

Update (and Questions)

Posted by ybachur - 03 Jul 2017 06:13

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So, just to update...

I B"H got engaged about 2 weeks ago, to a wonderful Kallah who is more amazing than I ever thought I deserved, and we both (from what I can tell from her end) really feel excited and comfortable and happy with each other.

I spoke to my Rosh Yeshiva further about my issues, and he recommended that I speak to a therapist, and he found me someone to speak to.

I met the therapist (happy to give a name if it helps at all) twice (so far), but I haven't really gotten much out of it. He agrees that I don't seem to be addicted per se (I believe mainly because it hasn't really progressed much further over the years), and he seems to keep mentioning that most of these issues come from something else, but I've been able to eliminate pretty much everything that he mentioned, and I'm more convinced that it may just be "purely" a Ta'avah issue, that I've probably made worse by allowing it to continue.

I've already made decent progress, IMHO, since I haven't seen anything inappropriate online for a few weeks already, probably at least a month, or maybe more.

However, I still have been masturbating sometimes, not as often as I was, and it's been all fueled by thoughts, as opposed to actually seeing material online.

I definitely need to slow that down, but I do view the resolution that I've made to not look at anything online as progress, and so far, I've been able to keep that up.

Additionally, I've always been pretty straight up and honest with myself, and I tried giving the therapist as much info as possible, so there's no real denial here, though I've definitely been able to convince myself that some parts of it (the masturbation, etc) isn't as bad in some ways, which is probably not true, and probably why I've had a harder time stopping it...

The therapist thinks I should continue with something, but I don't really think that I've gotten much from seeing him (besides for the expense, which I'd rather avoid, but if I felt that I was gaining something from the sessions, I'd definitely continue it, even with the cost), and I think that at this point, it's something that has to come from me, and that I can work on myself.

?My plan on my end is to work on reducing the frequency of my masturbating, and setting goals where I have to go x number of days without masturbating, and then work on building it up.

Additionally, I really am looking forward to getting married, not (at least in my mind) just because of the intimacy (though I've seen people label it as "lust"), but because of the chance to really spend time together with my wife IY"H and to really understand and focus on each other, and I think that I won't have any issues with focusing on her and taking care of her, and not just focusing on myself, both from a regular and sexual perspective.

(Disclaimer - I haven't started Chosson classes yet, supposed to be starting them later this week, but I don't yet really know what's involved.)

My Rosh Yeshiva had advised me not to bring up these things earlier, but I had spoken to him (and mentioned it to the therapist briefly) again, and I feel that I should be bringing it up with my Kallah, maybe not in full detail, but to at least give her an idea of what I've had some trouble with ("seeing things online that I shouldn't be seeing") and where I've made some progress. My Rosh Yeshiva was basically Maskim to my bringing it up, though he told me that I have to figure out the right way to do it.

And based on how I know my Kallah, I think she'll take it well, and I hope to make it into something to work on together, or to at least keep her involved with my progress, and make sure she's aware of where I'm holding.

Again, I may be biased, but I really don't see it as being as much of an issue once I'm married, and I really think that I'll be able to control myself, maybe because of the "Pas Besalo" of being married, but also because it will now matter to someone else, and not just to me.

The question is if I'm missing the boat (though I'm more confident now that I'm not) that it will get better once I'm married (and I'm only basing this off of my personal circumstances and what

I've gotten and somewhat verified by going to the therapist), and if it's also a bad idea, if that's true, to bring it up at this point, especially with the (hopefully low) chance that she may not take it well.

And I'm also interested in hearing ideas about how I can get things to improve, and if there is anything that I can do on my own, or if I have to do/go to something or someone else.

Anyone here have any advice or input (and it would be helpful if it's coming from someone who has dealt with others as well, and understands my circumstances)?

And my apologies for the long and detailed post, just figured I may as well write everything up the best that I can and with as much information as I can give (though writing this from a phone after deciding to post means that there may be more mistakes, think I caught them all though).

Thanks a lot!

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Re: Update (and Questions)

Posted by MayanHamisgaber - 03 Jul 2017 06:35

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Firstly MAZAL TOV IT SHOULD BE WITH HATZLACHA

Secondly I do not want to sound negative but I felt the exact same way when I was engaged but in reality having a wife did not help and when she was usur I acted out big time.

Disclaimer: I am not an addict yet still I had this problem.

As far as advice goes in how to proceed others can help and maybe try calling Dov

Please keep us updated

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Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 06:46

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Amen, thank you!

I appreciate your input (and edited my post with a bit more info), just trying to figure out if it's a good idea to compare myself to others, when each person's struggles and situation may be different, and may manifest differently, but it's definitely worth keeping all input in mind.

I sent Dov a PM, since I've seen many others who have spoken very highly of him, hoping that he can give me some advice and recommendations.

Thanks a lot, and much Hatzlacha on your journey!

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Re: Update (and Questions)

Posted by MayanHamisgaber - 03 Jul 2017 07:11

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It is always good to see if what works for others might work for you but keep in mind that everyone is different

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Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 07:16

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Agreed, would love to hear what you'd recommend and what worked for you (or can search the forums in the morning if you've posted about it previously), you definitely seem to be making good progress and I wish I had control of myself to have gone as many days clean as you have!

Thanks a lot!

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Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 07:31

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Also, the therapist had mentioned that he thought it might possibly help to go to meetings.

The idea doesn't really excite me, and I didn't think I needed that, but if that would really help, I'm willing to make the time and force myself to go.

I am based in Lakewood, and I assume there are meetings here somewhere, just need to figure out if that's my best bet, and if so, where and when...

Edit: Just read the GYE "Live SA Groups" page and the "warnings" there, and it may very possibly not make sense for me, but I'd love to hear some input from others...

Thanks all!

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Re: Update (and Questions)

Posted by MayanHamisgaber - 03 Jul 2017 07:38

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Speak to Dov about this he will help

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Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 07:49

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Thanks, hoping he'll reply to my PM and/or this post, and I appreciate all your help!

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Re: Update (and Questions)

Posted by Gevura Shebyesod - 03 Jul 2017 10:44

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Re: Update (and Questions)

Posted by Markz - 03 Jul 2017 11:48

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[ybachur wrote on 03 Jul 2017 07:31](#):

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Thanks all!

Warning: Smoking Kills

Warning: Adult 18+ Only

Warning: Graphic - Viewer discretion advised

Did we ever care about THOSE warnings?

Your therapist knows you better than a webpage does

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Re: Update (and Questions)

Posted by GrowStrong - 03 Jul 2017 12:13

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[Markz wrote on 03 Jul 2017 11:48:](#)

[ybachur wrote on 03 Jul 2017 07:31:](#)

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Thanks all!

Warning: Smoking Kills

Warning: Adult 18+ Only

Warning: Graphic - Viewer discretion advised

Did we ever care about THOSE warnings?

Your therapist knows you better than a webpage does

He met him twice....

Let him speak to Dov first...

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Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 13:59

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I wasn't so impressed with the therapist, or at least with his ability to understand the full picture, and I'm not sure how familiar he was with my circumstances, he may have been just referring me to what he's used in the past, but the discussion is really to figure out what's best for me with my individual circumstances, and I'm not overly convinced that going to meetings are the best thing for me, and that they'll work for where I'm holding...

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Re: Update (and Questions)

Posted by GrowStrong - 03 Jul 2017 14:28

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[ybachur wrote on 03 Jul 2017 13:59:](#)



I wasn't so impressed with the therapist, or at least with his ability to understand the full picture, and I'm not sure how familiar he was with my circumstances, he may have been just referring me to what he's used in the past, but the discussion is really to figure out what's best for me with my individual circumstances, and I'm not overly convinced that going to meetings are the best thing for me, and that they'll work for where I'm holding...

The key to therapy in recovery is unrelenting honesty,

Have you been completely and absolutely honest with them?

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Re: Update (and Questions)

Posted by ybachur - 03 Jul 2017 15:08

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[GrowStrong wrote on 03 Jul 2017 14:28:](#)

The key to therapy in recovery is unrelenting honesty,

Have you been completely and absolutely honest with them?

Yep, gave him the full, straight run down.

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Re: Update (and Questions)

Posted by getthere - 03 Jul 2017 15:19

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First a big Mazel tov

Second: Why don't you try one of the therapist from the GYE page, as i guess they are specialized in this and will be able to help you further?

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