

Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 04 May 2009 05:15

Hi fellow Yiddin,

I am new to the site, but what I've seen so far is extremely comforting. Before I saw this sight, I thought my cause was hopeless. I knew I could never tell anyone my sins in person and here comes this website to allow me to gain advice from people who are in the same boat as me and from poeple who have gone beyond the natural tendencies of man and succeeded.

I am a college student who learns half the day. I need to stop immediately. The internet is the biggest Yetzer Harah since the Nachash in the story of Adam and Chava. Many times I feel they are comparable. The Nachash told Chava that Hashem said she couldnt touch the tree. When in reality Hashem said she couldnt eat from it. After the Nachash pushed Chava into the tree, she saw that maybe the whole condition is canceled and she could now even it from it. We all know the rest of the story. And what was Chava's punishment? She had to go through painfull childbirths. From the Men's perspective we can see this as us doing the same. When we are Nichshal and do this evil sin, we are causing ourselves to go through a painfull childbirth. I dont know about anyone else, but after I finish giving in to my Yetzer Harah, I have the worst feeling in the world. It hurts more than any exterior wound. I really feel like "Shir Hama'alos Mimamakim Kerasicha Hashem!" It genuinely feels like calling to Hashem for help from the depths of earth, like Im on the brink of entering Gehinom. So, if we are about to be Nichshal we should try to rememebr that feeling that we had after the previous time, like were are going through childbirth so that next time we will actually think about our actions and not let our minds go astray.

I really daven everyday that everyone who wishes to, should have the Koach to destroy this Yezer Harah.

Hashem: Please all the Jews here have such holy intentions, give them the strength!

everyone should have a great day and keep your eyes down when walking, constantly think about Torah and what Hashem would want, and daven. (i wish that would all be as easy to do as it is to write)

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Re: Please gimme some Chizuk and or Mussar.

Posted by Ineedhelp!! - 18 Jun 2009 17:06

Wow thank you guys for all your support,

In light of all the suggestions i will keep my sobriety date so B'H today is day 9 then. Will the nocturnal emissions leave over time if i continue to stay sober? last time as i said i was sober for 11 days and had 3 emissions in one night!!!!!! last night B'H i only had one but 8 days from I could have another. I said tikun haklali today and will try to say it as many days as i can. I will also try to say krias shema al hamita with more alot more kavan because i have been very lax with that. I saw somewhere, maybe on the website, that sleeping with a talis katan on helps from the Arizal but i dont think thats so Shayach cause then how can i say the bracha of tzisis in te morning????

Thanks all keep up the support it definitely helps

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 18 Jun 2009 17:22

Well, I do minhag munkatch and they never make a brocha on a talis koton, even unmarried. You could be maikil. **OR** you could have another Tallis koton and switch to it - necessitating another brocha, I think.

For me, a big thing was going to sleep with calmness and trust that Hashem will save me from z"l that night and calmly thanking him whatever happens, in the morning. Saying tehillim w/calm simcha helped a lot. Calmness, Trust, is **big** here, not fear. Ultimately, **fear of the YH itself is not the answer**, it is yirah amiti of Hashem. Fear of losing that relationship you have w/Hashem is good, too, but we trust Hashem to help us w/that, too and just stay honest w/Him! Love!

Dov

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Re: Please gimme some Chizuk and or Mussar.
Posted by the.guard - 18 Jun 2009 20:04

A wet dream does not require restarting the count...

In previous generations this was considered somewhat of a fall, but in our generation I tell everyone, that if you are having wet dreams you should rejoice!! Why? Because it is a sign that although your body has natural sexual tension, you do not release it yourself! Do you know what a great thing that is? Your Yetzer Hara cannot get you when you are conscious. He has no choice but to get you when you're asleep! And he uses this only to try and get you down and depressed about it. That is his BIGGEST tool, to get you depressed. Because in depression, a person can easily fall back into his old ways! Also, please see [this page](#) of our FAQ about "wet dreams".

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 19 Jun 2009 16:43

I was really close to another nocturnal emission last night but woke up before it happened (i think). Baruch Hashem! Hopefully this is a sign that I'm even able to fight it when i am most vulnerable. Well anyways, today is day 10 bli neder!!! My high is 11 and Motzei Shabbos is my hardest time so well see if i can stand the test.

Have an amazing and uplifting Shabbos to all

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by bardichev - 19 Jun 2009 17:34

i know you've probably heard this before

try not to concentrate on holding back, for that alone can bring it on.

segulah: say ELIYAHU 70 times before sleep

bardichev

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ykv_schwartz - 20 Jun 2009 19:33

[Ineedhelp!! wrote on 19 Jun 2009 16:43:](#)

I was really close to another nocturnal emission last night but woke up before it happened.
Baruch Hashem! Hopefully this is a sign that I'm even able to fight it when i am most vulnerable.

That is amazing! Thank you very much for sharing. It is very inspiring. I am anxiously looking forward to your updates in your handbook thread.

Keep growing!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 24 Jun 2009 20:24

Hi guys,

I havent written on the site in a while and Im sorry to say i slipped today. I went 14 days which is my new longest streak. I am now making a new goal for myself for 21 days with tomorrow as day 1 hopefully i can make that goal with a lot of tefillah and reading handbooks/attitude.

-INH

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 24 Jun 2009 21:24

Don't count the days, reb INH. Make the days count.

Love,

Dov

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Re: Please gimme some Chizuk and or Mussar.
Posted by hoping - 24 Jun 2009 22:39

[dov wrote on 24 Jun 2009 21:24:](#)

Don't count the days, reb INH. Make the days count.

Dov has just dropped agem with which we should live our entire lives.WOW

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Re: Please gimme some Chizuk and or Mussar.
Posted by Dov - 24 Jun 2009 22:57

Bil'adai, I heard it from Harvey H...

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Re: Please gimme some Chizuk and or Mussar.
Posted by chl - 02 Jul 2009 17:22

bs"d

love it! thanks, dov!

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Re: Please gimme some Chizuk and or Mussar.
Posted by yechidah - 02 Jul 2009 20:52

Dear Ineedhelp

wer'e proud of you for working so hard to fight this thing.Your'e not alone.We are all rooting for you.

Tell Hashem that if you will pull me out of this I will bli neder do what I can to help other's that were in my situation with thier nisyonos.Because you dealt with this you will be an immense help to those that were in your situation.You will able to reach people that no rosh yeshiva can reach.Because many don't understand.

I know it's hard too look so far ahead.you may say that in my shape how can I even think of helping others when I'm so messed up.

But you will be amazed with time how Hashem heals you.Never be discouraged.The lapses are

part of the healing process. As long as you are trying, Hashem sees your efforts and loves you for it.

Mark my words-you will see this several years from now. Hashem will send you neshomas that will need your help. That day will definitely come. And you were chosen for this task because you will have earned that zchus of helping many lives live their true and great potential

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Re: Please gimme some Chizuk and or Mussar.
Posted by chl - 13 Jul 2009 09:32

bs"d

Thanks yechida for this very inspiring post!

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Re: Please gimme some Chizuk and or Mussar.
Posted by Ineedhelp!! - 15 Sep 2009 15:12

Hey everyone Im back!

For whatever reason i took a 3 month break form GUE. I went away for the summer and when i got back i just forgot about because i had started just a month before i went away. during the summer i had a 35 day streak! By far my best all time (my previous high was 11??). Lately it has been roguh for me, but in the fews days we have till the Yom Hadin I want to show Hakadosh Baruch Hu who I really am. I have been clean for 4 days now and i hope to make that a permanent mark.

May we all be zocheh to a chasimah vechasimah tova

-INH

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