

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 inastruggle - 27 May 2013 07:00

If the vows are working then you should definitely continue them.

If the problem is that you're worried about running out of money then maybe for next month you can try a different punishment, but make sure it hurts as much as this one or it won't help.

Also like you said, make sure to renew the vow before the end of this month or it's an almost for sure fall.

About tomorrow, don't worry about it. Now isn't then so there isn't a point in thinking about it, just focus on staying clean tonight and tomorrow you'll worry about being clean then. (and if

tomorrow is too big to worry about then just worry about the first half of the day during the first half, and the second half when it comes.

You may also want to start thinking about working on the masturbation part also, most people find it easier to work on them together.

I hope this helps, keep us posted

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Re: I need help, please

Posted by gibbor120 - 27 May 2013 20:44

I'm not a big fan of the "vow" thing. Either is Dov. you can read some of his recent posts here guardyoureyes.com/forum/19-introduce-yourself/205629-hello-everyone?limit=15&start=30#207528 . It seems like it's just a way to "hold your breath" so to speak, and is a distraction from real recovery. It is not a long term solution. It's more like a temporary band aid. What tools are you using for recovery?

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Re: I need help, please

Posted by mr. emunah - 27 May 2013 21:13

I like it though...

it's not a cure all, but it's a good pitch to have in your repertoire...

like that occasional knuckleball.

(DARN IT! What has HAPPENED to RA Dickey? He's stinkin up the joint!)

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Re: I need help, please

Posted by some_guy - 28 May 2013 02:22

Today has actually been so much better than yesterday. Its probobly because I didn't even M today. Yesterday I did so the desire to M and lokk at P was so much greater. People here always quoting this, but I am not exactly sure where it is from or how it goes. "Man has a small organ. If he feeds it it will hunger. If he starves it it will be satisfied."

Thank you everyone for the help. I have not fallen today in any way.

About my vow problem. I think that the route cause of my addiction is that I started M to cope with depression and stress created elsewhere. Now the stress is caused by M, making a cycle. I think that if I make it impossible to do this than I will be break this cycle. I just have to stop. I have decided what to do.

On condition that I do not regret this vow by the 11:59 May 31, than for the month of June of the year 2013 I must put \$10 in a tzedakah box every time I look at P and prick finger with a needle every time I intentionally M.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some_guy - 28 May 2013 02:26

On a diffrent note, I read a article on this website that triggered me. Can I ask someone to reword it so it may not trigger anyone else?

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Re: I need help, please

Posted by inastruggle - 28 May 2013 06:28

if it's a post then report it to the moderator (button on lower right corner), no one will get in trouble he'll just change it.

Otherwise try The guard at eyes.guard@gmail.com.

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Re: I need help, please

Posted by gibbor120 - 28 May 2013 21:18

[some_guy wrote:](#)

About my vow problem. I think that the route cause of my addiction is that I started M to cope with depression and stress created elsewhere. Now the stress is caused by M, making a cycle. I think that if I make it impossible to do this than I will be break this cycle. I just have to stop. I have decided what to do.

What will happen once you "break this cycle"?

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Re: I need help, please

Posted by some_guy - 28 May 2013 23:03

Hi gibbor120,

When I break the cycle, I have some ideas on how to cope after I stop M. I am seeing a therapist, I am going to exercise on my bike and I have almost stress from my grades. Before I was so worried about my getting into college. Now that I have decided to go to a yeshiva, I don't have to make honor-roll every term every year anymore. In a true twist of irony, although I have stopped trying so hard, I have still made honor-roll every term. I think that if I can break the cycle, my new coping skills will help keep me clean for long periods at a time.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some_guy - 31 May 2013 00:15

I fell today, but I will be fine. Once the next month's vow takes effect I am sure I will be able to go for longer streaks. Also, I want to explain the rules to the vow so that the Yetzah Hara has absolutely nothing to say.

1: Only M that results in E requires a prick of the finger.

2: If I M or look at P, than leave the room and M or look at P again, then I must pay two penalties. This applies even if I leave and enter the same room within a millisecond or if a knuckles-breath of a limb leaves and enters the room. If I begin to M and then leave and enter the room and continue to M, then I must prick two fingers. If I begin to M and then leave the room and continue to M, but stop myself before E, then I am not penalized in any way (this exception does not apply to P and will be counted as looking at P twice).

3: If I am reading/watching something that was not created with the intended to arouse, but it does arouse me anyway, I can wait 5 minutes for the feeling to pass on its own. If it does not pass after 5 minutes, I must leave the room. If I stay it is considered looking at P.

4: Anything that happens while in a sleep deep enough that talk is impossible is excused.

5: Thoughts are not punishable in any way.

6: A prick of a finger is preformed by piercing the skin deep enough that any amount of blood exits the body through the pierced site.

7: If I run out of money and I look at P, than I must prick every finger, thumb, and space between two fingers and thumbs once.

8: Any person over 18 years of age that tells me to stop pricking my fingers in a face to face meeting, then any and all situations requiring a prick of a finger become permitted.

9: A prick of a finger must happen to the top of the finger or at least a nails-breath down the finger. Pricks between two fingers can happen on any site that is above the palm, below the knuckles and touchable by the two fingers in question. If one of the fingers is a thumb then the third requirement is unnecessary.

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Re: I need help, please

Posted by Chachaman - 31 May 2013 03:05

Dude...I'd stick with kenassim like "saying 10 tehillim" rather than physical pain.

LIKE: IT'S ALREADY BAD ENOUGH TO FALL--AND THEN TO REWARD THE DEPRESSION BY HURTING YOURSELF?

Also, though thoughts aren't punishable in anyway, it is still important to try controlling them, though that can be tough.

KOT! I love you Elias! You are a great person.

(also, it is important to not rely on one method alone, but several methods. TaPhSiC is great, but I think a long term-solution that deals with perfection or other factors that have caused the problem in the first place are important too.)

Though I am only 17, and not 18, DON'T HURT YOURSELF LIKE THAT!

(Also, why should the age of the person telling you that matter)?

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Re: I need help, please

Posted by Dov - 31 May 2013 06:50

[some_guy wrote:](#)

I fell today, but I will be fine. Once the next month's vow takes effect I am sure I will be able to go for longer streaks.....requires a *prick* of the finger.....then I must *prick* two fingers.....a *prick* of a finger is preformed by piercing the skin deep enough that any amount of blood exits the body through the pierced site.....then I must *prick* every finger, thumb, and space between two fingers and thumbs once.....then any and all situations requiring a *prick* of a finger become permitted.....A *prick* of a finger must happen to the top of the finger or at least a nails-breath down the finger. *Pricks* between two fingers can happen on any site that is above the palm, below the knuckles and touchable by the two fingers in question. If one of the fingers is a thumb then the third requirement is unnecessary.

Sorry, but this is not recovery, Elias. I who respect you a great deal say: It is just plain nuts.

You know I love you, chaver, and have no reason to say anything negative to you other than true concern. And I suggest that you do not do this plan. And worst of all, it will not work, for it makes no change in you at all, except to connect your sweet lusting with physical pain. You will create a monster, not a sober man, this way.

And here is the last thing: Have you spoken clearly about it (with all the details) to your Rov/Rebbi? With anyone sane besides you? I bet my bottom dollar that you have not.

Hope you choose a better plan, or get real help. Call me if u like.

Hopefully,

Dov

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Re: I need help, please

Posted by some_guy - 31 May 2013 23:45

You guys are right. I regret that vow, so now it is void. I vow that if any time during the next month I M, than I must say 10 tehillim and if I look at P than I must put \$10 in a tzedakah box.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by Chachaman - 03 Jun 2013 09:04

That's progress, but in my opinion, TaPhSiC should also focus on stuff before the fall, such as:

If I take a 10 minute walk while listening to an audio shiur 30 minutes or less before falling, I will only have to give \$5, but if I don't, I have to give \$50. Or something like that. Good, you have the component AFTER the fall--but I don't think the requirement to say 10 tehillim is enough to dissuade you BEFORE the fact. You need something for BEFORE you fall

You see: the point of TaPhSiC is not to serve as THE method of recovery--it is a technique of fighting urges if and when they arise. It is not a way of attempting to give ourselves motivation to never act out again, as that can be daunting.

Best of luck! KOT! As always, listen to what Dov has to say!

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Re: I need help, please

Posted by some_guy - 04 Jun 2013 03:40

I am going to add a condition for before I fall later. I want to go slowly so it is easier to adjust. If I try to jump right in and fail, then I may abandon it all.

On another note, I have been clean since Sunday. I feel great!

--some_guy/Elias/Eliyahu

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