

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 users 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 - 04 Oct 2013 00:41

Hello GYE,

Sorry I have not been posting for so long. I was trying to not use my computer for anything.

I have been VERY well! I don't count the days, but my mood and everything is just so positive. I feel great. Whenever I fell, I got back up almost right away. I hope everyone here has had as much success as I have had. I am using 2 new methods to fight the lust.

My therapist gave me this one. First, you draw a picture of a monster that 'is' your lust. Then take a marker or pen and move it side to side and slowly upwards. You slowly cross out and

destroy the monster(lust). When the monster(lust) is completely destroyed, cut the paper into really small pieces. It does not make me feel any different at first, but after the 3rd of 4th time I start to feel better. I just keep drawing and slaying monsters(lust) until all the urges are destroyed.

The second thing I do is very different. After I say the Shema at night, I talk to Hashem. I talk to Him as if he were anybody else. Usually it goes, "Hi Hashem. I had a good day today. Thanks for giving that to me. You even kept all the bad thoughts out of my head. Thank you so much for fighting the Yetzer Hara for me..." I just talk about the day. When I first started to do it, I felt awkward and stupid. Now, I feel a connection to Him. It feels like I am sitting on my father's lap and he is holding me close. My father is not like that. I didn't even realize how much I liked/needed it until my rabbi gave it to me. Anyway, everybody who reads this should try it for a month or so. It is really incredible.

some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by Pidaini - 04 Oct 2013 00:48

Thanks for sharing!!

KO-"MONSTER"-T!!!!!!

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Re: I need help, please

Posted by ploni.almoni@gmx.com - 04 Oct 2013 01:21

Interesting. It's what the Mesillas Yescharim refers to as a regularly appointed time of solitude. I write, but what you are doing sounds like a lot of fun.

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Re: I need help, please

Posted by George999 - 04 Oct 2013 01:37

Thank you and your therapist for the "Monster idea"

Talking to Hashem after the nighttime Shema is very good.

I try to do it.

I believe that Chazal tell us that David Hamelech did this.

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Re: I need help, please

Posted by Machshovo Tova - 08 Oct 2013 21:05

[some_guy wrote:](#)

... The second thing I do is very different. After I say the Shema at night, I talk to Hashem. I talk to Him as if he were anybody else. Usually it goes, "Hi Hashem. I had a good day today. Thanks for giving that to me. You even kept all the bad thoughts out of my head. Thank you so much for fighting the Yetzer Hara for me..." I just talk about the day. When I first started to do it, I felt awkward and stupid. Now, I feel a connection to Him. It feels like I am sitting on my father's lap and he is holding me close. My father is not like that. I didn't even realize how much I liked/needed it until my rabbi gave it to me. Anyway, everybody who reads this should try it for a month or so. It is really incredible.

some_guy/Elias/Eliyahu

Sounds like what they call 'hisbodedus'. R' Nosson of Breslov said that if you do it for 40 days you are guaranteed to see improvement.

Hatzlacha

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Re: I need help, please

Posted by Dov - 11 Oct 2013 01:40

I am so glad you are being open and honest with your therapist, Elias.

Continued hatzlocha, chaver.

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Re: I need help, please

Posted by some_guy - 27 Oct 2013 21:08

Hi everyone,

I have not been here for a while because I had my mother lock my account. I can't use the computer for anything. I am only here now because she let me get on to write an application to a yeshiva.

I brought me father with me to the therapist. My therapist told him about my lust addiction. He thought that I have this problem because I have become more religious. When he learned exactly what I was looking at online, he dropped that view. He have added filters to his computer. I am sure this will help a lot.

I have been good. Yesterday I felt terrible. I was sick. The lust attacked me a lot. To day is a lot better though. I am happy and energetic. I don't count days, but it feels like I go weeks clean at a time.

I may not be able to come here again for a while, so I wanted to let everybody know something. I love you all! If it was not for this website and the people here I would still be depressed and suicidal. Thank you all.

--some_guy/Elias/Eliyahu

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Re: I need help, please
Posted by Gevura Shebyesod - 27 Oct 2013 21:18

Wow gevaldig!! Continued hatzlacha!

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Re: I need help, please
Posted by Dov - 28 Oct 2013 01:32

That is real progress, Elias!

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Re: I need help, please
Posted by gibbor120 - 29 Oct 2013 00:27

Thanks for sharing! Great to hear!

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Re: I need help, please

Posted by some_guy - 31 Oct 2013 03:40

Hello,

I did not expect to come back here so soon. I still feel good. I hope everyone else has also been doing well. I hope to come back soon, but may not. Stay clean everyone!

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by some_guy - 05 Nov 2013 18:46

Hi,

I have been well. I don't feel depressed or worried. I am happy. But I need some advice on a matter I have not talked about before.

I am applying to go to a Yeshiva. I know I will get in. They probably search for smart kids like me. But my rabbi asked me a question, and I have no answer. If I fall in the Yeshiva, what will happen. I can already hear that voice in my head. *'How could you sin here! You are surrounded by books and rabbis. If you fall here, how can you expect to live anywhere.'* I don't know what to say to it. The only response I have thought of is *'Everybody sins, even here. I am no different than any of the rabbis or students here, or anywhere.'* I don't like this response, but I am not sure why.

Maybe I don't want to admit that everybody faces this challenge and almost everybody, including rabbis, have fallen at some point in their lives. I want to believe that the only Jews that fall are just addicts because our purpose in life is to fight this battle. Some part of me does not want to think that a Yeshiva student, who was raised in an Orthodox home and is not an addict, fall at times.

I am not sure if I dislike that defense because of that reason or some other reason. I want to have a different response to that (idiotic) voice. Maybe the Yetzer Hara is trying to trick me, stop me from accepting this truth. I don't know. Sometimes I get inside my own head, doubting if what I want is what I want or if it is what **he** wants me to do. I will gladly accept any advice, including advice from people new to this site.

--some_guy/Elias/Eliyahu

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Re: I need help, please

Posted by simonsamuel - 05 Nov 2013 19:11

hi

I recommend

1- say to you "I have the freedom NOT to do as I have the freedom to do" say that to yetzer hara

2- analyse your own emotions when you feel you will fall or have falle,, what's going, what is vital in you?

These two tricks helped me to overcome. Accountability could help also, search for partner/sponsor. I could help if you want

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Re: I need help, please

Posted by gibbor120 - 05 Nov 2013 21:10

[some_guy wrote:](#)

I am applying to go to a Yeshiva. I know I will get in. They probably search for smart kids like me. But my rabbi asked me a question, and I have no answer. If I fall in the Yeshiva, what will happen.

I'm not sure I understand the question... or the point of the question for that matter???

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