

I need help

Posted by mrjew38 - 30 Nov 2009 21:13

Hi,

I am a 21 year old unmarried guy. This is the first time in my life I am looking for help. I have had this problem since I was 13, whether is was spying on people or the internet or looking through medical books. I am definitely addicted. Every time I act out, I only want to outdo the last time. I feel like I am aiming for a goal that is unreachable, one that is just a figment of my imagination. I have been dating a girl for quite some time. I think this is what's stopping me from proposing to her. I want to no longer feel helpless. I want to find my true self, not some guy masked by guilt and living a life of deception. I am in constant fear of getting caught, whether by work or by the girl I am dating. The fear is obviously not enough motivation to get me to stop. I need some serious help. I looked up this site on Motzei Shabbos, and have not acted out since then. I feel so good about controlling myself even if only for a few days. But I know the temptations will be back. I will be alone with a computer with internet, and my yeitzer hora will barely have to try to get me to sin. Occupying myself is always a good way to help, but eventually I will have some free alone time and go back to acting on my evil inclinations. I was off the derech for several years, and surrounded myself with this shmutz. I believe this problem that I have is what led me off to begin with. I remember the first time I broke Shabbos was by going online onto evil sites. I currently keep Shabbos, and have for the past couple years. I just want to be a good Jew, and be happy with myself. I want to be able to talk to women without worrying about where I focus my eyes. I want to rid myself of the disgusting hirhurim that go through my head on a constant basis.

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Re: I need help

Posted by BruceWayne - 06 Dec 2009 06:15

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how do you have time to write so much?

All your posts are pretty long.

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Re: I need help

Posted by Tomim2B - 06 Dec 2009 08:12

The truth is that I really *don't* have the time to write. Between that and my workspace being overly public, posting here on GYE isn't very practical. In my case, posting usually means opening a word document that sits in the background behind all my work, and while nobody's looking, getting in a sentence or paragraph every here and there.

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Re: I need help
Posted by the.guard - 06 Dec 2009 21:52

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Re: I need help
Posted by mrjew38 - 07 Dec 2009 14:59

I think I understand the feeling of powerless, I had a dream the other night, and when I awoke, I almost slipped and fell. I realize that put in the right(wrong) situation, I will have no control over my actions. That makes sense to me. I need to ask G-d for help with this, because I am unable to overcome it by myself.

My question is how does this fit in to free will? If I am powerless then obviously there is no free will in this situation. If there is no free will, then does that mean I am not held accountable for the sin? Or is my free will the fact that there is help out there that I can seek. If I choose not to seek it then I would be sinning. But if I choose to seek help, and I am following all the steps that I am given and trying everything, then if I slip is that not my fault and in shomayim I won't be held accountable?

I am not trying to justify anything in my situation. I just want to know exactly how this works from a Torah perspective.

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Re: I need help
Posted by the.guard - 07 Dec 2009 15:42

Hashem is indeed the source of free-choice, but ultimately, it is HE who fights this battle for us. It says in the holy books that Hashem wants us to try our very best to break the Yetzer Hara. When we see we can't, he steps in and does it for us. But he only steps in if we have tried everything humanly possible and still cannot succeed. At that point, we have a true realization that we **need Him** and that only HE can do it. And when we have that true realization, we have a true "vessel" for his help, and that is when he steps in and does it for us. This is the Jewish approach, and this is also the core of the 12-Steps as well. "Admitting powerlessness and surrendering to Hashem" means, we have tried everything and cannot succeed on our own. At that point, we are READY for Hashem to help us.

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Re: I need help
Posted by Kolliel Guy - 21 Dec 2009 05:44

How are you Mr Jew?

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