

looking for therapist

Posted by s4nh - 11 Dec 2017 18:22

---

I never thought I would come back here but i failed today and have no one to talk to about my issues. I need to vent. (if you know a good therapist in NY pm me)

I was not really happy with this site because I found the type of people here to be very different than me.

Im modernish, so I didnt really fit and I dont know yiddish at all. I was unhappy when I was told that "Mussar and our torah won't work, instead read this christian book on the 12 steps."

The 12 steps is literally the mesilas Yeshorim watered down.

I have struggled on and off with porn since late high school when other students introduced it to me. I fell in with the wrong crowd I guess. I watched it randomly here and there. Otherwise I was a very good guy. great grades, never did anything wrong...

It was when i turned 20 that i even heard that porn can be an addiction and I suddenly became nervous. I went cold turkey for 4 or 5 months and installed a filter called k9 and gave the password to a family member. it took guts to do that and I was very proud.

But I am a web developer. A very very good one. No filter has stopped me yet. :D

When I wanted to watch porn again I simply hacked right through k9. I told k9 about the breach but they have never fixed their stupid program so... I moved on to netnanny. Cracked that one. And the next one...

I finally found one that wont crack easily.

But I break through every so often. but it was like every 2 or 3 months.

then I started dating and it wasn't working out. I watched every friend and family member get married. Even those bad kids from high school all married. My younger siblings all married. Im almost 30 and still not married. I began to think it wont happen for me. I even was sitting with some people one day who made fun that at the age of 30 i was still a virgin. That was hurtful so I felt somehow justified in watching porn.

Over the past few years it has gotten worse. Usually I'll watch in bouts. Like 3 days in one week

and than i will go cold turkey for a few weeks to a month.

On this site I was also told marriage wont fix the issue, but i feel marriage is the reason I am doing this. I feel i have no outlet and am somehow justified. Once I do it I feel pretty bad.

I'm looking for a therapist in my area who is helpful with this stuff. Please pm me if you know one.

=====

Re: looking for therapist

Posted by tzomah - 13 Dec 2017 09:39

---

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

=====

Re: looking for therapist

Posted by ieeyc - 13 Dec 2017 09:49

---

[tzomah wrote on 13 Dec 2017 09:39:](#)

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

sorry , are you talking to me (:

=====

Re: looking for therapist

Posted by tzomah - 13 Dec 2017 11:27

---

no

i was saying in general about this thread

=====

Re: looking for therapist

Posted by youcan - 13 Dec 2017 16:17

---

[ieeyc wrote on 13 Dec 2017 07:45:](#)

[Markz wrote on 11 Dec 2017 18:30:](#)

Welcome back

Sorry to hear you didn't find any light since you joined gye 7 years ago

Have you checked the gye Therapist page

[guardyoureyes.com/resources/therapists](http://guardyoureyes.com/resources/therapists)

Hmmm... i checked the post twice and i didnt see any mention of 7 years:surprised:

Looks like you don't know Mark yet, he knows everything about all of us (just from reading our posts!) & takes all that in consideration when replying...

If somebody says he was here before & came back a while later Mark will figure out how long the break was. He's amazing!

=====

Re: looking for therapist

Posted by youcan - 13 Dec 2017 16:28

---

---

[tzomah wrote on 13 Dec 2017 09:39:](#)

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

What I said was that "based on his post" "I don't know" why he needs a therapist, I didn't say for sure. My point was that sometimes a person is going through something & all he needs is a close person to share the pain with, but if he doesn't get it he may feel stuck & think he needs a therapist. I just wanted our friend to hear that before he decides to go for therapy cuz no therapist will tell him this...

=====

Re: looking for therapist

Posted by Markz - 13 Dec 2017 16:32

---

[youcan wrote on 13 Dec 2017 16:17:](#)

[ieeyc wrote on 13 Dec 2017 07:45:](#)

[Markz wrote on 11 Dec 2017 18:30:](#)

Welcome back

Sorry to hear you didn't find any light since you joined gye 7 years ago

Have you checked the gye Therapist page

[guardyoureyes.com/resources/therapists](http://guardyoureyes.com/resources/therapists)

Hmmm... i checked the post twice and i didnt see any mention of 7 years:surprised:

Looks like you don't know Mark yet, he knows everything about all of us (just from reading our posts!) & takes all that in consideration when replying...

If somebody says he was here before & came back a while later Mark will figure out how long the break was. He's amazing!

Thanks for the compliment

This and my Doinuts will have to keep me going as my Therapist is not avail till next week...

=====

Re: looking for therapist

Posted by bb0212 - 14 Dec 2017 11:25

---

[youcan wrote on 13 Dec 2017 16:28:](#)

[tzomah wrote on 13 Dec 2017 09:39:](#)

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

What I said was that "based on his post" "I don't know" why he needs a therapist, I didn't say for sure. My point was that sometimes I person is going through something & all he need is a close person to share the pain with, but if he don't get it he may feel stuck & think he needs a therapist. I just wanted our friend to hear that before he decides to go for therapy cuz no therapist will tell him this...

To me, if I understand you directly, it seems that you see therapists as only being able to help "sick" people and if you're not sick, it's a waste of time.

Therapists (good therapists), teach people skills to succeed in life. You don't need to be schizophrenic in order to grow from different forms of therapy.

=====

Re: looking for therapist

Posted by youcan - 14 Dec 2017 16:45

---

[bb0212 wrote on 14 Dec 2017 11:25:](#)

[youcan wrote on 13 Dec 2017 16:28:](#)

[tzomah wrote on 13 Dec 2017 09:39:](#)

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

What I said was that "based on his post" "I don't know" why he needs a therapist, I didn't say for sure. My point was that sometimes I person is going through something & all he need is a close person to share the pain with, but if he don't get it he may feel stuck & think he needs a therapist. I just wanted our friend to hear that before he decides to go for therapy cuz no therapist will tell him this...

To me, if I understand you directly, it seems that you see therapists as only being able to help "sick" people and if you're not sick, it's a waste of time.

Therapists (good therapists), teach people skills to succeed in life. You don't need to be schizophrenic in order to grow from different forms of therapy.

Of course therapists can help for healthy people, some therapists can be plumbers too. My

point is that this guy here may be a healthy person & has naturally all the skills to succeed in life. And what he feels is just an urge to share what he's going through & maybe get some tips that any smart person without a licence can tell him. Of course a therapist can help him as well, but if it's not needed why should you do it? If you feel that you still need therapy go for it!

=====

Re: looking for therapist

Posted by serenity - 14 Dec 2017 20:52

---

[youcan wrote on 14 Dec 2017 16:45:](#)

[bb0212 wrote on 14 Dec 2017 11:25:](#)

[youcan wrote on 13 Dec 2017 16:28:](#)

[tzomah wrote on 13 Dec 2017 09:39:](#)

what is the point of psychoanalyzing posts especially if you don't know the fellow

if you got a question and you think it's important maybe ask it

What I said was that "based on his post" "I don't know" why he needs a therapist, I didn't say for sure. My point was that sometimes I person is going through something & all he need is a close person to share the pain with, but if he don't get it he may feel stuck & think he needs a therapist. I just wanted our friend to hear that before he decides to go for therapy cuz no therapist will tell him this...

To me, if I understand you directly, it seems that you see therapists as only being able to help "sick" people and if you're not sick, it's a waste of time.

Therapists (good therapists), teach people skills to succeed in life. You don't need to be schizophrenic in order to grow from different forms of therapy.

Of course therapists can help for healthy people, some therapists can be plumbers too. My point is that this guy here may be a healthy person & has naturally all the skills to succeed in life. And what he feels is just an urge to share what he's going through & maybe get some tips that any smart person without a licence can tell him. Of course a therapist can help him as well, but if it's not needed why should you do it? If you feel that you still need therapy go for it!

I started go to my therapist because I needed help. Now I go because

**Warning: Spoiler!**

=====

Re: looking for therapist

Posted by s4nh - 21 Dec 2017 04:29

---

I am hopefully going to see a therapist next week! im so excited!

I feel uncomfortable writing my issues on posts.



But maybe its not so bad...

Its hard for me to come back to this site. im always pulled away. I come than dont show up for 5 years than come again... :/

=====

Re: looking for therapist

Posted by youcan - 21 Dec 2017 05:49

---

I wish you a lot of success!

I had my first session today... I'm also excited about the fact that I'm finally doing something to help myself & that there is real hope that things will change to the good.

(what I'm not excited about is that it cost \$200 for a session of 45 min...)

=====