

New to GYE, old to the fight

Posted by azivashacheit101 - 11 Feb 2025 06:08

Hi everyone, I'm a 23 year old litveshe bocher learning in a well known, very mainstream and large Yeshiva in E"Y. I have been struggling with this issue for at least eight years (maybe more) to various degrees. Over the years I have tried every eitzah I could possibly think of to help myself (some were quite creative) but non of it lasted long. I used GYE for sometime about a year ago but stopped because the computer I was using was not filtered and was causing more harm than good. Over the past year my addictive behaviors was far far worse than it has ever been before. About 2.5 months ago I met with an expert mechanech who told me that I am a "heavy addict" and I suffer from very high levels of anxiety. He set me up with a therapist who I have not been able to meet with yet for various reasons (hopefully next week I will). I contacted GYE by email and they let me know how to acess this site which is blocked in the filtered computer kiosks in E"Y (some things are still blocked like the partner program). The aforementioned mechanech told me that I cannot start shidduchim until I am at least 6-8 months sober (at 23 years old that's really tough to take) and I need to use the 12 Step program. Currently I am twelve days clean B"H and I made it 21 days about 2 weeks ago. I would love to hear from people who have any insights about the 12 step program, people who have been clean for longer than I have, and anyone else who can offer any chizzuk, guidance and insight about the difficult journey I face up ahead.

=====

=====

Re: New to GYE, old to the fight

Posted by youknowwho - 17 Feb 2025 19:34

[azivashacheit101 wrote on 17 Feb 2025 19:06:](#)

All of the above is for those of us who can dare live with the creed of the Great Albus Dumbledore who belives that love and sacrafice is farmore powerful than than any force of dark magic, but for you Lord Voldemort you are lost in a cruel dark loveless world. All you know is power you are utterly hopeless and nothing will ever help you!

Well said, except I am not utterly hopeless. Only the meek and feeble are hopeless, for *there is no good and evil, there is only power and those too weak to seek it...*

Great characterization of addiction, we do not disagree. Yet I am still genuinely curious about how you are understanding what you have termed "chein addiction", if you are not

understanding it as being under the umbrella of lust. You seem to be disagreeing with the way I see things for myself, and although you are totally justified in doing so, I still do not understand how you view it...it is not lust, than what is it?

=====

=====

Re: New to GYE, old to the fight

Posted by jewizard21 - 17 Feb 2025 19:50

If I may interject via flu powder,

Most people on here at gye are not full blown addicts. There's a difference between a clinical addict and a behavioral addict. I'm no expert on how to distinguish who is or isn't but I would like to add my thoughts on what you've said before from a behavioral addicts point of view.

It seems to me that you were craving attention (totally understandable) and in that you really were craving for a connection with others. I don't know your childhood but it could be from a lack of feeling a connection with those around you (parents, siblings, friends...) that you started trying to attract attention from others to fill the void.

Eventually (remember this is speculation because i dont actually know your situation) when you discovered masturbation it temporarily filled that void. This is something that Lust tricks us into thinking. It makes us beleive that we are filling in the missing connection when in reality it's actually creating even more separation from others.

. Then we Bezras Hashem get married and find some of the void is gone. But unfortunately if this nisoyon hasn't been dealt with then it's a very temporary fix because while in the grasps of Lust we can never truly feel connected to those around us. We will just feel as if the people we love can never love us back because of our darkest secrets.

We can't expect to just wave a wand saying "acio connection" but we can cast a Petronus to fight off the dementors of Lust and the "Piertotum Locomotor" to further protect ourselves from evil.

Keep on Trucking, One Day At A Time!!

=====

Re: New to GYE, old to the fight

Posted by azivashacheit101 - 17 Feb 2025 19:59

I think "chein" is something other than lust, just as someone enjoys a nice view of nature or a beautiful painting a person enjoys goodlooking people (though in a live person this is way more powerful). Then there is the addition of charm and personality which all adds to the attraction, I don't think this is necessarily lust as we can get to know these people and not think of them in a lustful way at all. (I do think our minds do tend to turn them into lustful attractions at times and with these people we are much more vulnerable of thinking about them lustfully, but that does not mean all of our obsessiveness with them is lustful). If you keep your eyes open you will see that people with chein are treated better by everyone including by older Rabanim and Rebbeim. I don't believe they are all succumbing to lust, I think this is just how our minds work. Chein becomes an addiction when it takes over our lives and we become completely obsessive and compelled by it.

I'd love to hear and am open minded to all other opinions so anyone who has what to add please respond!

Thank You

=====

Re: New to GYE, old to the fight

Posted by yid96 - 17 Feb 2025 20:01

hatzlocho!

=====

Re: New to GYE, old to the fight

Posted by azivashacheit101 - 17 Feb 2025 20:07

[jewizard21 wrote on 17 Feb 2025 19:50:](#)

If I may interject via flu powder,

Most people on here at gye are not full blown addicts. There's a difference between a clinical addict and a behavioral addict. I'm no expert on how to distinguish who is or isn't but I would like to add my thoughts on what you've said before from a behavioral addicts point of view.

It seems to me that you were craving attention (totally understandable) and in that you really were craving for a connection with others. I don't know your childhood but it could be from a lack of feeling a connection with those around you (parents, siblings, friends...) that you started trying to attract attention from others to fill the void.

Eventually (remember this is speculation because i dont actually know your situation) when you discovered masturbation it temporarily filled that void. This is something that Lust tricks us into thinking. It makes us beleive that we are filling in the missing connection when in reality it's actually creating even more separation from others.

. Then we Bezras Hashem get married and find some of the void is gone. But unfortunately if this nisoyon hasn't been dealt with then it's a very temporary fix because while in the grasps of Lust we can never truly feel connected to those around us. We will just feel as if the people we love can never love us back because of our darkest secrets.

We can expect to just wave a wand saying "acio connection" but we can cast a Petronus to fight off the dementors of Lust and the "Piertotum Locomotor" to further protect ourselves from evil.

Keep on Trucking, One Day At A Time!!

You know I don't live at Hogwarts... you can always just aparaité or even take a ride on a Hippogriff if you need to reach me.

You made a good point, and it's way above my paygrade at this point to know if I am a clinical addict or just a behavioral addict, but it is a helpful distinction. Than You

=====
=====

