

am i addicted?

Posted by inastruggle - 10 Jan 2013 10:31

Hi im a beis medrash bochur ive been watching innapropriate videos since i was about 13 Im currently in yeshiva so during the week i dont have access to the internet but on fridays that im home and on bein hazmanim it can get pretty bad sometimes.I started before i knew it was assur and i feel like its more of a tayvah like lashon harah than an addiction because im usually nichshal once im on the internet rather than going online to be nichshal (though that does happen too).so what i want to know is 1) is it possible that its only a tayvah or is it something that must be an addiction if someone is nichshal regularly 2)if its possible that its only a tayvah how can i tell if im addicted or not

i do realize that whether im addicted or not this is an extremely serious problem and i must do something about it which is why i'm so happy about this site.

which leads me to what i wanted to say the second i came onto this site:THANK YOU THANK YOU THANK YOU this is to the guard dov and all the moderators and everyone here who makes the site the way it is. this is the most amazing site ive ever seen and i wish everyone here hatzlacha with all their struggles

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Re: am i addicted?

Posted by moish u.k. - 10 Jan 2013 16:07

Wellcome on board. i hope you find the help you are looking for.

I can't tell you if you are addicted or not. I'll leave that for more experienced members to advise you.

I had similair experience. I discovered masturbation at age 12 and didn't know what it was that i was doing till about age 14. But even then it took another while till realised that it is ossur, but i hooked by then. Today i know that i was already addicted.

Welcome on board and join us. Today i am working a 12 step program and it is a wonderful journey to be on.

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Re: am i addicted?

Posted by melost - 10 Jan 2013 22:00

wellcome u have come to the right place there is some questions to help u with that on the web site avroho

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Re: am i addicted?

Posted by alexeliezer - 13 Jan 2013 21:06

From the Sexaholics Anonymous website:

Test Yourself

Have you ever thought you needed help for your sexual thinking or behavior?

That you'd be better off if you didn't keep "giving in"?

That sex or stimuli are controlling you?

Have you ever tried to stop or limit doing what you felt was wrong in your sexual behavior?

Do you resort to sex to escape, relieve anxiety, or because you can't cope?

Do you feel guilt, remorse or depression afterward?

Has your pursuit of sex become more compulsive?

Does it interfere with relations with your spouse?

Do you have to resort to images or memories during sex?

Does an irresistible impulse arise when the other party makes the overtures or sex is offered?

Do you keep going from one “relationship” or lover to another?

Do you feel the “right relationship” would help you stop lusting, masturbating, or being so promiscuous?

Do you have a destructive need—a desperate sexual or emotional need for someone?

Does pursuit of sex make you careless for yourself or the welfare of your family or others?

Has your effectiveness or concentration decreased as sex has become more compulsive?

Do you lose time from work for it?

Do you turn to a lower environment when pursuing sex?

Do you want to get away from the sex partner as soon as possible after the act?

Although

your spouse is sexually compatible, do you still masturbate or have sex with others?

Have you ever been arrested for a sex-related offense?

On a personal note, welcome to the forum!

What is your plan to stop?

Alex

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Re: am i addicted?

Posted by inastruggle - 14 Jan 2013 04:52

Thanks for the quotes.Im not sure what to think because the reason i want to stop is because hashem dosen't want me to be doing these things,so any remorse or bad feelings i have is because of that.My plan so far is the 90 day chart and i'm using nederman's approach to help control myself so far so good since i joined gye i haven't had any falls. THIS SITE IS AMAZING!!!

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