

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ????????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ???????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

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Re: Chizzuk Needed

Posted by Hashem Help Me - 17 Jan 2025 12:39

[cande wrote on 17 Jan 2025 12:24:](#)

[simchastorah wrote on 17 Jan 2025 07:06:](#)

Addressing cande's post I will say that I feel that intimacy for me has improved exponentially and is way more enjoyable when I focus on the primus of the connection. **I'm not sure whether that's something that could be conveyed to non married guys who are excitedly waiting to try out all the lessons they've learnt on the internet**, but the fact is that sex in the dark with a focus on connection is a million times more satisfying.

I actually tell single guys that i speak with that i enjoy sex immensely - it's just NOT the sex they've been brainwashed with online.

and explain them what it is

and no, dont tell them sex is is the **Pitch-black spooky house**.

cande'

The above quote "I actually tell single guys that i speak with that i enjoy sex immensely - it's just NOT the sex they've been brainwashed with online." is something i have shared with many people. Could be that Cande thought of it as well. However i do not see what is wrong with telling them that keeping to halachic standards does not mean prishus, and does not make it unenjoyable. The guys have to realize that they have been brainwashed and conditioned that erotic sex is a fulfilling pleasurable activity **which it most definitely is not** in comparison with the real thing. It's like a guy refusing to give up his Laffy Taffy when offered a mouthwatering steak. They should trust their chosson rebbis, mentors etc, and try to do it the way it is meant to be done, and they will b'ezras Hashem taste an incomparable pleasure - as will their wife. Regarding the actual issue of it being done in the dark and during the night, that is the way it was successfully and enjoyably done for generations. That being said, if these guidelines pose a challenge, there are halachically permitted eitzos that rabbonim give to make the specific couple more comfortable. Every guy should have a family rav who is experienced in these matters to advise him.

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Re: Chizzuk Needed

Posted by cande - 17 Jan 2025 13:48

[simchastorah wrote on 17 Jan 2025 12:36:](#)

[cande wrote on 17 Jan 2025 12:24:](#)

[simchastorah wrote on 17 Jan 2025 07:06:](#)

Addressing cande's post I will say that I feel that intimacy for me has improved exponentially and is way more enjoyable when I focus on the primus of the connection. **I'm not sure whether that's something that could be conveyed to non married guys who are excitedly waiting to try out all the lessons they've learnt on the internet**, but the fact is that sex in the dark with a focus on connection is a million times more satisfying.

I actually tell single guys that i speak with that i enjoy sex immensely - it's just NOT the sex they've been brainwashed with online.

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and no, dont tell them sex is is the **Pitch-black spooky house**.

cande'

Ok I'll keep the spooky aspect a secret

keep secret also the

PITCH- no were does it say needs to be **??? ???? (see all the poskim there)**

and the

BLACK - no were does it say **dark** it says DAY or **??? ???**

??"?

thats why your whole ????? with seeing is whatever.....

love you

cande'

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Re: Chizzuk Needed

Posted by simchastorah - 17 Jan 2025 14:05

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Re: Chizzuk Needed

Posted by chosemyshem - 17 Jan 2025 15:32

[chaimoigen wrote on 17 Jan 2025 05:01:](#)

[Hashem Help Me wrote on 17 Jan 2025 04:31:](#)

I wish that instead of this being debated on the forum, we could have a conference call to discuss this. There is so much to say on this topic, and everyone here has made extremely valid points. And as usual when dealing with the written word, so much of some people's writings end up being misunderstood.

I firmly believe and have witnessed time and again, that when guys use and enjoy the bedroom properly, they are healed from pornography's seeming inexorable pull and attraction. As yidden, one of our jobs in this world is to uplift all inyanei gashmius. (see Shem MiShmuel Parshas Balak - V'agarshenu min ha'aretz for a beautiful presentation of this). When an individual learns how to apply that concept to this very physical inyan - **even to the very small degree that guys like us are able to do** - much of what is being discussed here simply falls into place.

Bolded the most important line, I think.

Wish you'd set up such a conference call, please.

I second the motion for a conference call. I'm sure the GYE hanhala would be happy to host.
Can we please make this happen?

@CO Hilchos talmud torah are the scariest halachos in shulchan aruch. I don't obsess over not being mkayem them because I'd end up curled up in a ball in the floor. I don't obsess over not being mkayem kufui sheid because it's not remotely on my radar.

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Re: Chizzuk Needed

Posted by youknowwho - 17 Jan 2025 15:37

On second thought, I have no idea what goes on in the YouKnowWho bedroom, but strongly

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Re: Chizzuk Needed

Posted by youknowwho - 17 Jan 2025 15:42

[chosemyshe wrote on 16 Jan 2025 22:44:](#)

On second thought, I have no idea what goes on in the YouKnowWho bedroom, but strongly

suspect there's a lot of pretending to be possessed by demons.

Nailed it, Pain is Good. (I even thing there's a hot sauce brand that uses that line as their motto)

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Re: Chizzuk Needed

Posted by BenHashemBH - 17 Jan 2025 18:00

[simchastorah wrote on 17 Jan 2025 06:57:](#)

Day 75 "?"?

????? ???????? ????? ????? ???????????????

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Re: Chizzuk Needed

Posted by simchastorah - 18 Jan 2025 17:41

[BenHashemBH wrote on 17 Jan 2025 18:00:](#)

[simchastorah wrote on 17 Jan 2025 06:57:](#)

Day 75 "?"?

????? ???????? ????? ????? ???????????????

Nice one

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Re: Chizzuk Needed

Posted by simchastorah - 18 Jan 2025 17:42

Day 76 "?"?

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Re: Chizzuk Needed

Posted by parev - 18 Jan 2025 19:47

[simchastorah wrote on 17 Jan 2025 06:57:](#)

Day 75 "?"?

??? ???

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Re: Chizzuk Needed

Posted by simchastorah - 18 Jan 2025 20:56

Let me explain why women shouldn't ever wear jewelry.

Warning: Spoiler!

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Re: Chizzuk Needed

Posted by chosemyshem - 19 Jan 2025 02:28

[simchastorah wrote on 18 Jan 2025 20:56:](#)

Let me explain why women shouldn't ever wear jewelry.

Warning: Spoiler!

Ha! Laughed out loud at my dining room table.

Warning: Spoiler!

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Re: Chizzuk Needed

Posted by altehmirrerr - 19 Jan 2025 03:03

[chosemyschem wrote on 19 Jan 2025 02:28:](#)

[spoiler][spoiler]

Warning: Spoiler!

who nose?

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Re: Chizzuk Needed

Posted by simchastorah - 19 Jan 2025 05:08

[chosemyshe wrote on 19 Jan 2025 02:28:](#)

[simchastorah wrote on 18 Jan 2025 20:56:](#)

Let me explain why women shouldn't ever wear jewelry.

Warning: Spoiler!

Ha! Laughed out loud at my dining room table.

Warning: Spoiler!

If you're interested I'm looking for a partner in opening up a kumaz and nose ring store on malchei yisrael. I'm thinking themed sets. PM me for details.

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