

Starting up

Posted by abd297 - 23 Jun 2015 20:04

Hi, I'm just starting up on the site. I'm in yeshiva and have been struggling with masturbation for many years. I am very overwhelmed trying to navigate through all of the site's resources. I'm not really sure where to go after signing up. I just want to get involved with everything I can and get all the help possible.

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Re: Starting up

Posted by abd297 - 01 Jan 2016 20:35

I have completely fallen back to my old ways. I have no control and I don't really feel that I care anymore. I have no access to GYE which makes things much worse. I am slipping lower and lower in lust and yeshiva. I am much more depressed and anxious. I am much more agitated and cynical. I can't stand being around people. I don't see an end in sight.

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Re: Starting up

Posted by markz - 01 Jan 2016 20:55

[eslaasos wrote:](#)

I just want to say that in mainstream yeshivos there are indeed people a bochur can talk to about these inyonim. Despite having that, I also slept in a lot. Everyone has their own path to travel...

For me it was the mashgiach. As a policy this was not a topic that was discussed openly and there was no sign hung up saying that appointments to discuss inyonei kedusha can be made between 4 and 6 pm. It was scary the first time I broached the topic (I was 15 or 16) but I'm glad I did. The response was overwhelmingly positive. There was no reproach, no disparagement. As far as I recall he said he was so happy I had brought up the topic so that he could help me with it.

There is a wonderful series of Shiurim on GYE called [Dear Bochor](#) where he says that in one yeshiva, one of the hanhalah set aside one week to discuss it in public and announce that he was available for anyone who was struggling (is there anyone who isn't?). I never saw that myself.

[Shlomo24 wrote:](#)

I went to a decently yeshivish yeshiva and the one rebbi who i thought was way too yeshivish to know of such things was the rebbi who was cool about porn and masturbation. i didn't shock him.

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Re: Starting up
Posted by abd297 - 03 Jan 2016 00:23

I am just scared that he's not the right one. It's a really small yeshiva too.

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Re: Starting up
Posted by markz - 03 Jan 2016 00:28

[abd297 wrote:](#)

I have completely fallen back to my old ways. I have no control and I don't really feel that I care anymore. I have no access to GYE which makes things much worse. I am slipping lower and lower in lust and yeshiva. I am much more depressed and anxious. I am much more agitated and cynical. I can't stand being around people. I don't see an end in sight.
I'm only gonna say what I'd do - I'm not advising anything

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Is your problem ???, or ??????

If it's ?????, I'd find a different Yeshiva today, and life will begin to shine

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Re: Starting up

Posted by abd297 - 03 Jan 2016 04:11

I think that I have done enough running trying to get to an unrealistic perfection. I had reason to run but I missed a lot of main points. No matter where I am I personally will never change unless I actively pursue change. It doesn't mean I have to stay in a bad situation but I can't lose sight of the core issues. I ran from my previous yeshiva after 3 years. Whatever the physical issues were, I had to remove myself. Obviously my own personal issues didn't go away now that I'm in a new place for a year and a half.

I don't think I have had the opportunity to change. I can't do it alone. That's how I am now. Not really going anywhere.

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Re: Starting up

Posted by startanew613 - 05 Jan 2016 06:03

Just start loving yourself again. Accept yourself. Then move forward.

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Re: Starting up

Posted by abd297 - 01 Apr 2016 15:26

Hello everyone, I am back.

After really struggling and not fighting for a good few months I have been having a new invigoration towards my recovery. I have been in touch with GYE on the phone, made a double fenced shevua for the 1st time, just got back on the 90 day chart, and am seriously working on

finally opening up to my rebbi.

I think I am feeling stronger about this now because I saw how low things can actually go. Leaving Seder to masturbate or feeling depressed so stay in bed all day are just a peak into the state I am trying to get out of.

Well, I hope this is new and lasting beginning. Hope to e in touch much more often. I really missed this great community.

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Re: Starting up
Posted by BenTorah.BaalHabayis - 01 Apr 2016 20:50

Welcome back and please keep in touch! I hope you're new strategy really makes a difference!

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Re: Starting up
Posted by Aryeh821 - 01 Apr 2016 21:02

Welcome back

Just my 15cents if you are serious about opening up to your rebbe then maybe make that knas that if you fall you have to tell your rebbe that way either it works as a deterrent or you are forced to tell your rebbi its a win-win this is what got me to open up to my mashgiach and I used it as a heavy knas

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Re: Starting up
Posted by abd297 - 03 Apr 2016 01:27

Thanks Aryeh. I'll see how things progress with my rebbi. I plan on speaking to an old school counselor, who I opened up to earlier this year, about opening up to my rebbi.

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Re: Starting up
Posted by Aryeh821 - 03 Apr 2016 01:29

[abd297 wrote:](#)

Thanks Aryeh. I'll see how things progress with my rebbi. I plan on speaking to an old school counselor, who I opened up to earlier this year, about opening up to my rebbi.

B'hatzlacha let us know how it goes

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Re: Starting up
Posted by realsimcha - 03 Apr 2016 02:49

Hatzlacha! We are here for you. It is so so hard but also so so worth it.

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Re: Starting up
Posted by abd297 - 08 Apr 2016 17:47

Hi again. I've been doing well since I last posted. I took my 2nd taphsic shvuah the other day and it has really been working out for me. I still need to work on the emotional parts of this addiction but it definitely helps on a day to day basis by not allowing me to fall.

I have still been pretty lonely and depressed though.

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Re: Starting up

Posted by Aryeh821 - 08 Apr 2016 18:16

Head over to the depressed persons chill spot

don't fell lonely We are here for you

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