

I need help, please

Posted by some_guy - 13 May 2012 16:44

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 some_guy - 26 Jul 2012 22:36

Thank you for the support, RT.

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Re: I need help, please

Posted by rt - 26 Jul 2012 23:25

pleasure =)

so whats your plan lemaase?

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Re: I need help, please

Posted by JustKeepGoing - 27 Jul 2012 01:08

I love the name "some guy"

Welcome to GYE!

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Re: I need help, please

Posted by Machshovo Tova - 27 Jul 2012 14:30

[JustKeepGoing wrote on 27 Jul 2012 01:08:](#)

I love the name "some guy"

Welcome to GYE!

That name can be read 2 different ways:

1. as in "just some guy..."
2. as in "you're really some guy!"

Anyhow welcome and hatzlacha!

MT

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Re: I need help, please

Posted by JustKeepGoing - 27 Jul 2012 16:07

I was talking to "some guy" the other day and....

Hey guy! have a great shabbos!

Hashem **Loves** you

(don't worry about this also I go through the same thing, thinking Hashem hates me/he'll never forgive me for this- we need to try to fix our image of G-d otherwise its not Hashem "the Merciful and Loving G-d" it can c'v be Hashem "Out to Get you and you better listen to every word I say or suffer my wrath G-d" (Which one do you think he is in reality?)

Really I'm in the same boat, I read on Dr. Sorotzkins website that (he quoted a big rabbi) that we view G-d the same way we view our mothers, and if our parents were very critical of us while growing up that is how we can come to view Hashem. You and I both need to fix that way of looking at Him and Please whatever success you have in the area share it because you'd be helping me as well. :o

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Re: I need help, please

Posted by Dov - 27 Jul 2012 19:14

[JustKeepGoing wrote on 27 Jul 2012 16:07:](#)

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Hey guy! have a great shabbos!

Hashem **Loves** you

(don't worry about this also I go through the same thing, thinking Hashem hates me/he'll never forgive me for this- we need to try to fix our image of G-d otherwise its not Hashem "the Merciful and Loving G-d" it can c'v be Hashem "Out to Get you and you better listen to every word I say or suffer my wrath G-d" (Which one do you think he is in reality?)

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All this is found the honestly worked 2nd step of *any* truly desperate addict.

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Re: I need help, please

Posted by some_guy - 29 Jul 2012 04:13

Thank you all for the word of encouragment. I really don't think I veiww G-d the way I sometimes do because of my mother or father. My parents are REALLY supporting. I could do just about anything with my life and they would help me no matter what. I think I may view Him this way because that is how I have viewed myself for so many years. When ever I got a 98% on a test, I just had to find my one mistake, hoping that the teacher messed up instead of me. And because I am very smart, geting a 98% happened a lot. I guess my drive for perfection transfered form my schoolwork to my ideas about G-d. But no more! I am going to stay positive. No more lingering over every mistake and flaw. Just move on and do something productive.

I was laying in bed thinking of some really bad stuff and was close to going on some even worse websites, but instead I went here. Thank you all for making this site possible.

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Re: I need help, please

Posted by alexeliezer - 29 Jul 2012 21:35

[some_guy wrote on 29 Jul 2012 04:13:](#)

I was laying in bed thinking of some really bad stuff

Uh... that's not part of recovery. We need to surrender these lustful thoughts as soon as they start. Just staying with these thoughts stimulates our brain's pleasure center and keeps the addiction going.

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Re: I need help, please

Posted by rt - 30 Jul 2012 11:01

yeee. techilat nefila - machshovo roo and hirhurey zenus.

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Re: I need help, please

Posted by some_guy - 09 Aug 2012 16:03

Sorry I have not been on for a while. I have been having a difficult week. But I am not going to linger on it. I am going to think of the good things. I am seeing a new therapist. He is easier to talk to than my old one, possibly because he is an orthodox jew. He have started doing an exercise with me that is going to break down the pathway in my brain that cause my impulses. So far, it is working. I still have some drive to M, but not as strong as before. I am sure that between this website and him I can overcome this challenge eventually.

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Re: I need help, please

Posted by nederman - 10 Aug 2012 02:07

Try reading "Feeling Good" by David Burns. It is commonly used to cure clinical depression.

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Re: I need help, please

Posted by some_guy - 31 Aug 2012 02:26

Hello. I have not been doing so well. Most days I lay in bed for hours until hunger makes me get

up. I have been M and lookingjg at P allmost every day for more than a week. I had a better day today. I am going to try and post on here most nights befor I go to sleep. Just because that is a difficult time for me and getting my thoughtsa on this my help. I was wondering what some of you did for the TaPHsiC methed. I hope it my help but I feek like money does not mean enogh to me to be an effective punishment for failing. Does anyone have any other suggestions?

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Re: I need help, please

Posted by nederman - 31 Aug 2012 09:20

Read Feeling Good by David Burns. It has been clinically proven to cure depression as effectively as therapy. Put it in the bathroom so that you will read a few minutes every day and you don't procrastinate. I have read your other posts, it's perfect for you.

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Re: I need help, please

Posted by Dov - 31 Aug 2012 15:32

[some_guy wrote on 31 Aug 2012 02:26:](#)

I hope it my help but I feek like money does not mean enogh to me to be an effective punishment for failing. Does anyone have any other suggestions?

Yes, chaver. The TaPhsic thing may help you but no matter what, it is *still* just another convenient way to keep hiding and keep the fantasy of being able to beat this in secret on our own. Your kavod is not worth your life and your success....and anyway, it is never, ever a loss of kavod to open up sincerely about all the facts about ourselves to a clean person who understands. Have you tried speaking the facts about your behavior over openly and clearly with a clean person?

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