

Does Every Man Struggle These battles?

Posted by aaabbb - 13 Jul 2023 01:39

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Does every man have these tests of "Kedusha" and Fall with P & M ? Or its only us here? Does anyone know the percentage of ppl that have these falls?

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Re: Does Every Man Struggle These battles?

Posted by Markz - 13 Jul 2023 03:02

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[aaabbb wrote on 13 Jul 2023 01:39:](#)

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It's an old machlokes acharonim

[cordnoy wrote on 02 Feb 2020 05:25:](#)

[Hashem Help Me wrote on 31 Jan 2020 12:34:](#)

The advice to be anonymous is sound advice when being in touch via chat, forum etc. One never knows who they are conversing with. Unfortunately there is always a small minority of people who misuse public forums, and one must protect themselves from that. However, it is logical that the more open and up front we are with this issue, and the more accountable we are to real people, the better our chances b'ezer Hashem to break free. What I have done to protect myself is to create a google voice number to allow for safe voice connection with people. Once I ascertain to the best of my ability that I am speaking with a sensible, responsible, and sincere person, I give out my direct phone number to enable better communication. (Yes, there are one or two individuals that our relationship is still at the google voice level due to not being fully comfortable going further). The next step is meeting. This happens after having spoken by phone many times, when both of us are comfortable doing that. Boruch Hashem I have met many wonderful people after cautiously going through those steps. Bli ayin hora I have no regrets for doing so. There is a mutual understanding that it is in both of our interests to be confidential.

It is long overdue to be open about this plague. Statistics show that majority of teenagers and married yidden are struggling. The past hanhaga of not speaking about it is comparable to burying our heads deep in the sand, causing serious kedusha problems, anxiety/depression challenges - some to dangerous even suicidal levels, and shalom bayis disasters to develop. Recently however, Boruch Hashem, and probably thanks in great part to GYE, people are more open about this. Rebbeim in yeshivas are speaking more about it, and bochurim are seizing the opportunity to cry out for help. Unfortunately there is still a sizeable majority suffering needlessly in silence..... Similarly, many husbands are more open with their wives about the struggles they have at work, on the street, and online. Due to high school/seminary mechanchos and kallah teachers mentioning the issue, husband's are not embarrassed to ask their wives to keep the filter passcode. There may still be a long way to go, but there is a path beginning.

I wish I could speak publicly about my own history, struggles, and BH success. So many broken depressed guys could be inspired to be helped. Until the time when doing so won't ruin my kids shidduchim, I, and other fellows here will iyh just have to continue reaching out to one guy at a time and hold their hands.

I agree with everythin' except the statistics part.

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Re: Does Every Man Struggle These battles?

Posted by Captain - 14 Jul 2023 21:33

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The following is an email I received from GYE on September 18 2020:

Change is hard.

Countless Jews are looking for an exit strategy from inappropriate online content -- but realize that they are trapped.

The allure and vividness of adult content and the instant access can overwhelm the brain's

decision-making process, and often, even very ehrliche people get hooked. To compound the challenge, they have no one to talk to about it, they are too ashamed.

In the past few years the scale of the problem has become massive, and Covid-19-related stress and free time has exacerbated the problem like never before.

A recent study by Dr. Rosemarin & Pirutinsky has surveyed a sample group of people from various Orthodox communities. The results were shocking. 58% of single males and 51% of married males admitted that they view inappropriate online content at least once a month. And that's before Covid-19...

It would be no exaggeration to say that the nisyonos regarding kedushah during 2020 have reached a level unprecedented in the history of Klal Yisrael!

The remedy the Ribono Shel Olam has given our generation is GuardYourEyes (GYE), an incredible organization which I've had the privilege to be involved in for over a decade.

GYE gives people hope, support, and guidance, and has helped tens of thousands break free. But this is just the tip of the iceberg. There are hundreds of thousands still trapped.

With your help I am confident GYE can reach and help 20,000 new members THIS YEAR!

Please contribute today.

May you be inscribed in the book of life - ?????? ?????? ?????!

Rabbi Abraham J. Twerski

This message was sent to you as a supporter of GuardYourEyes on behalf of Rabbi Twerski.

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Re: Does Every Man Struggle These battles?  
Posted by bright - 14 Jul 2023 23:15

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I agree with everythin' except the statistics part.

What are your statistics at?

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Re: Does Every Man Struggle These battles?  
Posted by bright - 14 Jul 2023 23:20

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[aaabbb wrote on 13 Jul 2023 01:39:](#)

Does every man have these tests of "Kedusha" and Fall with P & M ? Or its only us here? Does anyone know the percentage of ppl that have these falls?

I am curious as to why this is important to you. What is abundantly clear from any stat and from basic logic is that you are not "crazy" or "bad" for having these struggles. If 75% struggle, will that make you feel better than if the answer was 15%?

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