

Am I fighting my Yetzer Hara

Posted by Yissie - 17 May 2022 20:50

I am new to GYE, and I do not know things that may be basic to people who have spent more time here. I can struggle for a long period of time, trying to hold myself back, whether from pornography or masturbating, but I feel that in the back of my mind, I want to lose. After I fall, I generally feel bad. But right now, I half feel that I want to lose the fight- to get that moment of pleasure. Do others also have this issue, and any suggestions?

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Re: Am I fighting my Yetzer Hara

Posted by Vehkam - 17 May 2022 22:11

Very common. The voice in the back of your head is not you. It's your yetzer hara. Try to think of it as a separate person.

I've davened shemona esrai on yomtov kippur with that voice telling me "why bother you know you are going to fall again etc...."

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Re: Am I fighting my Yetzer Hara

Posted by Captain - 17 May 2022 23:29

Welcome!

Please check these out:

ebook- The Battle of the Generation

Audio series- The Fight

They discuss this. (They are free.)

See below in my signature for the links.

?Hatzlocha!

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Re: Am I fighting my Yetzer Hara
Posted by sleepy - 19 May 2022 06:23

[Yissie wrote on 17 May 2022 20:50:](#)

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very common, dont let that thought bother you but keep on going ,itll change with time eventually and youll feel happy you are clean and free and not stuck in the mud .hatzlacha!

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Re: Am I fighting my Yetzer Hara
Posted by AhavasEisan - 12 Jun 2022 05:51

It's possible, and correct me if I'm wrong, that you look at it as "I'm holding myself back", kind of like a rubber band. You hold it back, and hold it back, until you can't hold it back anymore and it flies forward again. The whole time is a struggle.

If you relate to porn and masturbation as a "forbidden pleasure" that you know all too well but now you are "holding back", it probably won't last long. If you distance yourself from it, fool yourself into thinking you don't know what it is it might be easier.

That's what worked for me at least, I'm sorry I'm shoving this idea in everyones face I just feel it's really helpful and I never heard anything like it before lol. I put the full thing in my signature if you wanna check it out.

Also, it's SO SO worth the pleasure you get from NOT doing the aveira. I'm telling you, try not masturbating for two or three weeks you will feel like you are in paradise. Dead serious.

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