

**I Need To Stop**Posted by yosef10 - 04 May 2017 00:51

---

For the past few years i have tired to overcome my yetzer hara. Spilling seed has taken over my life and i can't take it. I feel like I'm lying to myself and everyone around me. On the outside, in school, at home, around my friends and family, i am seen as a great kid. Everyone tells me i have great meedos, i do chased, i learn torah and am in top shir. But on the inside i feel terrible. I can't control myself and tried everything within my power. The only thing i haven't done is admit it to someone because i am too prideful of my "image", even though i really know on the inside I'm two faced and everything "good" i do is just a cover. When i was younger my parents got divorced. My father is a terrible peson and abused my mother and all of my siblings at one stage of our lives. He stole via an online company and is currently in jail . He was even evil enough to sign papers with my mothers name on it so she would take some of the fall. As i got older i got a very strong respect and for my mother, and i can't stand hiding and lying to her. Also, once i got into my mid teen years, i developed a want for a family of my own. I wanted to build a basis with a kind, sweet hearted jewish wife and raise beautiful jewish children. I want to be everything my father isn't and wasn't. I can't wait to have an amazing relationship with my kids and wife b"h. I can't help think that eveytime time i "sinned" that i jeopardized that image, and that those thoughts might even be a factor that draw me to "sin". I can't live with myself and have developed a depression side affect. Whats terrible is that even during that time period i can't control myself. I feel week minded and like i will never amount to anything because that will always be holding me backl go to an all boys yeshiva. I try to take everything i learn throughout the whole day but when i get an idea or thought, I'm not rational, and don't think about any of the consequences until after.

=====

=====

**Re: I Need To Stop**Posted by yosef10 - 10 May 2017 04:11

---

sorry i haven't written in a while. Thanks so much for the pick me up, i really needed it. As of now the depression is gone b"h.

=====

=====

**Re: I Need To Stop**Posted by yosef10 - 10 May 2017 04:14

---

Sorry i haven't given an update in a while. I just wanted to let everyone know that i also joined Fortify, which also seems like a good program to help me stop, and i take all the help i can get. So far the depression hasn't come back, even though i fell since last update I'm clean for about

two days and hopefully going strong.

=====  
=====

Re: I Need To Stop

Posted by yosef10 - 10 May 2017 04:19

---

I don't know if I'm ready for therapy. There are a few people i would have to make it public to if i would get a therapist and i don't know if i can do it them or myself

=====  
=====

Re: I Need To Stop

Posted by yosef10 - 10 May 2017 04:19

---

Sorry i haven't given an update in a while. I just wanted to let everyone know that i also joined Fortify, which also seems like a good program to help me stop, and i take all the help i can get. So far the depression hasn't come back, even though i fell since last update I'm clean for about two days and hopefully going strong.

=====  
=====

Re: I Need To Stop

Posted by bb0212 - 10 May 2017 05:05

---

[yosef10 wrote on 10 May 2017 04:19:](#)

I don't know if I'm ready for therapy. There are a few people i would have to make it public to if i would get a therapist and i don't know if i can do it them or myself

In my unprofessional opinion, if you feel like you're currently progressing without a therapist and you're not ready for the therapist yet, don't worry about it. Take it slow, one step at a time. Just make sure to keep putting one foot ahead of the other. As long as that's happening, you should be fine.

=====  
=====

Re: I Need To Stop

Posted by Hashem Help Me - 10 May 2017 11:23

---

[yosef10 wrote on 10 May 2017 04:19:](#)

I don't know if I'm ready for therapy. There are a few people i would have to make it public to if i would get a therapist and i don't know if i can do it them or myself

If in your situation therapy involves people knowing and you are not ready for that, in the meantime reach out to someone here to speak to on the phone - which can be done anonymously.

=====

Re: I Need To Stop

Posted by cordnoy - 10 May 2017 12:04

---

There is a good possibility that tryin' to fight this by yourself will lead nowhere and make matters worse, especially when you spoke so much about depression.

Interested in recovery? Speak to a mentor. Don't have one? Find one.

=====

Re: I Need To Stop

Posted by YidFromMonsey - 10 May 2017 13:30

---

[cordnoy wrote on 10 May 2017 12:04:](#)

There is a good possibility that tryin' to fight this by yourself will lead nowhere and make matters worse, especially when you spoke so much about depression.

Interested in recovery? Speak to a mentor. Don't have one? Find one.

I second reb Cordnoy on that, at least I wasn't able to fight this thing on my own, no matter how hard I tried...

Good luck brother

=====

Re: I Need To Stop

Posted by yosef10 - 12 May 2017 05:10

---

Thanks so much chevra, ill do my best and try to keep everyone posted

=====

Re: I Need To Stop

Posted by yosef10 - 12 May 2017 05:21

---

and does anyone think the partner program would help

=====

Re: I Need To Stop

Posted by GrowStrong - 12 May 2017 07:10

---

[yosef10 wrote on 12 May 2017 05:21:](#)

and does anyone think the partner program would help

Bringing the lust thoughts to the light with another human being helps immensely to vanquish them, as does having a network of people to talk to and hear their experiences and be mentored by the ones who can do it..

=====

=====

Re: I Need To Stop

Posted by YidFromMonsey - 12 May 2017 13:23

---

[GrowStrong wrote on 12 May 2017 07:10:](#)

[yosef10 wrote on 12 May 2017 05:21:](#)

and does anyone think the partner program would help

Bringing the lust thoughts to the light with another human being helps immensely to vanquish them, as does having a network of people to talk to and hear their experiences and be mentored by the ones who can do it..

I second that, sharing my lust explicitly helps me a lot.

=====

=====

Re: I Need To Stop

Posted by Shivisi\_Hashem - 12 May 2017 13:29

---

[yosef10 wrote on 12 May 2017 05:21:](#)

and does anyone think the partner program would help

Definitely! Im having back my life, the last 3 weeks, just because of my partner, we exchange daily, night and morning how the day and night was, and in case of an emergency we reach out each other, so we get help!

Partner, is a life saving!

=====

=====

Re: I Need To Stop

Posted by Hashem Help Me - 12 May 2017 16:32

---

[yosef10 wrote on 12 May 2017 05:21:](#)

and does anyone think the partner program would help

I dont *think* it works, I **know** it works.

=====

====