

In need of serious help!!!!!!

Posted by sonofhades96 - 27 Oct 2011 01:37

I Just got k9 filter on my computer but now I keep doing zera lebatata without porn. I need a sefer that will help me stop doing zera lebatata

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Re: In need of serious help!!!!!!

Posted by Gevura Shebyesod - 27 Oct 2011 02:49

Any sefer will do. Just learn.

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Re: In need of serious help!!!!!!

Posted by wishing for the real me - 27 Oct 2011 04:03

And every day that you want to waste, that you want to waste, you can

And every day that you want to wake up, that you want to wake, you can

And every day that you want to change, that you want to change, **yeah**

I'll help you see it through..... helping sonofhades96 proves this.

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Re: In need of serious help!!!!!!

Posted by 5shekvow - 27 Oct 2011 06:08

hashem is with you!

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Re: In need of serious help!!!!!!

Posted by wishing for the real me - 27 Oct 2011 16:01

you bet he is

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Re: In need of serious help!!!!!!
Posted by StrugglingGuy - 27 Oct 2011 17:16

keep urself busy at nights- get a book, magazine, sefer, anything to distract u

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Re: In need of serious help!!!!!!
Posted by gibbor120 - 27 Oct 2011 17:21

[sonofhades96 wrote on 27 Oct 2011 01:37:](#)

I need a sefer that will help me stop doing zera lebatata

I'm sorry to say that a sefer will not help you. Only YOU can help you. Use friends, therapy, excercise... I'm sure there are a lot more ideas, but seforim haven't worked too well for most/all of us. They are not your savior. They can be *part* of healthy living, but not **THE** answer.

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Re: In need of serious help!!!!!!
Posted by raz - 27 Oct 2011 20:00

I'm sorry to say that a sefer will not help you. Only YOU can help you.

And often YOU cannot help you either, if my experience lately is any proof. I'm finding that in the struggle to break free, I have been the least help to myself of anything.

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Re: In need of serious help!!!!!!
Posted by gibbor120 - 27 Oct 2011 20:17

[raz wrote on 27 Oct 2011 20:00:](#)

I'm sorry to say that a sefer will not help you. Only YOU can help you.

And often YOU cannot help you either, if my experience lately is any proof. I'm finding that in the struggle to break free, I have been the least help to myself of anything.

I don't mean that you ALONE can help you. I know that I can not get anywhere without help from friends I have made here and my wife. All the motivation in the world is useless without the right tools, and all the tools are useless without the motivation. YOU have to be motivated AND use the right tools. I think a lot of us were very motivated to change, but clueless as to HOW. This site will help you find your way to recovery. I wish you much hatzlacha. You should finally be able to find the right tools.

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Re: In need of serious help!!!!!!
Posted by wishing for the real me - 27 Oct 2011 20:23

You need to get other things to do to get your mind off of it. A sefer may help for the moment but there are other steps to take also. Like joining one of the conference calls in the evening.
guardyoureyes.com/live/tools/calls

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Re: In need of serious help!!!!!!
Posted by ToAdd - 28 Oct 2011 07:56

This will take some time, the memories of what you've seen are still fresh in your mind.

Start off by congratulating yourself for taking the first steps - well done!

Then find something else to replace it - a book or something may help but the less you think about it the better. Fighting it also requires thinking about out, so if you find yourself lying there thinking "I must not..." rather get up and do something else that will get your mind onto a different topic.

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Re: In need of serious help!!!!!!
Posted by Raymon - 01 Nov 2011 01:58

I really feel you, it's hell out there, just make sure to give the password to someone else.

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Re: In need of serious help!!!!!!

Posted by alexeliezer - 01 Nov 2011 17:55

The key is to intercept lustful thoughts, including thoughts of MZL, early. Don't give them a seat in your brain. Keep away from movies and TV, and guard your eyes on the street, in mainstream newspapers and mags, and on "clean" sites on the web. Put your hand over any pictures of females immediately, before you look at them.

That's your hishtadlus. Turn the rest over to Hashem. Try this tefila:

"Ribbono Shel Olam, I am powerless over lust and my life has become unmanageable.

Only You can restore me to sanity.

I turn my life and my lust over to Your care and ask You to please heal me from this illness of lust. I don't want to lust, I only want You and a relationship with You and Your Torah.

Take it one test at a time. One right decision at a time.

Keep at it. If you are persistent, and honestly want to give up lust, it will happen for you.

Hatzlacha,

Alex

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Re: In need of serious help!!!!!!

Posted by ontheedgeman - 02 Nov 2011 02:30

It's all a gift. You have urges and obsessions, you can't run or hide from them. But channel them, use those urges to cleave to haKBH. If you are lusting after that feeling, it's there for a reason.

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