

The sure way to quit - Antidepressants

Posted by markz - 11 May 2016 20:00

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**Dear Yidden!** It is vital to realize that often it's not just a matter of *chizuk* and *mussar*. This is a medical condition and disease, [and it must be treated as such, hand in hand with the spiritual healing](#).

If you suffer from depression, look into **antidepressant medication**. If you suffer from obsessive sexual thinking, look into [SSRI medication](#) (scroll down in the link). Today, these medications can work wonders in tandem with therapy, and they have virtually no side-effects! Also, the therapist on the line last night explained that these meds do not have to be taken for life, but rather a period of 8-10 months is often enough to help you on your way to recovery. (All the ideas above can be "Googled" on-line for more information).

I first heard of SSRI's (Zoloft) being used to treat sex addiction from a former sex addict who said that he had used it successfully.

I recently felt so out of control and very depressed, so I scheduled an office visit with my regular physician. I asked my physician if he could prescribe Zoloft, knowing it could help my depression as well as treat my ADHD, and most importantly, the compulsive sexual behavior. (Although I did not mention the sexual compulsion because I was embarrassed, and I could not find a psychiatrist in my small town accepting patients.)

He started me out on 100mg which helped, but I wanted to be more aggressive and requested an increase to 200mg. I read from many online sources that 200mg is not an uncommon dose to treat sex addictions. When searching the internet, I found a link to [a treatment chart](#) on your site...

So far (one month later) it has worked even better in treating my ADHD, which I believe plays a role in my compulsions and focus issues. Over the past month I have fallen only a handful of times. Prior to Zoloft I would fall many times daily. I have had the most success since the dose was increased to 200mg. Tomorrow I will be clean for one full week, which is amazing to me.

Thanks to G-d!! I am so grateful. And thank G-d again for your website!

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Re: The sure way to quit - Antidepressants  
Posted by stillgoing - 11 May 2016 20:53

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From the gye handbook, mark.

**Tool #18**

**Medication**

If our therapist determines that our addiction may be connected with underlying causes such as depression, anxiety, obsession, OCD, or even hyper-sexuality (which is a common condition in lust addicts), he may send us to be evaluated by a psychiatrist for medication that can help us significantly in these areas.

As a side note of interest, one good therapist said that he never puts a client on medication for depression before having them try a rigorous regimen of exercise for about three months. In most cases, the depression disappears as a result of the physical activity, and exercise routinely outperforms antidepressants in controlled studies.

If medication turns out to be necessary, this is nothing to worry about, as millions of people around the world take medications for these type of issues. The medications can truly make a difference in the long term, and with today's medical advances, the side effects are often negligible. Rabbi Twerski wrote to someone who contacted him through our network:

*In order to have both physical and emotional health, we require proper nutrition. If we lack certain essential vitamins and/or minerals, we develop "deficiency syndromes". For example, lack of iron and B vitamins may cause*

*depression. If a child was raised by abusive parents, who, in addition to being unkind to the child, deprived him of proper nutrition, he may be very depressed as an adult. A physician who examines the person may diagnose the nutritional deficiencies and prescribe the missing vitamins and minerals.*

*The person may say, "How are those going to remove the pain of the abuse?"*

*The answer is that the vitamins and minerals will remedy the deficiencies, and he will have to get therapy to deal with the consequences of the abuse.*

There is a special section of our website that provides some medical ideas that can help us in this struggle, ranging from "alternative" medications which can be purchased over the counter or in health food stores, and down through the more conventional medications that often require a psychiatrist's prescription.

SSRI medication can sometimes be useful in this struggle, since our addiction is often connected with OCD or other compulsive behaviors (even if we don't experience this in other areas of our lives). These type of drugs can help take off the "edge" of the obsession and help us deal with the "void" and depression that is often felt in withdrawal. Often these kinds of medications can be like holding on to a lifesaver, while swimming in the stormy sea. While we still have to do the swimming ourselves, the medications can help keep us afloat.

In many cases, we can slowly get off the medications as we make more progress. A period of eight months to a year on these kinds of medication is often enough to help us break the cycle of addiction for long enough to continue maintaining our sobriety without them. However, getting off the medications requires close follow-up and approval from the psychiatrist. These kinds of medications can never be stopped suddenly, but rather in gradual increments.

There are also times when certain medication can prove to be counterproductive.

Therefore, while on medication we should be undergoing therapy and

close follow up.

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Re: The sure way to quit - Antidepressants

Posted by stillgoing - 11 May 2016 20:55

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Mark, if it's really bad, here's the next one.

### **Tool #19**

#### **Rehab**

If we've tried everything and still can't break free, perhaps we need some time to get away from society completely to be able to **focus fully** on recovery for a period of time. Just as in drug and alcohol addiction, often the withdrawal symptoms are simply too hard to bear. The only way to break free is to be under supervision and be in a place where we simply cannot access our "drug" **in anyway**, for a while. Here are a few ideas that the GYE network has put together:

- 1) The **Meadows** ([www.themeadows.org](http://www.themeadows.org)) is a multi-disorder inpatient addiction treatment facility specializing in the treatment of a broad range of addictions.
- 2) The Experiential Healing Center of Tennessee ([www.ehcmemphis.com](http://www.ehcmemphis.com)) offers group therapy and a trauma healing workshops.
- 3) Torah & The 12-Steps ([www.torahtwelvesteps.org](http://www.torahtwelvesteps.org)) is a rehab option in Florida, run by a religious Jew who developed a 12-Step Torah approach to recovering from addictions. He currently deals mainly with other types of addictions, but he

is interested in expanding his work to include sexual addiction as well.

4) Sexual Recovery ([www.sexualrecovery.com](http://www.sexualrecovery.com)) is based in Los Angeles and treats clients from all over the world, providing intensive programming that works to eliminate compulsive, addictive or offending sexual behavior. Their 5 and 10-day Intensive Programs (IOP's) offer focused daily psycho-education and individual therapy, as well as structured social support and spousal involvement and are a well-established, functional treatment alternative for those who cannot afford the time or money for a 4-5 week residential stay. (Patients can stay in a local recovery house or with friends).

5) See [www.GentlePath.com](http://www.GentlePath.com) (Dr. Patrick Carnes) to discover more rehab options in the U.S.

6) Retorno in Israel is a center for treatment of addictions. It is run by religious staff and has seen much success in treating the religious community for a wide range of addictive behaviors. For more information visit the website:

[www.retorno.org](http://www.retorno.org), or contact:

United States: Pinny Shreiber, E-Mail: [Pinny@retorno.org](mailto:Pinny@retorno.org), Tel: 718-285-9815

Israel: Gil Braverman, E-Mail: [gil@retorno.org](mailto:gil@retorno.org), Tel: 972-52-244-3641

Be in touch with us through our website or hotline for an updated list and more options.

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Re: The sure way to quit - Antidepressants  
Posted by stillgoing - 11 May 2016 20:56

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Mark, There is still one more idea. But i'll let you look it up yourself. GYE Handbook, page 60, **Tool #20, The Very Last Resort**

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Re: The sure way to quit - Antidepressants  
Posted by skeptical - 12 May 2016 02:17

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Mark,

Are you taking medication for this?

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Re: The sure way to quit - Antidepressants  
Posted by markz - 13 May 2016 01:09

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Skep I wouldn't ignore you - ever

(Your specific question I can't answer now)

I have a question

**What would you do if I created another 25 new threads repeating the same thing as this thread, and not reply ever?**

**You would be aggravated to say the least**

Many people would be aggravated

People would drop -25 karma as many many people did to anonymous\_14

WHY?

Because he doesn't have the decency to be open and frank with the GYE fellowship

**anonymous\_14** ignored BigMoish [here](#)

He has ignored many others

**SELFISHNESS and addiction are related:** Creating new threads which upsets members is selfish, and I have [asked him](#) to keep his posts to one thread (which will fill his needs of posting on gye without sharing his story which he's not ready to do yet)

The forum is designed for communication, not kamakazi speeches

## **WHAT IS THE FORUM FOR?**

### **This is what gye says**

One of the most powerful tools for breaking addictions is to **stay out of isolation**. The GYE forum is anonymous platform of group support, and a life-line of chizuk and support for hundreds of people in exactly your situation. See what others are doing to stay clean. Get and share advice with our vibrant community. Post on the forum to get support, tell your story, reach out for help when feeling weak and strengthen each other! You will never be alone in this struggle again.

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