

24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?

Posted by help613 - 30 Dec 2009 17:58

Hello every1

a friend of mine suggested me to look at this site and i think i have just found a gold pit !!!

I dont feel comfi opening up about all my probs and storys at the mom. but would like to share certain probs.

i HAVE, HAD, and will be going through. I know there are other ppl who do really bad things bc life these days

is hard to go through without these struggles...but for some reason i dont believe any1 has fallen as low as i

have a managed to hide it this well which causes no1 to think there is a prob with me and not offering any help. I am a 19 year old yeshiva Bochur learning in Jerushalim, if you see me you will think im this happy, aidel,

cute and really frum bochur that maybe has a hard time to sit down and learn but for sure has no other major issues. Basically i have been oyver and most issurim relating areyes... It makes me sick and daven really hard that H' should help me out of it, i have been through things that even in the none jewish world is a no no...it started when i was 14 and i tried for 5 years and just keep falling back down and always deeper and it always causes more probs and im just building up a load on top of me that i think one day it will just crash and i will be forced to give up not to embarres my fam. or just not maybe to cause other ppl

doing this sort of stuf... Its very hard to explain details there are things i would never want any1 to fiend out and thats y i cant speak to any1 about it. I would be so happy if som1 on this amazing website would take the time and try and save a fellow jew from giving up bc the things going on at the mom are really towards the top of an ice berg and a battle that i can no more fight on my own...

thanks so much for reading and i really hope on hearing from som1 really soon

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?

Posted by Kollel Guy - 31 Dec 2009 23:37

Yes to be more elaborative (I don't know if that word exists), every person addict or not, must keep himself out of situations of trouble.

Yichud is just as relevant for the Gadol Hador as it is for a sick perv.

Yes, there are certain situations in which chazal were more lenient regarding the dangers of ones potential desires.

But "Pas b'salo" has very specific uses, in very specific cases, and is not in any way a green light to let all guards down.

And it is obvious that if one sees himself as capable of being in danger, he is forbidden to allow that situation to arise in the 1st place.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by silentbattle - 01 Jan 2010 01:59

If I may say, I think it's more than that, too.

As most of us here already know, connected to all of our issues are usually OTHER emotional issues, just as far as how emotionally healthy you are. And those issue will interfere with building a healthy family, and a healthy relationship with your wife.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by imtrying25 - 01 Jan 2010 07:35

[silentbattle wrote on 01 Jan 2010 01:59:](#)

If I may say, I think it's more than that, too.

As most of us here already know, connected to all of our issues are usually OTHER emotional issues, just as far as how emotionally healthy you are. And those issue will interfere with building a healthy family, and a healthy relationship with your wife.

I think SB ive gotta reprot to moderator for now on, on your posts. THEY MAKE WAY TOO MUCH SENSE!! Im getting headaches from reading all your sensible posts. Oh well i guess we need some sense here on the forum. :-\

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by jerusalemsexaddict - 01 Jan 2010 10:06

feel free to email me or pm me and we can exchange numbers if ud like.

i would like to speak with you.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by habaletaher - 01 Jan 2010 11:44

[help613 wrote on 31 Dec 2009 23:11:](#)

regarding the marriage part...i think to myself often if i cant hold myself back now who says that in 5 years from now whilest on a business trip to hong kong in the hotel lobby late at night after a hard days work there is this really nice young woman sitting next to me...ve hamaivin yovin... but isnt it easier once you know that a few days maybe weeks later youl come home and have a wife waiting for u...its just a countdown

rather now its just "BUM" whenever!!!! is this a fair argument ?

a gut shabbos

Let me tell you this much, I've been in almost exactly the situation you described mamesh... and I'm a happily married man, and it was still a huge huge struggle, not any easier just because I was married. Marriage is not what's gonna keep you clean, you are what's gonna keep you clean and you need to develop the "you" before you try to become a we!

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by the.guard - 01 Jan 2010 12:22

You will learn a whole new way of thinking in SA and with a good therapist like Rav Shlachter... You have a lot to learn. Open your heart and your mind and stick with us. You will go far.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by imtrying25 - 01 Jan 2010 12:27

help613. We are all here for you. Lets take one step at a time. First things first. Then well move from there. Have a great shabbos.

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by Kollel Guy - 01 Jan 2010 12:30

The teshuvah issue has been quite a topic of discussion, on quite a few threads.

It seems that there are two basic opinions here.

1)The whole process of recovery should be done in a spirit of teshuvah, one should realize that he has free will at all times, and each fall was a lack of yiras shomayim which he needs to correct, his addiction will ultimately only be cured with true sincere teshuvah. He needs to constantly make sure to learn things which have divrei hisorerus to give him koach for his struggle, and remove those things from his life which cause his yiras shomayim level to drop.

This doesn't mean that he's not an addict. Quite the opposite. He is very much an addict and is

sick, and needs a real organized system of recovery. It's just that his system will be a **very** structured way of ensuring that he keeps all gedolim, and keeps his teshuvah mindset with him at all times, and should INCLUDE the 12 steps - as a mehalech to properly do teshuvah.

2) Leave teshuvah out of this, right now you should only be concerned with getting yourself to the point where azivas hachet is a possibility, and when you are cured of your disease, and can think straight, THEN you do the teshuvah part.

Thunderstorms on the forecast.....

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by silentbattle - 01 Jan 2010 13:13

Most sincere apologies, IT25 :D :D ;D ;D- but don't worry, I'm just saving up for all the times when I don't make any sense at all!

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by imtrying25 - 02 Jan 2010 17:04

[silentbattle wrote on 01 Jan 2010 13:13:](#)

Most sincere apologies, IT25 :D :D ;D ;D- but don't worry, I'm just saving up for all the times when I don't make any sense at all!

As a good friend of mine would say.....TOUCHE! :D

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by Kedusha - 04 Jan 2010 19:02

I moved the discussion about full time learning to this link, and renamed it "Hatzlacha in Full Time Learning."

rehab-my-site.com/guardureyes/forum/index.php?topic=1480.msg41330#msg41330

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by silentbattle - 05 Jan 2010 17:23

hey, Reb Help613 - how's everything going?

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by imtrying25 - 05 Jan 2010 20:40

Yes rebbi we havent heard from you in awhile. How you be??

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Re: 24 year old bochur. Is it only me? What is the way out ? How do i make teshuva ?
Posted by silentbattle - 06 Jan 2010 02:02

Glad to hear that you're OK, bro!

Anytime you want to talk - about anything going on in your life - we're here for you.

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