

HELP! Drowning and helpless

Posted by TheSicarioWarrior - 29 Mar 2020 07:13

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Please somebody help. I am helpless against what is going on right now. With being stuck at home, I now have access (unknown to my parents) to unfiltered internet literally at my fingertips (I know the codes to my parents' iPad/iPhone). I have no trouble during the day, but come nighttime, I fall. I stay up late watching the filth night after night. I previously was doing much better overall, but this is absolutely killing me. Please help.

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Re: HELP! Drowning and helpless

Posted by sleepy - 29 Mar 2020 07:25

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im sorry for what you are going through. Please Daven to Hashem for an idea how you can stay clean(and to keep you clean) , Hashem has great ideas even though we cant imagine how we will get out of this.its very brave of you to reach out and post !wishing you hatzlacha!

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Re: HELP! Drowning and helpless

Posted by DavidT - 29 Mar 2020 19:19

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[TheSicarioWarrior wrote on 29 Mar 2020 07:13:](#)

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This struggle is very normal, and everybody deals with it on some level or another. Having a desire for this doesn't mean that there is anything negative about a person. We say twice daily in *Shema*, "do not explore inappropriate sights, after which you stray". The *passuk* is addressing every person in every generation. Even *chashuve* people and those who lived centuries ago had to deal with this issue. Likewise, when talking about this desire, *Chazal* tell us that a person's *nefesh* craves it. *Chazal* aren't referring specifically to bad people; they are

addressing every single person. Do not condemn himself as being no good when you encounters a *nisayon*.

A good area that can positively impact this struggle is developing one's overall self-control, without specifically targeting this issue. The reason for this is because when a person acts out, his fundamental problem is that he is lacking in his ability to withstand an urge; therefore, when he is faced with a difficult *nisayon*, he falls apart. By giving in to every *ta'avah* he has, a person allows the *yetzer hora* to gain a hold over him. The person must therefore back-track and work on becoming a more disciplined person in general, someone who doesn't always have to give in to every *ta'avah* that he has. Even if the *nisayon* of *kedushah* is too hard for him to withstand at this point, nonetheless, by working on his general self-control, he will be developing his ability to say "No", and eventually, *kedushah*-related *nisyonos* will also become easier to resist.

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Re: HELP! Drowning and helpless

Posted by iwillnevergiveup - 01 Apr 2020 05:43

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You did in the past you know it's possible.

private chat me.

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Re: HELP! Drowning and helpless

Posted by ColinColin - 03 Apr 2020 03:34

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Try to keep regular 9-5 hours.

Waking at 6.30 or 7 , lunch at 1, dinner at 7.30, bed around 10.30/11 etc.

If you cannot, then stay up late and learn Torah, read Chassidic stories, Jewish History, learn Mussar etc.

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Re: HELP! Drowning and helpless

Posted by DavidT - 03 Apr 2020 14:57

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We posted some good things to help us keep busy in these trying times...

<https://guardyoureyes.com/forum/15-The-Torah-amp-Chizuk-Approach/348024-Ideas-to-combat-boredom-and-keep-strong>

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