_guy wrote:](#)

I know that Monday when I am buzier I will start another long streak again.

from your mouth to g-d's ears

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Re: I need help, please

Posted by Chachaman - 13 May 2013 03:07

Why wait till Monday? And on Tuesday, why worry about what you did yesterday? Just take it one day at a time, and progress will be made inch by inch.

No fall can take away your progress

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Re: I need help, please

Posted by some_guy - 17 May 2013 23:14

Hi everyone,

I had a great Yom Tov. I got to stay at my Rabbi's house and Sunday I am going to 770 for his daughter's wedding. I have stayed clean and have been able to stop myself when I start thinking about bad things. I hope you all have a blessed Shabbat!

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some_guy - 20 May 2013 20:27

Hello,

I fell this morning. I am not going to get depressed over that. I have had about one week clean. That's twice what I could do before! I will pray for more of Hashem's help and I will continue to get better. I realize that its slow, but I am growing. That is enough for me.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by Chachaman - 21 May 2013 02:11

Congrats! 7 days is a really long time!

What lead to the fall, and how could you avoid that in the future? For me, in the past if I had a bad day I would fall; I couldn't control the bad day part, but I could control how I reacted to the bad day.

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Re: I need help, please

Posted by some_guy - 22 May 2013 02:13

That day I fell I didn't get out of bed as early as I should of. Now I will be sure to always get up right as I wake up.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by Chachaman - 22 May 2013 03:41

yisgaber ka'ari...kdei sh'yehei m'orreir hashachar.

wonderful!

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Re: I need help, please

Posted by some_guy - 24 May 2013 00:09

Hi guys,

Today I feel the need to M really bad. I will try my best to beat it and I think I will be fine. In case you were wondering, I am still trying to not look at any P or this month. I have already fallen twice, but I am still going strong. I feel so free. This drug that I needed is just gone. Even when I do M, I don't get that addictive rush. I never felt like this before.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some_guy - 24 May 2013 00:11

sorry, I meant "for this month" not "or this month"

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Re: I need help, please

Posted by gibbor120 - 24 May 2013 00:29

Go do something. It's even better if you can do something with a friend.

Do you have any hobbies? Go for a walk. Organize your junk. Just do something.

Hatzlacha Rabbah!

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Re: I need help, please

Posted by some_guy - 24 May 2013 22:51

Hi everyone,

Fortunately, its a 3 day weekend. I don't feel depressed about falling. I went more than a whole week! I still get amazed by that. I read a chapter of Tanya last night that talked about this issue a lot. It really helped. It says reciting the bedtime Shema every night, with this in mind, is teshuva for M . Now that I know how to fix my passed mistakes, I can start moving on to future challenges. I wish you all a happy Shabbos.

--some_guy/Elias/Eliyahu

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