

Can't break free

Posted by milletry613 - 18 Feb 2014 21:27

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Re: Can't break free

Posted by dms1234 - 18 Feb 2014 22:04

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Hi Welcome!! Its great to have you here. This is a really good place to start:

[guardyoureyes.com/breakingfree/first-time-here](http://guardyoureyes.com/breakingfree/first-time-here)

On there you will find the Guard Your Eyes handbook which is very useful.

Welcome!

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Re: Can't break free

Posted by Imperfection - 18 Feb 2014 22:30

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You are desperate.

I was also desperate.

**THAT WAS THE MOMENT WHEN I COULD CHANGE.**

Others here know the 12 steps much better than me, but I understand that the key is to admit powerlessness.

[b]You have done that![b]

You have not provided details of your problem. Is it internet? Is it masturbation?

It helped me to write out my story.

You must pray and pray and pray. Let Hashem show you what you are really missing in your life?

Why are you looking for Lust? You must be missing something.

I only began to turn around when I realised that my real problem was not lust, but my anger inside. You have to find out what your real problem is.

You are only sixteen. However painful it may seem to you now, it is much less painful now than later. If only I had tackled my problem at your age! This is a golden opportunity. You have a beautiful future of blessing and wonderful relationships in front of you.

It is true that as a teenager urges are very strong. But your power to change yourself is even stronger. Just remember, only Hashem can help you make the change.

One "tip" that did help me, was delay. May be set yourself something that you can keep to. May be say to yourself, if you have an urge, you will wait an hour before fulfilling it. This way, even if you "fall", you will see that the Yetzer Horo is not charge.

*Most of all, keep positive!*

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Re: Can't break free

Posted by millety613 - 18 Feb 2014 23:35

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Hi,

I am overwhelmed by the amount of help which I am receiving on this forum.

I really appreciate your response.

My mission now is to pray to Hashem to take away these temptations and to also push them off.

Thank you for this new perception on the situation of me being in charge of the Yetzer Hara.

Actually, the Yetzer Hara can be viewed as a friend- as by defeating the Yetzer Hara, overcoming the tests, can we get closer to Hashem.

Thank you once again brother for making me feel positive about my situation

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Re: Can't break free

Posted by dms1234 - 19 Feb 2014 00:12

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millety613 (/b) (quote) My mission now is to pray to Hashem to take away these temptations and to also push them off. (/millety613)

Thats the problem! Hashem won't just take away your problem. You have to step up and do it!

You can't just pray. You have to get your hands dirty and go to work. You actually have to change yourself. Why don't you start by telling us a little but more about yourself. How you started becoming addicted? etc

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Re: Can't break free

Posted by dms1234 - 19 Feb 2014 00:14

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**milletry613**

My mission now is to pray to Hashem to take away these temptations and to also push them off.

That's the problem! Hashem won't just take away your problem. You have to step up and do it! You can't just pray. You have to get your hands dirty and go to work. You actually have to change yourself. Why don't you start by telling us a little but more about yourself? How you started becoming addicted? etc

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Re: Can't break free

Posted by milletry613 - 19 Feb 2014 00:35

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My addiction started when I had access worked I got a mobile phone when I was 12.

After curiosity I started viewing inappropriate images on the internet.

Not knowing how bad it was I started to view more and more because I thought that it made be happy.

Only recently I have started to see how damaging it is to watch this garbage.

And that acting out was making my life unbearable- sleeping late watching for hours. Ruining my day, school life etc

Then I realised I was addicted and out of control.

I tried to stop but i never had proper long clean streaks.

Following a fall i had lots of motivation but then it began to weaken after a month or so.

Recently I have been falling non-stop and am slightly out of control.

Thanks for your help everyone, i really appreciate it

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Re: Can't break free

Posted by gibbor120 - 19 Feb 2014 02:13

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WELCOME! Well, you are on your way to recovery. Step 1 is to realize that you are out of control. Keep reading and posting. There's a lot of good stuff here. Does anyone in your life know about your problem? Do you have a parent, rebbi, friend you can talk with? Sharing your problem can be a big relief and a big help.

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Re: Can't break free

Posted by cordnoy - 19 Feb 2014 04:32

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Welcome

I agree with Gibbor.

You need someone real to open up to.

Here there is advice all over the spectrum.

You wont know what to listen to and what not to listen to.

You might not listen to me either, but I'm sure with a show of hands from the chevra, you are of the age where you should get a mentor for this.

Aye (that's my vote)

b'hatzlachah

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Re: Can't break free

Posted by Pidaini - 19 Feb 2014 10:35

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Welcome Milletry613!!

You've come to a place where you can feel comfortable, at home, as we're all in the same boat.

Interesting that nobody said yet "If only I had come to GYE when I was 16...."

Best thing is to open up, especially when you have the least to worry about now. No shidduchim, no wife, no kids. Who can you think of that you can tell?

Don't be a stranger, Keep On Posting!!

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Re: Can't break free

Posted by kilochalu - 20 Feb 2014 03:04

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[Imperfection wrote:](#)

If only I had tackled my problem at your age![/i]

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Re: Can't break free

Posted by Pidaini - 20 Feb 2014 07:59

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missed that somehow.....I think I was still asleep when I read it.....

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Re: Can't break free

Posted by millety613 - 20 Feb 2014 22:48

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Anyone got any tips, ideas?

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Re: Can't break free

Posted by Pidaini - 20 Feb 2014 22:59

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Which part would you like ideas for? Who you could talk to?

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Re: Can't break free

Posted by millety613 - 21 Feb 2014 00:06

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For breaking out of this addiction

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