

I need help

Posted by igtr - 05 Jun 2016 17:58

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Shalom

I'm a 13 year old boy, and i' addicted to porn and masturbation. I've been trying to fight it on my own for about a year and a half, but it's not working. Does anyone have any tips or ideas for me.

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Re: I need help

Posted by cordnoy - 05 Jun 2016 18:35

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Welcome,

Is there anyone safe that you feel comfortable talking to?

B'hatzlachah

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Re: I need help

Posted by BenTorah.BaalHabayis - 05 Jun 2016 19:45

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Welcome. You are very brave for coming here and introducing yourself. The mere fact that you care enough to seek help should make you proud of yourself. Most people don't come seeking help until well into their upper teens and even much later. I wish you much success!

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Re: I need help

Posted by igtr - 05 Jun 2016 20:26

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Yes I would feel comfortable talking to anybody.

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Re: I need help

Posted by shmirashachaim - 05 Jun 2016 20:27

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Welcome! I'm not too experienced with this myself, but I can tell you that there are many experts and caring people here so stick around, and that it's great that you can look around the forums and see where this addiction can lead you. oh.. and i think there is a teens corner forum that you can check out, and something for teens in the special resources, but love to see more posts from you. Good luck!

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Re: I need help

Posted by markz - 05 Jun 2016 20:58

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[igtr wrote:](#)

Yes I would feel comfortable talking to anybody.

Welcome!

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Re: I need help

Posted by cordnoy - 05 Jun 2016 22:20

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[igtr wrote on 05 Jun 2016 20:26:](#)

Yes I would feel comfortable talking to anybody.

Someone real.

Your family.

Your shul.

Your school.

Your neighborhood.

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Re: I need help

Posted by igtr - 05 Jun 2016 22:25

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I spoke to one of my rebbeim about it already, ut they just said everybody has these issues, just keep a chart, and from ym kippur to yom kippur decrease in the times you fall and then Hasem sees where you are going. He didn't give me tips on how to prevent watching porn, or masturbating.

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Re: I need help

Posted by cordnoy - 05 Jun 2016 22:36

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Perhaps go back to him then and ask him specifically that.

b'hatzlachah

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Re: I need help

Posted by igtr - 05 Jun 2016 22:37

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Ok. Thnx.

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Re: I need help

Posted by igtr - 05 Jun 2016 22:39

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I'm feeling really weak now, Please help ASAP

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Re: I need help

Posted by markz - 05 Jun 2016 22:48

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Please call someone ASAP

Cord, do you not think that Rebbi is inexperienced in lust issues?

And I assume that many are incompetent in these matters

I would think the best course of action is to contact the Heiliger [eyes.guard@gmail.com](mailto:eyes.guard@gmail.com), tell him where you live, and ask him who he recommends to be your best support

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Re: I need help

Posted by shmishachaim - 05 Jun 2016 23:29

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Very brave of you to open up to your Rebbi like that.. Ben struggling with this for a lot longer and haven't built up the courage as of yet. Perhaps some day. Look up to you.

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Re: I need help

Posted by cordnoy - 05 Jun 2016 23:32

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Talking to someone he knows is much better.

I do not know if he's inexperienced and I would not agree with the stats (certainly at this stage of the game).

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Re: I need help

Posted by markz - 07 Jun 2016 10:24

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[igtr wrote:](#)

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Igtr, you had told him previously about Porn and Mast\*.

Has he given you now any prevention tips, or support?

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