

Help me please!

Posted by Stuart900 - 17 Mar 2016 16:42

Im new to GYE, actually i found it by mistake today...

Iv had this problem of *Shichvas Zera Levatoa* for a long time...

The problem is, i seem to not be able to fall asleep at night without doing it!

I have managed not to do it, every now and again, but i have fallen asleep late, and it was quite hard...

The truth is, i dont mind falling asleep late, if it means that i dont do it! But it is very hard to not to...

Besides for that, I am in Yeshivah, and i am a good boy, i go to all *Sedorim* and learn most of the time.

The only other problem i have is going to *Shachris*, i dont go to it, because i am scared that my *Rosh HaYeshivah* is going to see something on me (You may call me crazy).

Anyway, i would love to stop it...

Anyone can help me?

(I still need to read the handbook i got from GYE)

Im not sure why im writing all this, but everyone else seems too... and it is abother thing to tick off the 'home page'.

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Re: Help me please!

Posted by Stuart900 - 20 Mar 2016 01:11

markz, I am not fully sure I understand your reply...

Are you trying to spite me by saying maybe one of my Rebbeim are on this group?

And anyway, it is not a very clever comment since, no one knows who I am, or who anyone is... so even if one of my Rebbeim are on this group (which is HIGHLY unlikely), then they don't know I am their Talmud anyway!

Have a GREAT AND WONDERFUL week!

(Think before you post something)

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Re: Help me please!

Posted by markz - 20 Mar 2016 01:14

Heres what I meant to say - and thanks for asking me to clarify.

You'd be very surprised if you knew which great sages reside on this website, and perhaps you will gain advice from them in this forum anonymously, and a Rebbe of yours too, so keep posting

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Re: Help me please!

Posted by Stuart900 - 20 Mar 2016 01:29

Ok. Thank you for clarifying!

I hope I get as much advice as possible! I need LOADS of it!

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Re: Help me please!

Posted by realsimcha - 20 Mar 2016 01:35

[Stuart900 wrote on 20 Mar 2016 01:11:](#)

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(Think before you post something)

Woah! Lets take a breath. When I first rejoined this site I couldnt figure out this Markz guy. After a while of reading his posts and "getting" his humor, he started to be part of the colorful tapestry of GYE. Its not that markz doesnt think before he posts, its that he has an interesting and humorous "nusach".

Anyway, Stuart, it sounds like you think it would be a "chisaron" if one of your rabbeim were on the site. But maybe not. Maybe it would just indicate that he is an honest seeker of health and truth. These issues don't discriminate. They can affect Jew and Goy, frum and not-frum, yeshivish, chasidish, sefardish, rebbi, talmid, etc etc. The only divide that I see. And I see it everywhere, is that some people are honest with themselves and humble enough to acknowledge a problem and some people are not.

Have a Gut Voch.

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Re: Help me please!

Posted by Stuart900 - 20 Mar 2016 01:41

Hey, I wish one of my Rebbeim would be on this site! Then I would know I could trust him! I think this site is amazing, and every Rabbi should approve of it!

But my sort of Rebbeim are the sort that don't have internet and would never use it even for good...

Anyway I don't want to get into a discussion about that now on here, everyone holds different things!

Just like I said, all I want and need is as much advice and help as I can get, to stop this awful addiction!

Thank you

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Re: Help me please!

Posted by markz - 20 Mar 2016 01:56

Gye offers many tools for recovery, one of them being having someone real to talk to and be guided by eg a pleasant Rebbi or Rav...

The reason why this has been mentioned and promoted for you personally, is because in my little experience here, I noticed that guys your age gain recovery with this tool

I personally believe, and this what I experienced. When I was in the latter teen years, the lack of responsibility (unlike married life) did not require me to be a functional contributor to society, although I was considered a good bachur. Many 'weaker' gye tools work well in a functional / productive life setting like I currently have in my married life, as mentioned on page 1 of my story

The average bachur in my (probably highly inaccurate) assessment, needs a little more than 'weak' tools, and I don't believe chatting on the forum will do it for you

Reb Stuart ?????, feel free to install a GPS (shown below), and do keep posting!

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Re: Help me please!

Posted by Stuart900 - 20 Mar 2016 08:54

Tnx.

How would I get a Rabbi? How does it work?

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Re: Help me please!

Posted by Sasha 2 - 20 Mar 2016 11:29

Welcome Stuart!

Hang around a little longer & you will learn to appreciate Markz's posts.

I know exactly what you feel of being too embarrassed to speak with any of your Rabbeim, as I was in the same boat as you when I first joined GYE about a year ago.

What I eventually did was meet a Rabbi anonymously, & not from my Yeshiva, let me just say, trust me, its worth it!

The sooner you do it the happier you'll be!!

I hope it doesnt take you the full year it took me to finally come to my senses.

Hatzlacha, & keep posting

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Re: Help me please!

Posted by cordnoy - 20 Mar 2016 12:18

[Stuart900 wrote on 20 Mar 2016 08:54:](#)

Tnx.

How would I get a Rabbi? How does it work?

Do you have a family rabbi?

Is there one in school?

In your community?

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Re: Help me please!

Posted by Shlomo24 - 20 Mar 2016 13:28

I think that what helped for me and what may be necessary for you is to understand that many times these problems are in our heads: I thought that my mashgiach was way too yeshivish to understand what was going on. I was very wrong about that, I had a rebbi of mine start my whole recovery process in 11th grade. You are not the only one dealing with this issue and you probably aren't gonna be the 1st to discuss this with your rebbi, whomever he may be. My problems were a result of me not accepting myself, it had nothing to do with my rebbi at all. I'm very glad I told the rebbeim that I told. It has never harmed me, although that is my singular experience. Porn is the problem of the generation, addiction notwithstanding, many people struggle with this. It is not a symbol of something deficient in you, you're commendable for dealing with it as a bochur. You're rebbi may very well hold you in regard rather than view you as less than. We all need rebbeim in life and the earlier we start the better.

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