

help me please

Posted by yankelinpain - 29 Sep 2017 00:34

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Hi i'm 21 years old i went to a top yeshiva in lakewood then to the mir, and now i'm back 1/2 time yeshiva and 1/2 time working and heavily involved in shidduchim and i'm looked at by my peers as a real geshmake guy who is too energetic for full time yeshiva as such i'm working and a kid who is enjoying life to the fullest. but that's all on the outside, on the inside i'm a kid who has extremely low self esteem i'm struggling with depression (not interestes in davening learning going to work but i go anyways because i have a reputation i have to live up to) and watching inapropriate things and masturbating constantly (it doesn't help that i have internet for work) as i'm heavily involved in shidduchim i'm terrified at what the future has in store for me, i've opened up to rabbeim and therapists but i never fully disclosed to them the level that it is. they just think it's because of my circumstance that i'm struggling but it's been 4 years of hell at varying degrees. i need help ASAP

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Re: help me please

Posted by Markz - 24 Oct 2017 20:09

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[LoveU,Hashem wrote on 24 Oct 2017 19:12:](#)

Still clean!!! Cheers brother!! I'm so happy for you! Was actually thinking of you the other day.

I have the same issue, and I guess mark is right. But mark, I am surprised you recommended a filter, I thought you said it didn't work for you..

The man wrote "some tempting pictures come up"...

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Re: help me please

Posted by Yankelthefighter - 24 Oct 2017 21:33

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Thanks for the help, but it's a work computer which is already filtered (to some degree by my job) the problem is i spend most of my day on Amazon and ebay and in the clothing section as well as books section there is a lot of romance books with pictures which is a huge trigger when

that's what i'm doing the entire day! but baruch hashem i haven't masturbated or watched Porn for already 26 days so i'm very proud of myself!

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Re: help me please

Posted by Hashem Help Me - 25 Oct 2017 02:01

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You should be VERY proud of yourself. Keep it up. Hatzlocha.

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Re: help me please

Posted by LoveU,Hashem - 25 Oct 2017 15:48

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:like:Whooohoo! 26 days!! I can't believe it! Keep it up odaat!!

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