

Aleh katan

Posted by loi-misyaeish - 22 Dec 2009 19:13

"TACHZIK CHAZAK ALEH KATAN SHELI, KI LO TAMID HAKOL BACHUTZ BAHIR...." Yes, i am still like a small leaf, moving in the winds of this terrible society. I am so happy to be able to begin a thread of my own after being almost five months on gye. Yes, I am a young guy, but with almost ten years of struggle with this terrible monster, has affected my life deeply. When i was still very young i got very attracted to women, i didn't know at first what it was, but later on i understood. Eventually it became a full blast addiction. With hashem's help i found this wonderful website. For the first time i found people whom i could relate my situation too. I tried three successive attempts to reach ninety days, but realized recently that ninety days does not work for everyone. So if anyone has tried so many unsuccessful attempts to manage a certain number of days clean and did not succeed, he's not alone. The feelings are sometimes deeply rooted, and impossible to change in an instant. For that one needs good therapy. Personally i hated the idea of therapists when i grew up but i came to the realization that it's definitely a must in my case. I've been so far to r' shlachter twice. These conversations were based on a more personal level, so it's hard for me to bring out any concrete ideas that can be written. It's more trying to reach the root of these things that cause me to act out. It's the desperate need of someone who does not yet have the possibility to have it (i'm still a bochur). The lack of it has caused me to channel my thoughts to be relieved from it when i act out. For example yesterday i was finding it hard to understand a very difficult toisafos. I began to daydream and started thinking about these things till the point that i was feeling very tense. I ended up going to the bathroom and acting out. After i was mz"l, i felt amazingly relaxed and went back to the toisafos. Beleive it or not it just became so easy. That's the problem, i'm using m. other things to help me relax instead of using other

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Re: aleh katan

Posted by loi-misyaeish - 27 Dec 2009 11:47

I would really appreciate it, haba. I'll pm my email adress, if you can do it. Thanx momo, it's good to know that we're all so special today! Fast well, gyes!

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Re: Aleh katan

Posted by sci1977 - 27 Dec 2009 21:54

Keep up the good work!!! Stay positive and always know you are in the right hands between GYE and G-d!!

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Re: Aleh katan
Posted by silentbattle - 29 Dec 2009 23:27

Wow...reading through your thread again, you are truly amazing!

I never cease to be amazed and honored by the people that I get to keep company with!

Thank you!

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Kumzitz
Posted by loi-misyaeish - 01 Jan 2010 01:16

3am: waking up. EDITED!

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Re: Aleh katan
Posted by silentbattle - 01 Jan 2010 01:25

Oh, wow...it sounds like you have a bit of a complex family situation, and things have gotten even more interesting with this thrown into them mix!

What made you decide to tell your mother about it?

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Re: Aleh katan

Posted by habaletaheer - 01 Jan 2010 01:31

Dear LoMe,

It mamesh pains me to read of your experience. No one should ever have to go to the airport alone like that, no one should ever have to feel like they are letting down their parents especially when they are fighting so hard to be the type of person their parents want them to be. Trust me, if it were possibly, all of us here on the forum would have loaded up in Bardi truck and would have driven you to the airport, with tupim micholos, tantzing and the good old Woodstein Reserve!

The truth is that in anonymous surveys done by Nefesh the frum mental health organization the percentages of frum people who have fallen to P**n is way over 50%, I've heard some studies that put it in the 80-90% range!

BUT how many of them are here in the trenches fighting valiantly? LoMe, you are not a letdown, you are a warrior!! We salute you, and stand behind you!

Keep on Trukkin!

Haba

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Kumzitz

Posted by loi-misyaeish - 01 Jan 2010 01:59

Guys this has been edited

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Kumzitz

Posted by loi-misyaeish - 01 Jan 2010 02:09

Edited

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Re: Aleh katan

Posted by Eye.nonymous - 01 Jan 2010 07:28

Your story sounds really rough.

Good luck sorting things out!

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Re: aleh katan

Posted by loi-misyaeish - 01 Jan 2010 07:33

Yeah, got myself into a real sticky situation!

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Re: aleh katan

Posted by loi-misyaeish - 01 Jan 2010 08:46

I suppose i will have to "tachzik chazak aleh katan sheli, ki lo tamid hakol bachutz bahir....titchazek ki ani itcha!"

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Re: aleh katan

Posted by imtrying25 - 01 Jan 2010 09:05

[loi-misyaeish wrote on 01 Jan 2010 08:46:](#)

I suppose i will have to "tachzik chazak aleh katan sheli, ki lo tamid hakol bachutz bahir....titchazek ki ani itcha!"

Heck i was just singing that song to myself

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Re: Aleh katan

Posted by habaletaher - 01 Jan 2010 11:24

I don't even know that song, but when I read your courageous story, I wanna sing it anyway (I often do that, sing songs I don't know, my kids don't seem to mind....)

LoMe, you are a king amongst men. Your brother, while being well meaning perhaps, is being terrible. For him to tell you that you're causing your father to not learn well is simply **WRONG** from every perspective. They almost make it sound like you're enjoying this stuff, which your clearly not. They made some big mistakes while raising you, which put you in a world of pain, and now it is time for the family as a whole to heal together instead of pointing fingers....

Just know that waves of unconditional loves radiate from this site to you, our dear LoMe, and thanks for being so strong despite being depressed yesterday, you are a hug chizzuk to all of us!!!

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Re: Aleh katan

Posted by silentbattle - 01 Jan 2010 14:12

If the family can heal together, that's great!

But sometimes, part of healing is realizing that your family is **NOT** going to change, and

accepting that. Accepting their issues, and the unhealthy things that they do.

In fact, I think you need to separate yourself emotionally from your family a bit, and feel ready able to do your own thing, to grow.

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