I don’t get it
Posted by Taharat Yisrael - 31 Jul 2020 04:13

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I’ve been struggling with Zerah levatala for years with very limited infrequent access to porn. Now I have very very strong taavos just a few days in- sometimes with no real triggers. I always try to occupy myself or to distract myself. I know the ???? Of ??????? ???? ?????. I have a very strong filter and I still want to masturbate ???. I don’t really know what to do so I can work up to two weeks even.

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Re: I don’t get it
Posted by Taharat Yisrael - 02 Aug 2020 12:08

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Warning: Spoiler!

Do you know if it’s ????? ???? I’ve heard that it is just don’t know the ??????

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Re: I don’t get it
Posted by Grant400 - 02 Aug 2020 12:46

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Taharat Yisrael wrote on 02 Aug 2020 12:08**:**

Warning: Spoiler!

Do you know if it’s ????? ???? I’ve heard that it is just don’t know the ??????

You mean to ask if masturbation is chilul shabbos?

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Re: I don’t get it
Posted by Hashem Help Me - 02 Aug 2020 22:26

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You have a great attitude about getting up and moving on. With that mehalech you will iyh break free. It is also advisable that you continue separating pornography and masturbation. Even if you struggle a bit more with masturbation but are keeping your eyes and mind clean, it is an awesome accomplishment. Pornography is terribly destructive - it totally corrupts our thinking about women, with many serious side effects.....

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Re: I don’t get it
Posted by ColinColin - 04 Aug 2020 01:29

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@Taharat Yisrael

Try **HALT**

If you feel any of these feelings, or any combination of them, then stop immediately and gather your thoughts.

They put you at risk of falling.

Hunger

Anger (resentment/jealousy)

Lonely

Tired

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Re: I don’t get it
Posted by YeshivaGuy - 04 Aug 2020 05:15

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I think I’ve seen from the zohar that somehow it’s hotzaa because it’s bringing the zera from ones reshus hayachid to the reshus harabim...

but I doubt it’s lhalacha, one won’t get skila for it etc...

anyway, Hatzlocha!!

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Re: I don’t get it
Posted by Taharat Yisrael - 04 Aug 2020 08:54

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Thanks a lot. Is this true for everyone? The hunger one is a bit of a surprise

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Re: I don’t get it
Posted by wilnevergiveup - 04 Aug 2020 12:14

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It's anything that causes you stress. it varies between different people but generally those four top the list for most people.

About chilul Shabbos, no, its not chillul shabbos. *Al pi sod* maybe, but it's a lot of other things *al pi sod* too. Don't get too hung up about it, try to focus on what is real to you and what matters in your day to day life.

Hatzhlachah!

Wilnevergiveup

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Re: I don’t get it
Posted by Taharat Yisrael - 07 Aug 2020 03:25

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Hey guys! In the need of real chizuk! Ive made it to day 6 again but I woke up early with a lot of Taayva! I want to go back to sleep as I got to sleep very late(I came back from an army base very far away). I feel like I can’t do that with being ?????. Once I make it this far I gets really hard!!!

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Re: I don’t get it
Posted by Taharat Yisrael - 07 Aug 2020 03:34

Baruch HaShem, I was distract myself with a funny WhatsApp status I saw. These things work!

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Re: I don’t get it
Posted by Grant400 - 07 Aug 2020 04:41

Remind yourself of the reasons you want to be clean, how it feels to be clean and how it feels 10 seconds after a fall. Hang in there!

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Re: I don’t get it
Posted by Dave M - 07 Aug 2020 13:16

Taharat Yisrael wrote on 07 Aug 2020 03:25**:**

Hey guys! In the need of real chizuk! Ive made it to day 6 again but I woke up early with a lot of Taayva! I want to go back to sleep as I got to sleep very late(I came back from an army base very far away). I feel like I can’t do that with being ?????. Once I make it this far I gets really hard!!!

This is very normal. The urges come and go. The key is to remove yourself from that situation, such as taking a walk, distracting yourself, etc. The urge will pass. Keep on posting!

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Re: I don’t get it
Posted by Taharat Yisrael - 11 Aug 2020 09:27

Hey guys! I fell over Shabbat on day 7 but on a positive note the fall was much more brief this time. As last week I fell again twice consecutively that same night. I’m on day 3 now and going

strong. BH keeping busy as much as I can, especially with the army(couldn’t do anything for a little while but now I’m coming back). Also going to be renting an apartment with a friend, staying productive. Wish me luck guys!

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Re: I don’t get it
Posted by Taharat Yisrael - 11 Aug 2020 09:28
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Actually, it’s day 4!

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Re: I don’t get it
Posted by Taharat Yisrael - 11 Aug 2020 09:32
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In a few hours

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Re: I don’t get it
Posted by Im Tevakshena Kakasef - 11 Aug 2020 10:55
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Taharat Yisrael wrote on 11 Aug 2020 09:27**:**

Wish me luck guys!

I don't believe in luck. A healthy attitude, (which you have,) along with discipline and siyatta dishmaya will help us beat this.

Good to see you keeping busy. That's the best way to stay clean, just to live your life without focusing on the lust, rather than fighting it all the time. But when it comes, fight we must.

Is there a specific reason your falls tend to happen on Shabbos? i.e. do you have more time on Shabbos? Are you more bored? Or is it simply the urges are strongest after a week?

Much Hatzlocha. We're rooting for you.

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