

let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 06:06

im an 18 year old bachur who struggles/adicted to zerah levatala.i also strugle with anxiety..i just signed up to this website.i just started doing the 90 day chart.i sometimes do it to let off stress or just when i get a urge.i can do it up to 4 times a day.if anyone has any tips/advice/suport please post i means alot to me.also what i should do,what to read etc thank you

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Re: let me introduce myself

Posted by mr.clean - 30 Mar 2014 17:54

Just to be clear I DID NOT mean to advise anyone to stay away from the 12 step program all I meant is that from MY experience it may not be for everyone. And I believe dov says this but I'm not sure so don't quote me - but not everyone who has this issue is an addict, u must know if u are or aren't. I don't work the program but I am a BIG fan I still use some of their methods today just not in a program fashion. Its really great if its for u that's all I'm saying. As the big book says "whatever works for u"

ALSO I didn't know rabbi twerski says that, I am definitely not one to argue with r. twerski so if again I happen to love how the program works its brilliant just for personal reasons I couldn't continue it

Hatzlach, keep posting!

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 18:22

how do i know if im a addict?

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 18:30

i didnt open up to anyone about this.also i seems like i am the only one in my yeshiva who struggles with this.so i feel like a big rasha and when i daven and learn i feel hypocritical

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 18:34

i didnt open up to anyone about this.also i seems like i am the only one in my yeshiva who struggles with this.so i feel like a big rasha and when i daven and learn i feel hypocritical. also every time i sign up for the 90 day chart it tells me i didnt put in a valid date even though i did put in a valid hebrew date

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Re: let me introduce myself

Posted by Dr.Watson - 30 Mar 2014 18:45

[Pidaini wrote:](#)

Just want to say that Dr. Twerski disagrees about that, he has a book called "Self Improvement?! I'm Jewish!!" where he shows how the 12 steps are found already in seforim and the 12 steps are an organized way of tools that has been found to work *for any behavior that a person wishes to overcome*

I believe that Dr. Twerski has himself been going to AA and working the program for 50 years or so, even though he is definitely not an addict at all.

When he spoke on DUvid CHaim's call a few weeks ago someone asked if he'd have to keep going to meetings forever. He replied, "you certainly don't have to go to meetings forever. You only have to go to meetings if you still have character defects."

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Re: let me introduce myself

Posted by Dr.Watson - 30 Mar 2014 19:01

As an 18 year old yeshiva bochur, can't you speak to your mashgiach about it?

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Re: let me introduce myself

Posted by TehillimZugger - 30 Mar 2014 19:19

[Dr.Watson wrote:](#)

When he spoke on DUvid CHaim's call a few weeks ago someone asked if he'd have to keep going to meetings forever. He replied, "you certainly don't have to go to meetings forever. You only have to go to meetings if you still have character defects."

And on a different call he said "Sure there's such a thing as a person without character defects, you know what we call such a person? DEAD."

Just sayin'

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Re: let me introduce myself

Posted by TehillimZugger - 30 Mar 2014 19:21

Also I think we've sufficiently confused the chashuver bachur that started this thread. Di bist zainer? Vaymens bist?

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Re: let me introduce myself

Posted by Dr.Watson - 30 Mar 2014 19:27

He came here to get confused. You don't think he asked a question on a Jewish forum and expected just one answer do you?

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Re: let me introduce myself

Posted by cordnoy - 30 Mar 2014 19:38

or...he can do nothin' like I did, and have the same problem in his 40's....when it will be much more difficult to recover; more troubles to overcome; more lives that were effected, etc.

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Re: let me introduce myself

Posted by Hashems Beloved Child - 30 Mar 2014 20:06

Hello ich bin zanier, and welcome to Guard Your Eyes.

[ich bin zainer wrote:](#)

also i seems like i am the only one in my yeshiva who struggles with this.so i feel like a big rasha and when i daven and learn i feel hypocritical

Tears came to my eyes when I read your post. I said exactly the same words when I was your age. I'm now little over 30 years old with a wife and a few kids. It reminded me exactly how I felt when I was your age. Just to illustrate how perfect I fit in your shoes: I started masturbating when I figured it out on my own at 11 ½ years old. I was doing it on a daily basis for many many years. The maximum I did was 5 times an hour... 100 of times did I promise that I'm going to stop but without success. All the years in yeshivah I thought that I'm the only one struggling. I never looked at it as an addiction, I thought I'm just a bad Sheigetz. So I was always wondering how come that on one hand I'm doing so big Aveiros and on the other hand I always want to

Daven and Learn and having Yiras Shomayim.

Until I found this holy website, now after being married for little over 10 years, In where I found out that NO! I was not the only Bucher in Yeshivah who struggled with this and I'm not even the only Yungerman. There are many people who struggle. But guess what, There are many many people who quit!! I never knew that quitting from so deep is even possible until coming to this website. And... for the first time in my life I'm now entering the 7th consecutive week clean!!! You should thank Hashem 1000 times for getting to this website at such an early age.

2 things to always remember.

1) Even after falling to the Yetzer Horah, NEVER consider yourself as a failure. A person on this world is a soldier to Hashem. And we – the people on this website, are the navy-seals who Hashem trusted with the most dangerous battles. And even if you get bombed (you're falling to the Yetzer Horah) you can never get killed. A Yidishe Neshome can never get detached from Hashem. After all, You only got bombed! Pick up yourself and continue to fight!

2) Hashem loves you much more that you can imagine. Think about it. When a navy-seal get's hurt, is his general upset on him? His general knew that he's putting him down in a dangerous place. He's only going to get upset on him if he throws down his weapons and gives up the fight.

By the way, I don't know whom you referred to when you named your self ich bin "zanier". If you referred to the Yetzer Horah then change your name to "ich bin hashems"!! because that's the truth.

Keep posting and stay in touch with your new friends here who were/are exactly in the same shoes as you are now.

Keep fighting because Hashem loves you! It might take time but at the end you will win!!

One of "Hashems beloved Child"ren on this website.

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Re: let me introduce myself

Posted by Hashems Beloved Child - 30 Mar 2014 20:08

[Hashems Beloved Child wrote:](#)

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[ich bin zainer wrote:](#)

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 20:23

thank you very much for your post hashems beloved child and all of you who are supporting

me.im very grateful i found this website.i like the points you wrote alot .now on the name ich bin zainer .zainer is hashem.i got the idda from an avraham fried song *mein tatens kind* from his new yiddish cd.the song is basicly saying that whatever we do were always hashems and not the yetzer haras.i would recomend to listen to it if you know yiddis

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Re: let me introduce myself

Posted by ich bin zainer - 30 Mar 2014 20:47

im having trouble signing up to the 90 day chart when i give a date it says its not a valid date if i started erev shabos what do i write by the date section?

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