

I don't get it

Posted by Taharat Yisrael - 31 Jul 2020 04:13

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 - 18 Aug 2020 08:24

Thanks ?? ??????!

yes. I don't even have a ??? ?????? to beat myself up about a wet dream- even though I came very close to falling leading up to it i still view it as a tremendous victory that I didn't actively fall all this time. I'm on day 10- a level I hadn't reached in a looong time!

about sleep, I had a night shift in the army and I always find it hard to sleep during the day so constant exhaustion was the result.

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Re: I don't get it

Posted by wilnevergiveup - 18 Aug 2020 10:44

[Taharat Yisrael wrote on 18 Aug 2020 08:24:](#)

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about sleep, I had a night shift in the army and I always find it hard to sleep during the day so constant exhaustion was the result.

Good stuff!

Keep it up, you are a tremendous chizuk to all of us!

Btw what kind of stuff do you do in the army?

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Re: I don't get it

Posted by Taharat Yisrael - 11 Sep 2020 09:42

So, I'm officially a war room operator for the fire support branch of the army under the artillery brigade. I coordinate between units and levels of command as well as keep track of inventory. I'm stationed on the border of Lebanon. Unfortunately, since I still didn't go through a security clearance and there's tension on the border, for the last few weeks I wasn't able to serve in my regular position. Rather they have me in a warehouse of another base to pack supplies for the troops in the field. On the one hand there aren't any minyanim, on the other hand there's time to learn. Quite frustrating though.

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Re: I don't get it

Posted by wilnevergiveup - 11 Sep 2020 10:57

Sounds cool. Nice to hear from you, we would love to hear more.

Gut Shabbos!

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Re: I don't get it

Posted by Taharat Yisrael - 14 Sep 2020 11:45

Fell yesterday morning after a tough fight on Shabbat. I'll do my best to be clean through ???
?????. I just need to get enough sleep so I'm not too tired and can get up out of bed immediately
even if have urges

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Re: I don't get it

Posted by Dave M - 17 Sep 2020 19:18

[Taharat Yisrael wrote on 11 Sep 2020 09:42:](#)

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troops in the field. On the one hand there aren't any minyanim, on the other hand there's time
to learn. Quite frustrating though.

Firstly, thank you so much for your service and taking part in protecting klal yisroel on the
physical front. Secondly, it is so impressive reading through your thread and seeing how growth
oriented you are. So, you are taking part in protecting klal yisroel with your spiritual growth as
well!

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Re: I don't get it

Posted by YeshivaGuy - 08 Oct 2020 20:36

@TaharatYisrael, hows it going?

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Re: I don't get it

Posted by YeshivaGuy - 15 Feb 2021 06:58

Soooo?? Hows it goin? Don't be shy!

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