

Therapy

Posted by Irose - 20 Oct 2023 05:22

Hey

I was on GYE a while and it helped a little but not so much. I've been continuing to fight but still keep messing up although I did get a nice 7 week streak in. I've been consistently trying to quit for a while (maybe three years) now but no luck. I'm sure I can do it and I keep trying but Nada I read in from boys to men that if someone keeps trying to quit but can't I could be reason for therapy. That being said anyone know of some free therapist that can help me (I would pay just that I'm a bochor and I as such have no money and don't want to get my parents involved just for context I am 21

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Re: Therapy

Posted by ainshumyeiush - 20 Oct 2023 05:33

Reach out to hashemhelpme and talk to him. It could be that you dont need, and you've just been missing the tools to stop. But if you do need, im sure he can hep you find someone.

and yea, at one point i felt i needed therapy and had to pay for it myself (im also a bocher and broke) but i only went to one session. Not fun feeling like you need help but cant get it.

but dfor sure stick around and post. For me personally its a huge help. Good luck

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Re: Therapy

Posted by Vehkam - 20 Oct 2023 10:57

[Irose wrote on 20 Oct 2023 05:22:](#)

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Kudos to you for putting in the effort now. The effort you are putting in is invaluable regardless of whether or not you see the results. There are many rebbeim and rabbonim who deal with this all the time. I would definitely go that route first. (Therapy may be necessary but it is quite possible that it is not. I personally did need therapy and it was the best money I ever spent.)

I also strongly recommend that you get a copy of the book *The Battle of the Generation* and read a bit every day. It may very well help give you the perspective you need to persevere in this struggle in a very positive way.

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