

Please read this Please Help me

Posted by willsucceed - 07 Dec 2010 18:15

I feel like a huge failure. In Hashem's eyes, my family's eyes, and my own eyes.

Here I am in my mid 20's with BH 2 beautiful children and a wonderful wife, and yet I have an addiction I can't get rid of.

Over the summer I started going to "massage places" where its obviously more than a massage. I never actually had biyah with anyone. I never did it with anyone but my wife.

I have sunk so low. I try fighting it every day. I feel like I have taken precautionary measures, yet it always comes back stronger. Almost seems like the more I fight it, the more I give in.

I know that GYE promotes reading the handbooks and calling in to the phone lines. Unfortunately, my schedule is so crazy that I am unable to call in consistently to the same phone line once a week. I read through some of the handbook after my first few falls. It inspired me, but the feelings of inspiration didn't really last. From looking at the forums I see that people seem to have success with the 12 steps. Yet, (no offense to everyone) I skimmed through them quickly, and I feel like just following what it says won't really help.

The truth is I even got a sponsor from GYE. I haven't been in touch with him for months. I get the feeling that the most he ever did was motzei zera and I feel in order to be helped I need someone who went through what I am going through. I need someone to call on when I am in a moment of weakness.

I'm sick and I know it. I know that it is within me to change. In the past, I was able to be extremely strong with regards to shmiras einayim and being motzei zera.

I am embarrassed and ashamed because I never thought it would go this far. What began as looking at porn in my teenage years has spiraled out of control.

I am asking for help and guidance FROM SOMEONE WHO HAD THE SAME SPECIFIC ISSUE

AS ME. Its one thing to be motzei zera. Its a complete other thing to be married with children going to these massage places. I have no excuse. My wife truly gives me all that I need. I do it for complete selfish reasons. And I am addicted.

I am desperate to change. Tell me what to do and I will do it. You can private message me.

Please. I need help.

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Re: Please read this Please Help me
Posted by Dov - 09 Dec 2010 05:27

Dear sweet yid,

I will PM you, as I can relate completely to what you have shared here. You are not alone, by any stretch of the imagination, and there is plenty of hope for you - as long as you get help and do not stop getting the help you need.

Love,

Dov

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Re: Please read this Please Help me
Posted by silentbattle - 09 Dec 2010 05:59

If you read my thread, you'll see that my struggles were at least somewhat similar to yours. I'll send you a PM, but I'd also like to share some personal experience with you: addiction is addiction, and recovery is recovery. Even though many of the people here weren't doing the same actions i was, they were still facing the same basic struggle that I was, and most of the

issues involved were the same. So please take advantage of the support offered by the community here.

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