

Addiction

Posted by Tzanonymous - 14 Jul 2016 22:51

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Hi, I am a teenager facing a problem, coupled with the stress and anxiety of being a teenager comes this addiction, the need to do this sin almost every day. Thank God my problem isnt as severe as it used to be and it's getting better but still it is pretty bad. I would love to one day stop, like I have previously but as we all know that doesn't work, it works for maybe a week and then you fall again. I need help, any suggestions would be great Thx!

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Re: Addiction

Posted by shmirashachaim - 14 Jul 2016 23:57

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Welcome! I don't know much but I'll tell you that GYE is great and that you should never give up. Stick around. GYE is incredible and their is always hope.

Believe it or not there is stress and anxiety beyond your teenage years, and it's great that your dealing with this now.

Your in pain like so many on this site. Your with a team now.

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Re: Addiction

Posted by shmirashachaim - 15 Jul 2016 00:01

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Re: Addiction

Posted by proudchabadnick - 15 Jul 2016 05:58

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As a fellow young adult (!) I can understand where you're coming from. Before I got serious I wasn't able to go by 4 days without masturbating. Bh now I'm working on it (still have a long way to go).

If you're serious you may want to get a partner for increased accountability and to speak to someone who understands you. Read the GYE handbook. Make yourself a Taphsic Shvua and the fences. Start posting on your thread about your struggles. And the most important thing is to stay hopeful. Remember a time in your life that was difficult but you got through. Tell yourself that "one day I'll get through this also"! But you gotta work hard.

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