

Looking for help

Posted by Yissie - 10 May 2022 23:36

Hello everyone, I have heard about GYE a while ago and felt that I did not really need it. I do not feel I have any addiction to any of these things that other people have. My phone has a filter for anything too inappropriate and I do not know how to get around it.

I am an older bochur, still in yeshiva, and these things generally did not distract me. I have had some issues with masturbating since 12th grade. When I came back from Israel, and most of my friends got married and I could not find the right one, I started feeling lonely. I would look at pictures that were inappropriate, and some videos (most videos are blocked).

But recently I realized that when I look at other boys, especially younger ones, I would feel attracted to them. I b"h have not done anything and iy"h will not. But I realized if I have a problem and do not take care of it, it will just get worse and worse.

While I do not masturbate regularly, I still feel an urge every once in a while. Many nights lying in bed, I will probably be thinking about some of the girls or boys I have seen.

I have spoken to two rebbeim, but they did not have anything that helped. I am hoping that maybe I will be able to get help here.

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Re: Looking for help

Posted by frankly - 10 May 2022 23:55

Welcome! Even if you are not addicted to something, you can still gain much by learning more about yourself and becoming more healthy. Sounds like you are normal and healthy. You can learn here how to feel better about yourself, become stronger in your self control in thoughts and actions, and share with and help others.

Hatzlacha!

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Re: Looking for help

Posted by Hashem Help Me - 11 May 2022 11:21

Welcome. You sound extremely normal, and way better off than most of the guys that are here. The urges are to be expected; do not panic from having them. Just confidently decide that you b'ezras Hashem won't act on them. Definitely tighten up your filter to also block the inappropriate images. Being single when friends are married is tough. You desire connection, which you should. May Hashem help you find the right one soon!

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Re: Looking for help

Posted by DavidT - 11 May 2022 13:45

One of the best ways we have found to deal with this problem is to have someone to talk with about it. We must have someone who we can be open with to share our problem. When we do this on a regular (weekly at the least) basis, it creates accountability and we take the problem more seriously.

The Pasuk in Mishlei (18:1) says: "Le'taava yevakesh nifrad - Desire seeks isolation". Being isolated causes us to go after our Taavah - our lust. The addiction wants us to withdraw into ourselves and disconnect from life. A partner in this struggle can do wonders in helping us reconnect to the world around us and ultimately break free. Going into detail with someone else about what we've done, is also known to be one of the best ways to get out the shame, guilt and remorse, and move on.

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