

Being Stuck In The Addction

Posted by davewave - 16 Jul 2013 21:53

Hi,

I am a frum 20 year old bochur and i have been suffering with lust addiction since i was 16! I have recently gone for therapy but i still cant seem to keep totally clean. I have fallen numerous time and my idea now is to post once i finally reach 90 days, i have started aain today and I am going to make it! Any suggetsions, please feel free

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Re: Being Stuck In The Addction

Posted by Pidaini - 16 Jul 2013 22:30

Welcome aboard!!

It's great that you're starting againm, and this time you'll have a whole bunch of friends and family at your side!!

The only suggestion I can make is that you try figuring out what is going to be different this time,

These questions may help:

What have you been doing to stop until now (and why haven't they worked)?

What led you to fall in the past, and how are you going to avoid them in the future?

Keep on posting, not only once you reach the 90 days, let us know how it's going the whole time.

We're all with you, KOMT!!!

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Re: Being Stuck In The Addction

Posted by inastruggle - 16 Jul 2013 22:33

Welcome to the forum.

What kind of tools are you using besides the 90 day chart?

Also for a suggestion you may want to think about posting more thanin just three months from now.How about once or twice a week to yourself accountable?

Hatzlacha

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Re: Being Stuck In The Addction

Posted by AlexEliezer - 17 Jul 2013 00:21

Welcome!

Love the username.

The way to stay totally clean is to stay totally clean.

Meaning, to stay far from all forms of lust, visual, mental, and of course physical.

It'a also important to spend time with real people doing real things.

Guard your eyes to the extreme. Guard you mind against fantasies. Be a good friend.

Have you tried that?

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Re: Being Stuck In The Addction

Posted by davewave - 17 Jul 2013 00:56

Hi,

Thanks everyone for your great suggestions of ways to stay clean, i am determined to do it!!! I will keep posting my progress every couple of days, I would love to hear about peoples personal experiences so that li can gain a chizuk and grow from them.

Thanks a mill!!

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Re: Being Stuck In The Addction

Posted by skeptical - 17 Jul 2013 01:16

Read through the forum!

There are many personal experiences to be found!

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Re: Being Stuck In The Addction

Posted by gibbor120 - 18 Jul 2013 01:15

WELCOME davewave! You have already gotten some good suggestions. What did your therapist say? Why are you seeing a therapist? Does anyone know about your acting out? Are you seeing a therapist for other reasons?

Feel free to answer or ignore any of my questions. There is a lot to learn here. Stick around.
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Re: Being Stuck In The Addction
Posted by davewave - 18 Jul 2013 04:17

Hi, I am seeing a therapist as I am only 20 and had severe lust issues (prostitution) It all came to a head and I realised I needed help, b h he has turned my life around but the struggle is still there, I have a partner on gye that knows about all my acting out and is constantly giving me chizuk, my therapist also knows about every time I act out, which b h is getting less often thanks Post often. (i don't think anyone can call me a hypocrite for that advice to hashems help and thanks to th wonderful gye family!

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Re: Being Stuck In The Addction
Posted by cordnoy - 18 Jul 2013 06:42

welcome and it should be bhatzlachah

let the therapist guide you

if not, open up a little here, so others can give advice

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Re: Being Stuck In The Addction

Posted by davewave - 19 Jul 2013 21:39

B h ive managed to keep clean since Tuesday, I need some tips on how to keep my chizuk even at times of nisyoines, i find sundays the hardest as theres less structure to my day..... any ideas?

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Re: Being Stuck In The Addction
Posted by gibbor120 - 19 Jul 2013 21:42

Get involved in some project, excersize, do something with a friend. Volunteer for your shul. Just ideas, but the important thing is to STAY BUSY.

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Re: Being Stuck In The Addction
Posted by Pidaini - 20 Jul 2013 23:55

I must agree with you, empty times without structure are the most difficult, mostly because WE end up feeling empty and need to fill ourselves with something. What has worked for me is a combination of two things 1) write down a list of things that you could be and enjoy doing (they usually come to me right after I wasted the whole day) 2) Remind myself constantly "one moment at a time", do the right thing NOW, don't think about how you can't imagine really spending the whole day like this, you have to only deal with the second in front of you.

Hatzlacha and KOT!!!

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Re: Being Stuck In The Addction
Posted by Lizhensk - 21 Jul 2013 00:04

[Pidaini wrote:](#)

If all else fails I usually find myself chatting on GYE or to my GYE contacts on gmail
So every time we talk im keeping u away from acting out? YAYYY!! I rock!!!

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Re: Being Stuck In The Addction
Posted by Pidaini - 21 Jul 2013 01:34

ROCKIN' AND ROLLIN'

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Re: Being Stuck In The Addction
Posted by davewave - 21 Jul 2013 05:11

you guys rock..... b h still clean!

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