

Not given up yet

Posted by Goldfish - 26 Dec 2021 14:13

Hi. I've been meaning to write for some time but I didn't have the courage. I'm 20 years old and essentially yeshivish. I am a lust addict. not necessarily porn, which I haven't seen for a few weeks already, but i masturbate and fantasise regularly. I've been involved since i was about 12. At first it was due to my mother leaving her unfiltered computer on, progressing to the library and internet cafes and onto owning a smartphone with a filter i learnt to get around and finally this laptop i have now. It now has netfree, which is genuinely kosher, but i've gone through many fazes. Throughout the period when i had a smartphone, any time i found a loophole i'd first use it for a few hours before getting sick enough to get the problem fixed. throughout the many years of the problem being my mother's computers she never picked up on the problem and i even remember her calling the acountabilty company for reporting things she'd never done, apparently not dreaming that anyone else would use her computer. Eventually, once i'd grown up enough to admit to other people, someone else told her to make sure never to leave devices unlocked. Although there has been a few slipups in the few months since i came home, it generally hasn't been a problem. this means i'm only left to deal with on a regular basis masturbation and fantasies. I hope to get a therapist at some point, which may help. I'm also losing weight and doing exercise a lot, which often puts me in a good mood. when i'm happy and my day is full i dont have much problems, but when one of my chavrusas cancel or i get bored for some other reason, i inevitably start fantasizing. As I have become very disconnected from my thoughts and emotions and have trouble living or reliving most events, my fantasies usually revolve around making stroyies in my head. I sometimes even write them down and immediately delete them, because the point of them is to actualize my lust, not for the contents of the story. I signed up many years ago to gye, but mostly used it in the wrong way, allowing myself to be triggered by almost anything. A few weeks ago I realised how amazing this beautiful website is and I've restarted the 90 day program and am getting a lot of chizzuk from the forum and all the holy people on it. I've written enough for now and would really appreciate any comments or chizzuk and can respond if you have question. thank you.

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Re: Not given up yet

Posted by Sapy - 06 Oct 2022 20:37

Hi Goldfishy,

Reading your posts, I think that one answered the other. You wrote that you have no reason to stop only because it's an aveira. I think that answers the question, why you can't look on it as a disease.

Just imagine you stop looking at it as a aveira, you won't have what to answer to yourself, why you should resist, and work hard in changing, and since internally you wanna stop it is just impossible to give up your line of defense.

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Re: Not given up yet

Posted by jackthejew - 07 Oct 2022 09:36

If I can restate the question:

How can I honestly say I want to come closer to hashem while involved in Lashon Harah that makes such a big spiritual distancing? How can I honestly say I want to come closer to hashem while involved in Bittul Toirah that makes such a big spiritual distancing?

How can I honestly say I want to come closer to hashem while involved in something that makes such a big spiritual distancing?

How can I honestly say I want to come closer to hashem while I don't spend every waking moment thinking about Hashem and his glory and that makes such a big spiritual distancing?

I think the answer may be that becoming closer to Hashem is a life's work. Nobody is perfect, and the ultimate closeness to Hashem can actually only be achieved when Moshiach comes. Our job is to do what we have to do in order to better ourselves, and even though it's not perfect, if we're giving the effort, that's what will bring us closer. Anything done B'oinis (without choice; addiction and obsession fall into this category according to most Gedolim of this generation and of previous ones) is not something to fret over now. The job we have now is to get closer by giving sincere effort and having the desire to change.

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Re: Not given up yet

Posted by Goldfish - 07 Oct 2022 13:13

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I don't think you fully understood my question. I do indeed work on not speaking Lashon Hora and on trying to think about Hashem. On Yom Kippur I was full of remorse for having failed to use my mouth properly etc, and I promised to try harder. In the area of Pegam Habris however, I couldn't honestly tell myself that I would change because I don't believe that I really have much to do about it. Therefore I can't really regret something that I'm not doing anything to change (because I don't believe that I can, assuming it's an illness.) Have I clarified my question?

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Re: Not given up yet

Posted by Vehkam - 07 Oct 2022 14:17

[Goldfish wrote on 07 Oct 2022 13:13:](#)

[jackthejew wrote on 07 Oct 2022 09:36:](#)

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I would suggest that it is not your job to "guarantee" change. Your job may be to keep trying....

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Re: Not given up yet

Posted by Goldfish - 04 Jan 2023 14:32

Haven't posted in ages and probably won't again for some time. Quite depressed. Wanted to pose a question. My Mashgiach, who is widely acclaimed and very qualified, thinks that I shouldn't think too much into my problem, trying to analyze them. I should just live life and have some falls and some good times without trying to use my intelligent mind to analyze everything. What are your thoughts? Thanks.

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Re: Not given up yet

Posted by DavidT - 04 Jan 2023 14:48

[Goldfish wrote on 04 Jan 2023 14:32:](#)

Haven't posted in ages and probably won't again for some time. Quite depressed. Wanted to pose a question. My Mashgiach, who is widely acclaimed and very qualified, thinks that I shouldn't think too much into my problem, trying to annalyze them. I should just live life and have some falls and some good times without trying to use my intelligent mind to annalyze everything. What are your thoughts? Thanks.

I'm sorry to hear that you're depressed. I hope things become better for you and Hashem should help you be happy and satisfied.

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The way I understand your Mashgiach is that usually, if a person is faced with a challenge, the strategy to overcome it is by working hard to get it under control. However, in this area, such a strategy does not always work. In fact, the opposite is true: When a person tries to control a thought, he is essentially bringing to mind the very topic that he was trying to rid himself of, which causes his mind to explore it further. For example, if someone tells himself not to think about an elephant, then just mentioning those words will bring the image of an elephant to mind. This idea holds true both with regards to inappropriate thoughts, as well as improper sights. A person should always remember the Golden Rule: Any time you think about not thinking or seeing it, then "it" is already in your mind.

How, then, should one deal with inappropriate thoughts and sights? They should be treated as if they are a bag of garbage, waiting for the garbage collector to come. Just as you wouldn't open the garbage bag to investigate if there's something good there, so, too, a person should work on himself to consider these thoughts and sights as if they are nothing and just continue on his way. The focus should be to continue on with 'business as usual' without even analyzing what just happened.

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Re: Not given up yet

Posted by Eerie - 05 Jan 2023 01:54

Hi, my friend. I'm so sorry for your pain. May Hashem give you strength and clarity. When you have a mashgiach that you say is highly qualified, and he knows you, he knows your situation, he knows the difficulties you face, take what he tells you to the bank. There is much that subjectivity doesn't allow us to see, follow his advice to the t. Hatzlacha in all that you do! Keep trucking!

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Re: Not given up yet

Posted by Markz - 05 Jan 2023 03:21

[Goldfish wrote on 04 Jan 2023 14:32:](#)

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I hear.

What did he suggest for treating your depression?

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Re: Not given up yet

Posted by Human being - 05 Jan 2023 22:17

[Goldfish wrote on 04 Jan 2023 14:32:](#)

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My opinion is, so long as you are making progress on the depression, that is what Hashem wants from you now, and there is no reason to fret and feel guilty over your falls.

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