

It's a never ending cycle

Posted by Attempt to change - 26 Jun 2017 19:30

Hello everyone!

I'm a yeshiva bochur in Israel and I've been struggling with masturbation and porn since I was a teenager. I come from a regular American religious background and I came to Israel and simple fell in love with Torah and Judaism. As a teenager I would engage in risky behavior with girls but I never sacrificed my virginity. The summer of last year found me in a deep hole. I had an iPhone and I had the temptations of a raging teenager with a ton of desires to fulfill. I was a casual porn watcher as a teenager and I wanted to take it to the next level again because I guess I missed my high school years with girls. I downloaded a few dating apps and I started to get involved with girls weekly and having sexual contact. I still maintained my virginity although risking it on countless occasions. Came Elul and I wanted to change again so I got an old iPhone with limited access to these apps. I was clean until Pesach. When I came back to Israel, I was raging again with temptation. I had a new iPhone and got involved in the apps again. I started seeing women and last week I got an apartment and I invited a girl over. That night I lost my virginity to much regret. The next morning the girl left and I invited another girl because I seemingly felt I already did the worst so I might as well just go all the way now. We slept together all morning and parted ways. On the way back to yeshiva I felt that my life is just hopeless, there's nothing to be done anymore about it. I just will simply give into this temptation and let it be because I tried before and it failed numerous times. I met the girl again a few days later and we did it in a bathroom. I just felt deeply engrossed in my desires to even put a second thought as to what I'm doing right now. Above that, I got back into porn to fulfill my desires when I'm not sleeping with women. At this point, as I'm still engrossed in my desires, I just feel there's no hope and I'll just continue this destructive behavior. I simply don't know who to turn to because it's obviously shameful to approach a rebbe or friend about it.

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Re: It's a never ending cycle

Posted by Workingguy - 01 Aug 2017 00:15

It sounds like what everyone is saying is that we have a nice Yeshiva Bochur who is acting out with real women on a dating app. It's dangerous, risky, and definitely father than your plain vanilla internet addict.

So, my friend, with many addicts, past and present, here on the board who've lived the destruction of addiction, we're encouraging you to get help. You're welcome here regardless, but what do you think? I know one of the biggest reasons I had a hard time quitting is that I thought I couldn't survive without it, or actually, I enjoyed it and DIDN'T WANT TO. Which is ok for now if you're honest about it.

So do you not want to stop?

Just disclaimer, this is all with no judgement. I don't know you and haven't walked in your shoes so I can't say how it could, would, should be.

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Re: It's a never ending cycle

Posted by mikestruggling - 01 Aug 2017 19:57

I didn't read your post that you want to start dating. but i'll tel you where i stand today. ithought marriage would help i thought i was better than what i've heard about etc. today i'm married. to the best of my knowledge my wife doesn't know of my problem. i lie to my wife like it's going out of style. i feel terrible about it.

what i would've should've could've done speak to either a therapist or an ex-addict before i got married now it's too late but if i can save another yid it might've been worthwhile

i'm not saying you're addicted i don't know but a therapist or someone with years of experience should be able to help

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Re: It's a never ending cycle

Posted by hashiveinu - 19 Sep 2017 16:29

hi atc. we didnt hear fro you in a while. i was just wondering how you were doing and how your journey to sobriety is coming along.

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Re: It's a never ending cycle

Posted by Attempt to change - 25 Dec 2017 17:50

Hello Chevrah, I haven't logged in here for a while. I'm still in yeshiva and my friend put a internet block on my phone so I don't have access to safari to log in here. I got it unblocked for a few minutes now. Thank you for all the

wonderful advice, I have been thinking more and more about going to see someone. I have been continuing to see women the past few months and I've developed a sort of disensitivity towards sex and it's true beauty. I look at it as something I fulfill and do without any lasting pleasure. I cut down to one dating app and I also gave my phone to my roommate for two weeks at one point and I was really learning well thankfully. He gave my phone back for the weekend and I started messaging the women again and meeting some. I'd say it's more of something like sex once every two or three weeks now. I know I need to see a therapist, I just don't know of anyone trustworthy enough of this secret. Any suggestions on who do go see or call?

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Re: It's a never ending cycle
Posted by Markz - 25 Dec 2017 18:19

Brother it's good you're taking the word of your friends on the forum

I think eyes.guard@gmail.com has contacts with therapist if you need, and my experience with Therapists is that they are trustworthy

No need to be ashamed

Tell the therapist you have had sexual encounters and need help. He won't ask you for their names

You gonna be back in 6 months?

How about an update in a day or 2

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Re: It's a never ending cycle
Posted by Markz - 25 Dec 2017 18:51

Do you have a Rebbi you can trust

Theres a small chance opening up to a warm Rebbi may get one sent away from the yeshiva. It's a small price to pay in my little opinion, and a worthwhile investment - if you are looking for one

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Re: It's a never ending cycle

Posted by cordnoy - 25 Dec 2017 23:23

[Attempt to change wrote on 25 Dec 2017 17:50:](#)

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If you trusted those women with the guy below your belt, why wouldn't you trust a woman with the guy above your shoulders?

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Re: It's a never ending cycle

Posted by MayanHamisgaber - 26 Dec 2017 11:36

[cordnoy wrote on 25 Dec 2017 23:23:](#)

[Attempt to change wrote on 25 Dec 2017 17:50:](#)

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WTHITFSW

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Re: It's a never ending cycle
Posted by gibbor120 - 26 Dec 2017 14:25

JUST GET HELP! THIS WILL NOT GO AWAY BY ITSELF!

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Re: It's a never ending cycle
Posted by Workingguy - 26 Dec 2017 15:07

My friend,

I totally get that you may be feeling stuck and don't know how to turn to. But the bottom line is that this is killing you- you're having sex not infrequently with strangers. And like learning and going to Yeshiva.

I can't imagine what this does to your insides, and it is so risky for so many reasons. How can we help you make some moves on this?

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Re: It's a never ending cycle
Posted by love - 28 Dec 2017 17:22

Hi A.T.C.

?i'm already married and it didn't fix any of my problems

in fact everytime i'm trying to increase sex, or my pleasure in sex, it's only getting worse.

i also tried to speak to a rabbi, and he didn't understand me.

he asked me, why couldn't you just stop?

?so i told him i am the best stopper, i stopped already 200 times.

so he asked me, why couldn't you just stop once forever?

so it depends which rabbi you are going

?i personally think that you need the 12 step program, Live SA,

?the 12 step program is so useful and a good life changer for everybody

but for us addicts, hashem created our first step, so we don't have any other choice.

it's a gift special for the gye chabura

Hatzlacha

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Re: It's a never ending cycle

Posted by ieeyc - 31 Dec 2017 06:56

hi , i wish you tons of hatzlacha , IN ADDITION to getting the help that you desperatly need , therapists maybe even medication that will take the edge off the ta`ava , keep on davening AND learning mussar, but learn mussar with the attitude that if i veer from whats written here ...IM DEAD!!! dont give up, YOU WILL GET OUT OF IT!! you have a holy neshama! please get help!im sure there is someone that you can open to, and trust .we know from the fact that youre writting here shows that you want to stop, Hashem should send that shliach very soon , keep on posting here . hatzlacha!

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Re: It's a never ending cycle

Posted by ieeyc - 31 Dec 2017 07:01

i dont know the number , but isnt there an anonymous phone number to an organaztion in Israel that helps out bachurim who are in such trouble? ask people that you know that you need it for a "friend" let them think what they want.

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