

getting ready for yeshiva

Posted by yoni - 05 Jan 2012 10:08

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hey all, haven't posted in a while, but i'm really struggling tonight so thought i'd say hello.

i just got accepted into a yeshiva program in israel, and i'll be leaving in about two weeks. i'll be in yeshiva for about a year.

the thing is, since i first realized that masturbation was a problem in judaism, and since i first started to take steps to control this problem,

i've been telling myself that yeshiva will be the solution. especially now that i'm spending time reading gye stuff, i know it's not.

i know that when i get to yeshiva, i may experience a week or two free from any of the desires i have now, but that after a while it's going to

be the same as now. i'm just not really sure what to do. advice? (other than the "take it one day at a time" line, which i'm REALLY sick of hearing) thanks!

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Re: getting ready for yeshiva

Posted by chaimyakov - 05 Jan 2012 16:30

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Sounds familiar to me, except i never heard of GYE back when(pre-internet days). My problems with p & m began around age 13-14 and continue to this day. We married when i was 27 and we spent shana rishona in Yerushalayim at yeshiva/seminary (both bts). For me it was the best year so far in regards to being free from p & m BUT even with a new wife, yeshiva all day and surrounded with the kedusha of ir hakodesh i fell repeatedly. imho you need a support network. Many on these boards live in Israel and Yerushalayim specifically. PM Guard for help in connecting with these folks before you leave and contact them now. Set up your support group now so when you hit the ground you will have it in place. If you wait until you are struggling there to do so....who knows..

Hatzlacha in all things GOOD.

chaimyakov

ps i envy your opportunities.

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Re: getting ready for yeshiva

Posted by alexeliezer - 05 Jan 2012 17:24

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Yoni, that's great news! I hear there are lots of Jews in Israel ;D

To avoid masturbation, you need to avoid lust. If you're not looking at women, and not fantasizing, it's going to be a lot easier. It's also easier if you're very busy, and not hanging around in your room with nothing to do.

Hatzlocha in yeshiva!

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Re: getting ready for yeshiva

Posted by yoni - 06 Jan 2012 01:51

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[chaimyakov wrote on 05 Jan 2012 16:30:](#)

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not totally sure what you mean? are you suggesting something different from just posting on the forums?

thanks.

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Re: getting ready for yeshiva

Posted by chaimyakov - 06 Jan 2012 17:14

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Absolutely. You can meet live and in person with people who are going through the same challenges as you. You can get their numbers if you don't want to meet with them and call them. We all need help from others or we wouldn't be here. i have posted on this very forum and sat around twiddling my thumbs waiting for a response, this is not an emergency call center. Frankly, it is better to be prepared to deal with an emergency yourself(with others standing by) than having to wait for the 911 call to be answered. If you have someone to call or you can meet with them periodically your struggle will change in nature and you will find strength from them. In the event of an emergency, call.

Wishing you much Hatzlacha in all things GOOD.

chaimyakov

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