

Please advise

Posted by Hopeful6137 - 21 Feb 2022 01:25

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Re: Please advise

Posted by Vehkam - 21 Feb 2022 04:15

I am by no means an expert but to me it does not sound like you need to go to A 12 step program. Based on where you are coming from and your introduction to sexual activity it is not surprising that you ended up involved in promiscuous behavior.

On the other hand I do feel strongly is that you should work with a therapist that has experience with this type of behavior. There is a lot of learned behavior that you have been involved with that you need to unlearn. There are definitive ways to do this but you need someone objective to help you along. In addition you will find their support invaluable as the guilt and regret can be very confusing.

I also very strongly recommend getting one of the books such as "the battle of the generation" written by hillel S available on Amazon and reading a little bit every night.

If you have not yet signed up for the Gye daily boost, that is a great resource as well.

You are young and have a wonderful and bright future ahead of you it would be amazing if you put the work in now and you will see dividends beyond what you could ever imagine.

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Re: Please advise

Posted by wilnevergiveup - 21 Feb 2022 06:20

Welcome to the club!

I think what the Rabbi said sounds reasonable, if this works, great! If it stops working, you will need to look at SA again.

Therapy doesn't cure addictions, it can, if worked on, help with some of the underlying issues, and in some cases teach you tools for urge management.

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Re: Please advise

Posted by jackthejew - 21 Feb 2022 13:20

Speak to Dov wequithiding@gmail.com

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Re: Please advise

Posted by DavidT - 21 Feb 2022 14:32

[Hopeful6137 wrote on 21 Feb 2022 01:25:](#)

Can this be enough for me? Or do I automatically need to be going to meetings, based on my past?

Welcome to GYE!

You're another amazing example and proof of the GYE phenomenon!

?Every person and situation is unique. We all have our challenges and life journey and we need to try our best to do what's right. It's seems that you're definitely going in the right direction and we hope you keep it up.

There are no automatic solutions. As you can see on GYE, there are many approaches and tools and no "one size fit's all" approach. The best thing is to see what worked for others and try to follow that.

?It seems that the number one thing that really works in real life connection. If you feel comfortable with the rabbi that you started talking to, keep up the connection. It will help you with accountability and give you the strength to keep on growing with the help of Hashem.

We're all looking forward to hear your continued successes.

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Re: Please advise

Posted by Captain - 21 Feb 2022 15:42

To me it's clear that if you were able to do what you accomplished the last month, and you are able to continue this success, you should continue doing what you are doing and don't need to go to SA

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Re: Please advise

Posted by Avrohom - 22 Feb 2022 03:29

Welcome! It seems you've come to the right place. It's an incredible inspiration that you've been able to do what you have!

I would just caution to make sure to maintain an open connection with someone - either your Rebbe, or someone on GYE - so that if you do experience success for some time and then start dipping you can easily reach out, without waiting until the problem gets more serious. ly"h all you will need is being here and the work that you're currently doing, but it's certainly possible that GYE will not last for the long term, and SA will be the right choice at that point.

Hatzlocha!

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