

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 nederman - 10 Oct 2012 20:50

In the past you fell many times. Did you put in place anything new to lead you to believe that you shouldn't fall any more?

I am guessing that if nothing has been changed then you *should* fall.

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Re: I need help, please

Posted by Dov - 11 Oct 2012 03:49

[some_guy wrote on 10 Oct 2012 19:13:](#)

I fell today. I feel really bad because it is right after the holiday and I couldn't last.

That hurts. And now it is really hard to move on, I know. But please hear me when I say that many of us are just sort of holding our breath and waiting till the next time we fall. That's a sitting duck.

The battle lines need to be drawn far, far back from the sperm coming out issue, or even the touching myself in a pleasuring way issue. They need to be drawn back into the self-centered obsessive thinking issue and the depressive self-pitying issue most of us types tend to engage in. That's our battle - not the masturbating ourselves temptation or the looking up porn on the web issue - that's conceding way too much territory to the enemy. It's actually stupid. But please don't feel bad, cuz we all do it! And when you draw the battle lines back to those areas of struggle and growth more and more, you will also have a much easier time seeing your challenge in the *fantasizing* instead of running to act it out; in the intentional second looks instead of searching for pornography, and staying clean of sex with yourself will not be as difficult.

That will take time. That means patience.

Positive sobriety is like breathing right.

But just *staying on the GYE 90-day chart* is like inhaling and holding your breath...how long can you hold your breath? And that is why it gets harder and harder as the months pile up. It's not recovery at all! It's just 'waiting to exhale'.

So what practices can you put into place to help G-d do that for you?

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Re: I need help, please

Posted by some_guy - 11 Oct 2012 21:56

I don't understand what you mean. I always thought G-d gave me this challenge to overcome and by doing so I will purify my mind and body, the reason of creation. How can I go to G-d for help on a challenge he gave me to do? I know this is a wrong way of thinking but this thought just keeps coming to mind. Can you answer it for me?

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Re: I need help, please

Posted by Dov - 12 Oct 2012 18:28

Rav Noach Weinberg used to like repeating this story, and I hope you can see how to apply it to yourself and that it may be an answer to your question. I will not get it exactly right, but it went like this:

A guy came to Rav Noach after a schmooze he gave about evidence for G-d's existence and told him "I do not need any proofs of G-d. I know He is with me!" Rav Noach asked him how he knows that. The guy related how he was biking on a mountain path and fell off a high cliff, miraculously landing between two rocks without hurting himself at all. He knew only G-d could have done that. "So I don't need you any more," he said.

Rav Noach then asked him if he thinks his experience demonstrates that G-d is all-powerful and controls the world - the man said, "sure it does." Rav Noach then asked him a simple question:

"Then why did He let you fall off the cliff in the first place?Sounds like He was trying to get your attention, no?...Maybe you should come to a yeshivah and learn a bit about G-d now?" The guy was quietly thoughtful.

Rav Noach commented that too many people see G-d as 'Superman' - there to save us in times of trouble. But they (we) completely ignore the fact that *He sent* us into the trouble we are in, in the first place!

He wants a relationship with you and will even use the yetzer hora to get it. That is a thing you are not seeing because you blame yourself for having a penis, having eyes, and living in a world of temptation. Gevalt. Hashem is here, *in* you, *for* you.

I feel that your question is a distraction from the facts. You are in trouble and may need Hashem to help you and this may be the one shot you have at actually getting that relationship that He wants to have with you.

When will you finally fall in love with Hashem - only *after* you have 'beaten' this yetzer hora without Him? Is that what you really believe He is waiting for? Life is a cruel game with Hashem watching from above seeing us rats running through the maze and ready to give reward to the few lucky strong ones who make it to the end?

Do you see an answer for you here?

Love,

Dov

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Re: I need help, please

Posted by some_guy - 14 Oct 2012 19:44

I get it. G-d gave me this sickness so that I will turn to him for help overcoming it. So how do I turn to Him for help?

Also, I found a hole in the K9 filter I have. What should I do?

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Re: I need help, please

Posted by mifatfait - 15 Oct 2012 06:28

Plug in the hole with crazy glue.

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Re: I need help, please

Posted by some_guy - 17 Oct 2012 01:54

I fell today. I feel so powerless and pathetic. My rabbi offered to take my laptop form me so that I can't go on bad sites. However that means I can't go on here ether. I said no to his offer, but now I am not so sure. What should I do?

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Re: I need help, please

Posted by nederman - 17 Oct 2012 03:09

[some_guy wrote on 17 Oct 2012 01:54:](#)

I fell today. I feel so powerless and pathetic. My rabbi offered to take my laptop form me so that I can't go on bad sites. However that means I can't go on here ether. I said no to his offer, but now I am not so sure. What should I do?

Unless you need a machine for a specific reason I think you are better off without. You can also use yeshivanet as an ISP.

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Re: I need help, please

Posted by Dov - 18 Oct 2012 03:10

You are still going it alone in your struggle, some_guy. The Rabbi - did he tell you that he himself knows how good it feels to use porn or to masturbate yourself? Did he admit to you that he has done some of these things, too? If not, then he is acting as an authority figure, and that's OK. But I ask you: Do you really believe that he has an answer for you?

One rabbi may not be enough. He is not G-d and cannot save you. But you can use friends with whom you can open up - who cannot look down or shame you in any way for they are also recovering porn users. We *all* have a rocky road. But you can make calls to people a few times a day and let go of temptations with them and live without using porn today. You can do it without holding your breath. And you can do it without shaming yourself with them, either, because we fellow strugglers know exactly what it is like and do not for a second believe that we 'deserve' to be clean today.

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Re: I need help, please

Posted by some_guy - 25 Oct 2012 16:08

I gave my rabbi my computer and have been doing much better.

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Re: I need help, please

Posted by Dov - 25 Oct 2012 16:26

Boruch Hashem! Continued hatzlocha!!

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Re: I need help, please

Posted by reallygettingthere - 25 Oct 2012 18:07

How did you feel after you gave the computer away?

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Re: I need help, please

Posted by some_guy - 29 Oct 2012 22:33

I felt great. Knowing that I have only clean computers now is great!

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Re: I need help, please

Posted by reallygettingthere - 30 Oct 2012 01:45

Awesome! When I "cleaned up" my devices, I felt a wave of relief.

Don't forget that the yetzer hora doesn't let go that easily, so don't let your guard down.

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