

Not sure what to do

Posted by ShvisiHashem - 19 Nov 2021 20:39

I am in a very good yeshiva and am honestly one of the top guys in the yeshiva. My problem is with masturbation... bh i have a filter on my laptop which i dont know how to get around, however, i can still access innapropriate pictures which lead me to ultimately masturbate... this issue really comes up when im alone in my room.... What should i do????

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Re: Not sure what to do

Posted by wilnevergiveup - 20 Nov 2021 17:34

First of all welcome!

Coming and posting is a great first step. I think that I am currently in a similar boat as far as primarily struggling with masturbation. It's a big challenge as it's much harder to put a filter on our bodies.

Just curious, have you struggled in the past with porn or the like?

also, it might be worth it to have images filtered on your computer (perhaps with certain websites with open images if you choose) but wherever those pictures are, there is possibly a way to have them filtered.

Just one point which I found really helpful in my journey is to try to figure out why you really want to stop. Why we do it I think we pretty much know, cuz it feels good (or numbs pain, boredom, etc.) but it's hard to fight for something when we don't really know what it is.

I think that the next steps are to make a goal and to work on some techniques for dealing with urges. You can check out the [GYE handbook](#) for more info.

Hatzlachah!

Wilnevergiveup

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Re: Not sure what to do

Posted by EvedHashem1836 - 20 Nov 2021 18:28

Maybe try to minimize the time your on your laptop - do you really need it? Maybe u can get rid of it and borrow from a friend if its absolutely necessary which would also provide extra deterrent to look at content which he might be able to find.

Also maybe make a rule that u will never be on the laptop where no one can see (like when the screen is facing the wall), rather face the wall and have the screen facing the entrance

Side point you still probably as much as possible have to deal with the root of the problem - if you really want to find content you probably can regardless of computer no computer etc.

So in that regard maybe try to really fill your day up so you don't have time for images. Ideally learn torah (and if u can't pop open a sefer maybe listen to a shiur) but if u can't then maybe busy yourself with a kosher hobby

Boredom is a very easy way to act out so do everything you can to avoid that trigger

my email is evedhashem1836@gmail.com if u ever want to schmooze im also a "top guy in a good yeshiva"

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Re: Not sure what to do

Posted by Captain - 21 Nov 2021 14:24

Hi please check out these great free resources:

ebook- The Battle of the Generation

Audio series- The Fight

see below in my signature for the links

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Re: Not sure what to do

Posted by DavidT - 21 Nov 2021 18:35

[ShvisiHashem wrote on 19 Nov 2021 20:39:](#)

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Welcome!

Maybe try a filer that detects human images and blocks them out

(like this one www.gentechsolution.com/wiki/how-it-works/)

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Re: Not sure what to do

Posted by Hashem Help Me - 21 Nov 2021 20:44

Welcome. Please realize that there are many top guys struggling with this and you are not a rasha or a loser. There is never a need to masturbate, it just feels like there is a need. As soon as you accept that as fact, iyh you will be able to start the process to break free. As mentioned by others get rid of dangerous access. Why do you need Internet in the first place?

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