

Trying to stand, but me muscles are weak

Posted by Mybad - 26 Jun 2011 04:43

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Spent the year in Israel, and realized that I needed serious guidance to help stop masturbation. After I got back, I spent about an hour on google looking for a site like this, b"H I found it.

I understand the damage that masturbation causes. I realize that it erases all progress one has made towards coming closer to ?? (comparisons can be drawn between this ??? and an etch-a-sketch). I know that this addiction won't subside, even after marriage.

The problem is, it's hard to not get stimulated in America, with billboards, magazines by the checkout counter (not even THOSE magazines, but the ones that are nearly equivocal that are out in the open, with people whose lives seem to be centered around wearing a bikini). I haven't given up sports, but I can't get through two pages without some model in some advertisement for athletic shoes, boasting her bikini-ready body, for whateve reason). I'm even on a hiatus from secular books, since there are many times that authors feel it's appropriate to pepper sex scenes into any story.

Every day I daven to become closer to ??, but im too close to slipping. I've been dry since before shavuous, but over the last week I've still indulged in fantasizing and purposefully not averting my eyes. I've even come to touch myself, with the intention of stopping beforehand (yes, I've fallen for this one before, I know prerequisites mean nothing to someone in the middle, and I know that even touching without ??? is ????), and I know of the slippery slope.

I'd describe myself as modern-orthodox, in the sense that I am unabashedly American (well, maybe a little abashed) but still try to keep all the mitvzos and strive to be close to ??. I don't think I'm a terrible person, I just know thatch can't accomplish my goals while still suffering from this addiction.

I would really appreciate any guidance from people who were in similar situations. I've been doing it since I was 14, and during some summers would do it 3 times daily. I have since given up aimlessly surfing online and tv (with exception of occasional sports games). Still, even without these "accelerants", I am prone to fantasizing. Although, most of the fantasizing is really just guised yearning for female affection, which I have no outlet for (I don't talk to girls). Part of me thinks that a lot of the sexual anxiety will be released after I find my wife. I'm not advocating for myself to stop holding myself back from indulging myself with jumping off the wagon, I'm just wondering if it's anyone here knows what I'm talking about, and can tell me if I'm right or wrong about this.

Thanks to anyone who wishes to help me.

Special request- I know that we're all on the same team/boat, but I would heavily rather if all te replies were kept... Modern orthodox. I don't hate chareidim, I just think that I personally would be able to accept advice more easily if I knew the advice was coming from someone who actually understood where I was coming from better. Even if you pretend to be modern orthodox, that'd still be preferable. And yes, I'll try to remember I'm a "pitele yid" anyhow.

Every day I daven

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Re: Trying to stand, but me muscles are weak  
Posted by wannabehappy - 06 Jul 2011 20:02

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Im only mid twenties but I can say for sure there are certain psychologically damaging lines that once you cross you become an addict. One of them is pinning a lot of hope on marriage and then failing miserably. After a while your mind can't just overpower lust or really fight like normal.

You sound to me that you're not that far into addictville. You really need a nedarim system to fight against your mind viewing m as an escape and stress reliever. Emunah mentioned taphsic method.basically just make sure that the nedarim are done right with the consequence afterward not the swear off before.

Its actually funny with this whole mo thing because when one really yeshivish rebbe was explaining this mindset of the budding addict he called it a "yeshivishe yetzer hara"

Presumably because of the stereotype that yeshivish people are looked at as "creative" in their shittas and deyos.

Good luck

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Re: Trying to stand, but me muscles are weak  
Posted by Holy Yid - 07 Jul 2011 07:44

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Welcome my new friend. I do not know if I am MO chradei or chasidish. I do know I am an

addict and if I do not have Help from Hashem in this matter I will lose control of my life and it won't matter what brand of orthodoxy I might like to call myself.

As a side note we have at least one observant muslim on the site (that could be MO also :-))

Dov taught me that my struggle is about having a life not about keeping halacha. If we live as out of control addicts then we don't live life period. If we get in recovery we will enjoy life even as a muslim :-).

I did not see anyone add this point so I wanted to share it.

All the best and I love you dearly even if you become breslev.

Your new friend

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