

Yeshiva Bochur needs chizuk and help
Posted by abieham - 29 Mar 2015 15:48

Hi guys i haven't been on here for a while i was searching for a thread that matched me but i couldn't find one and fell instead so i decided to start it and help myself and others.

I am 18 years old and a serious bochur from a non yeshivish background but i guess i embraced the yeshivish lifestyle while i was in israel. I went in elul 5774 and was clean a month before that and B"H i was clean from then until this pesach bein hazmanim 5775. It is so sad coming home wanting to grow and be better but i fell back right where i was before. It's not normal i was doing only avodat hashem from 730 in the morning until 2 in the morning. i ate leshem shmayim i slept leshem shamayim and i learnt leshma. i was really happy and accomplished a lot this zman. I didnt have any time for any yetzer hara and therefore i did not safegaurd myself. I came back last week and fell twice already. This was where i was holding before i got to israel i feel that i didnt grow in yiras shamayim at all. I feel like a loser and when i go back beezrat hashem i m not going to get back in to that routine. I said this to my therapist and he said that i just have to work and remember that i struggled. i told him that this what rabbenu yonah in shaare teshuva stresses that were never fully clean. which truthfully i have trouble understanding. How is it possible that a guy can be cleaned for 20 years and just fall right back in. So basically i wanted to share my story and ask for help. Its sad because in the yeshiva everyone looks up to me as a masmid which i really showed with genuine enjoyment and happiness. i need help please respond.

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Re: Yeshiva Bochur needs chizuk and help
Posted by SmileNow - 12 Apr 2015 13:09

Listen, Hashem loves you even when you're in this rut because he knows you're trying to get out. Read those chizuk emails, and keep trying. You can do it!

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Re: Yeshiva Bochur needs chizuk and help
Posted by cordnoy - 12 Apr 2015 14:17

[abieham wrote:](#)

im sorry to tell everyone i fell motzei shabbos/chag. it started at night and as soon as i woke up i went to my brothers half filtered computer and fell before i did anything. i feel like a real loser

and especially because i feel so regular after. i feel as if i have no remorse. now i have to pray in front of the King by myself and ask for kindness. Do i really deserve it?

Today before i said modeh ani i thought which site can i go on that wouldnt be blocked. i went to the bathroom and didnt say asher yatzar before i got my next fix. And this is the same boy who for 7 months was clean and growing. I feel like a loser. I know that i dont aspire to be like this but what am i doing to stop. i didnt read anything GYE for a while. im bringing myself down because i ignored this disease. thats the thing with this addiction. it doesnt go away by itself you have to go to a "doctor." I guess the reason i forget that detail is because its only in the mind and not the body. so guys im posting now. i need help. please give me some hizuk.i want to be better i want to live a normal life.

ill fill you in on a little secret; for some of us, the disease is in the mind AND in the body.

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Re: Yeshiva Bochur needs chizuk and help
Posted by newaction - 12 Apr 2015 20:17

[abieham wrote:](#)

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If it is a disease that you have and it is showing its symptoms and you "had a fall". It is either that you forgot to take your antibiotics or you took the wrong dose or it is another medicine that you need to take. you have enough in your hands with this sickness , i dont see why you have

to berate yourself for that. Just TAKE CARE OF YOURSELF. Hatzlacha .

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Re: Yeshiva Bochur needs chizuk and help
Posted by abieham - 13 Apr 2015 18:32

guys i fell again. i dont know what to do. i feel numb and nonchalant of what happened, what does that mean. im trying to not get down on myself but i feel bad. what does this mean?:

"If it is a disease that you have and it is showing its symptoms and you "had a fall". It is either that you forgot to take your antibiotics or you took the wrong dose or it is another medicine that you need to take. you have enough in your hands with this sickness , i dont see why you have to berate yourself for that. Just TAKE CARE OF YOURSELF. Hatzlacha .

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Re: Yeshiva Bochur needs chizuk and help
Posted by cordnoy - 13 Apr 2015 18:41

Sorry to hear.

Feelin' down is never good, but let's see how we can get back on da truck.

Have you tried one of the phone conferences?

have you read any of the handbooks on this site?

Have you spoken to anyone about this issue?

b'hatzlachah

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Re: Yeshiva Bochur needs chizuk and help
Posted by abieham - 13 Apr 2015 21:57

i prayed to hashem but honestly i dont know what to say. i said that im sorry and i know that HE knows that i dont want to be this way, and i have a whole different path for my life. i said that i felt compelled to fail, and i was taken over by my addiction. i asked for help.

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Re: Yeshiva Bochur needs chizuk and help
Posted by cordnoy - 13 Apr 2015 22:00

Prayin' is always good, but we need a plan of sorts.

Can I assume that the answer to all three of my questions was "no"?

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Re: Yeshiva Bochur needs chizuk and help
Posted by newaction - 13 Apr 2015 22:55

[abieham wrote:](#)

guys i fell again. i dont know what to do. i feel numb and nonchalant of what happened, what does that mean. im trying to gnot get down on myself but i feel bad. what does this mean?:

"If it is a disease that you have and it is showing its symptoms and you "had a fall". It is either that you forgot to take your antibiotics or you took the wrong dose or it is another medicine that you need to take. you have enough in your hands with this sickness , i dont see why you have to berate yourself for that. Just TAKE CARE OF YOURSELF. Hatzlacha .

Ok what it means is that our addiction is a type of disease. So dont go down on yourself as you said. If you fell it means that there are some steps that you have to take and you havent yet done that. As Cordnoy says what is your plan of action ? And what tools are working\ not working for you . You are powerless over your falls but you are definitely not action-less. There is a plenty for you to do to help yourself. Start from somewhere , reading the gye handbook and move upwards in your journey to recovery. Hatzlacha !

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Re: Yeshiva Bochur needs chizuk and help
Posted by abieham - 19 Apr 2015 23:18

ok guys im getting ready to leave for the airport, pray i get there safely and return safely and am able to watch myself from falling. i took the gye handbook with me and plan on reading it. i need your help.

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Re: Yeshiva Bochur needs chizuk and help
Posted by yiraishamaim - 20 Apr 2015 02:43

Good Move - Read the handbook.

Of course acting out in this filthy,self-destructive way is the worst.

Know that as bad as it is and as hopeless as it appears there is real hope to live a healthy productive life without acting out.

Countless others have achieved this. However, you must really WANT TO CHANGE BADLY.

Stay connected, listen to the advice here and before you know it you will be welcoming others and giving them words of support.

Keep Shtark!

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Re: Yeshiva Bochur needs chizuk and help
Posted by abieham - 03 Aug 2015 19:30

Hi everyone i had a great zman bh. but i again had a bad ben hazmanim. i feel already twice

since im home only a week. It feels so bad. I dont know what to do. i pray to hashem to save me. The weird part is is that in the streets bh i am so careful with watching my eyes, but when im home i cant stay away from the hirhurim and i fall. I need some advice please.

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Re: Yeshiva Bochur needs chizuk and help
Posted by newaction - 03 Aug 2015 20:10

How to entertain a thought ? That's where surrender comes in.

These thoughts are precious to us. They are our precious drug--lust.

But we can surrender the thoughts and accompanying lust to Hashem.

How ? By saying it :

Ribono 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. Take my lust.

I don't want to lust.

I only want You and a relationship with You, Your Torah, and an appropriate , loving,
giving relationship with my eishes chayil.

Please take my lust.

Thought came back ? Say it again and again. Mean it.

Thanks AlexEliezer i printed this and started saying it. It's very helpful for me.

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Re: Yeshiva Bochur needs chizuk and help

Posted by abieham - 21 Apr 2016 19:03

the problem is that i dont think before i act on my impulse for lust. what can i do about that.

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Re: Yeshiva Bochur needs chizuk and help

Posted by markz - 21 Apr 2016 19:10

[abieham wrote on 21 Apr 2016 19:03:](#)

the problem is that i dont think before i act on my impulse for lust. what can i do about that.

Welcome back Abie, and it's good you jumped on without sinking further

Would you please tell me what you think about [this "Lust chizuk"](#) post, is it relevant to your situation?

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