

can ADHD make it harder to break free?

Posted by cholent - 16 May 2014 19:35

i have been struggling with hz"l for a few years now and can't break free. i was wondering if the fact that i have ADHD is make it harder for me to break free.

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Re: can ADHD make it harder to break free?

Posted by Machshovo Tova - 16 May 2014 19:51

Welcome Cholent! What a treat for Erev Shabbos (or anytime).

You can enter 'ADHD' in the search box and you will see that this topic was discussed previously on the forum. Some say there is a connection. But lemayseh, even people without ADHD have a hard time breaking free. That's how Hashem wired us, and that's our mission - to do our best, and to let Hashem do the rest.

Hatzlacha,

MT

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Re: can ADHD make it harder to break free?

Posted by gibbor120 - 16 May 2014 21:09

Welcome! I agree. We all have our issues. Whethere it's easier or harder, the way out is the same.

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Re: can ADHD make it harder to break free?

Posted by Pidaini - 01 Jun 2014 09:07

Welcome to GYE!!

I never welcomed you, guess I missed it
What have you done to try and stop? Do you only struggle with masturbation, or is there porn involved as well? What about fantasizing, looking on the streets, etc?

Don't be a stranger, you're among friends!!!

KOMT!!! and KOP!!!

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Re: can ADHD make it harder to break free?

Posted by Dr.Watson - 01 Jun 2014 12:39

[cholent wrote:](#)

i have been struggling with hz"l for a few years now and can't break free. i was wondering if the fact that i have ADHD is make it harder for me to break free.

I don't mean to be unkind but what if it is making it harder? Now what?

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Re: can ADHD make it harder to break free?

Posted by cholent - 10 Jul 2014 06:12

good point. i didnt think about it

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Re: can ADHD make it harder to break free?

Posted by charlie1 - 10 Jul 2014 15:16

Afternoon! Cholent

I happen to be a Doctor who has also booarderline ADHD and happen also to be a recovering Pervent. When I started the 12 steps. I realised by lack of concentration and inability to connect with other people or focus - was a result of the negative character traits and resentments that I was holding onto.

I also just masturbated - I thought it would just stop there but when a father of 4 in kollel ends up having extramarital relationships I get nervous when I meet people that "just have a problem masturbating" in fact it sends a shiver down my spine. I never thought "just masturbating" would cause the police to knock on my Door. I do not mean to scare you. But I have only recently discovered that for me masturbation wasn't just a enjoyable exxperience it was the cause of my detachment with the world

Hashem should bless and protect every step you make

Charlie1

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Re: can ADHD make it harder to break free?

Posted by avodas.hakodesh - 17 Jul 2014 09:41

I have ADHD. I have a fantastic therapist who has helped me come to realize that part of the reason I get distracted with all sorts of stupidity is to numb my difficult, uncomfortable emotions (that I never learned how to properly address and deal with), and porn and masturbating is just

another way to distract myself and provide a quick fix to feel better. So even though yes, I have an ADHD brain that is prone to distraction, the emotional NEED for that distraction exacerbates the ADHD- almost like the addiction complicates the ADHD, which is kind of the opposite of what are thinking...which led me to: I should deal with my underlying emotional issues so that I don't need to act out to numb my emotions. (And all addictions are just that: an escape from our emotions.) That's what I'm working on right now. I'm not saying that this is what is going on for you, but it may be worth exploring. I hope this is helpful. I'm happy to clarify any questions you may have about this, to the best of my knowledge and ability.

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