

The Mark of Torah - Lust Chizuk

Posted by Markz - 02 Dec 2015 03:57

1. **TORAH TAVLIN:** a) Torah is not a blanket protection and can actually do the opposite [if not approached correctly](#). b) May not work for all forms of [Yetzer Hara](#)
 2. Gd wants our small [sacrifice](#) and [effort](#)
 3. **ODAAT:** [One Day at a Time](#). And a nice [source](#) for ODAAT.
 4. **DO SOMETHING:** When facing a personal challenge, We can't say "I tried, I cried, I prayed", No no no! [Do something positive!!](#)
 5. **BECHIRA:** The "main" bechira we have is to [avoid triggering situations in the first place](#)
 6. **THE 3 SECOND RULE:** [The pasuk is telling us - do not follow your heart to take that second look](#)
 7. **THE REAL PROBLEM:** To me it seems poshut that the problem is lusting [not shmiras eynayim](#)
 8. **WHITE KNUCLING:** Is not [the Torah way](#) so cut the [Confrontations](#). Which according to the Torah way [will not succeed](#)
 9. Is everyone in the world an [addict?](#)
 10. **WIFE:** Is she your [Pas Besalo?](#)
- Warning: Spoiler!**

- 2 / 14

combatting the Yetzer is to use all the tools at our disposal and not lean solely on ??? ????? /
Beis Hamedrash forum

Hatzlacha gye's and Keep on Trucking!!

=====
=====

Re: The Mark of Torah - Lust Chizuk
Posted by Josephsbrother - 21 Dec 2017 08:42

[Markz wrote on 19 Dec 2017 14:10:](#)

Why is it that the "Torah" approach never worked for many of us?

?"? ??? ?? ??? ?" ???? ?? ???, ????? ????? ??? ??? ???, ?????, ??? ??
????? ?????, ????? ????? ??? ??? ????? ?"?, ?? ????? ??? ???, ??? ??? ????? ?? ??? ?????
????? ?? ?

Its clear from this Gemara that

????? ????? ????? is guaranteed to fail for some struggles, and the true Torah approach to
combatting the Yetzer is to use all the tools at our disposal and not lean solely on ??? ????? /
Beis Hamedrash forum

Hatzlacha gye's and Keep on Trucking!!

I do not know all the Jewish tools, but I am glad I use all the tools I have for the journey, it has
made the difference for me, i AM VERY PLEASE TO HAVE SOME JEWISH TOOLS TOO,
THAT I can count on, it is now two years of victory, and bless be HaShem the success is my
Infinite Father, while from time to time I stay as long as it takes at this site, and leave only when
my inspiration cup is full. I glad that the ONE who is always with me, is my dearest friend, I

could not watch my eyes, and my thoughts without the One, I labor in vain to build a whole life without the Greatest One.

=====

Re: The Mark of Torah - Lust Chizuk
Posted by ayidel - 05 Jan 2018 09:41

In continuation to the question about the pusok ??? ?????

I recall something in the name of the beis yisroel of gur (maybe he said it in jest)

that everyone will unintentionally see something but the posuks problem is only if after he saw and his heart desires does he return to look again that is the problem .That explains the order of

the posuk why it starts with the heart if you see it first

=====

Re: The Mark of Torah - Lust Chizuk
Posted by ieeyc - 15 Jan 2018 01:40

=====

Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 15 Jan 2018 02:33

[ieeyc wrote on 15 Jan 2018 01:40:](#)

[Markz wrote on 19 Dec 2017 14:10:](#)

Why is it that the "Torah" approach never worked for many of us?

ANSWER:because we approach the Torah with" the yawn attitude", while when we hear the same ideas from goyim with all types of degrees , we are ALL ears.if we learnt T.orah with ALL ears ,we wouldn't be here on gye .(I happen to enjoy being here, but...)

One of the darshanim at hesped on R' Steinman z'l 2 weeks ago mentioned a simple passage from the morning prayer

??????? ?????? ?????? ????????... ??? ????? ??? ??????

And he asked - if we are seriously ???? in Torah and ????? in Mitzvos, why are we asking to be saved from ??????

And he said we see here that one can have the highest ??????, nevertheless the ????? can be at his throat

Listen brother - it sounds like you want to do it different than the 20 gye tools. By all means go ahead. But if you want to succeed here on gye all you need to do is start a new thread (no more excuses) and write

"Hi my name is... I struggle with pornography / masturbation / all / none / other and today is day x on the 90 day chart".

Until then you may be wasting your time here...

I only mean for your good ;-)

=====

=====

Re: The Mark of Torah - Lust Chizuk
Posted by lionking - 17 Jan 2018 00:41

[Markz wrote on 15 Jan 2018 02:33:](#)

[ieeyc wrote on 15 Jan 2018 01:40:](#)

[Markz wrote on 19 Dec 2017 14:10:](#)

Why is it that the "Torah" approach never worked for many of us?

ANSWER:because we approach the Torah with" the yawn attitude", while when we hear the same ideas from goyim with all types of degrees , we are ALL ears.if we learnt T.orah with ALL ears ,we wouldn't be here on gye .(I happen to enjoy being here, but...)

....

Listen brother - it sounds like you want to do it different than the 20 gye tools. By all means go ahead. But if you want to succeed here on gye all you need to do is start a new thread (no more excuses) and write

"Hi my name is... I struggle with pornography / masturbation / all / none / other and today is day x on the 90 day chart".

Until then you may be wasting your time here...

I only mean for your good ;-)

Hi ieeyc,

It is very hard to read who you are. Most active users stick basically with one thread and only write a reply to someone in the person's thread. You post all over the place, with sometimes a cryptic message like

[ieeyc wrote on 15 Jan 2018 05:35:](#)

i beg to differ

Not trying to blow my own horn...

A while back I created a thread explaining some tips on how to use the forums, for example copying someones post from a different thread and responding on your thread. Check out the link [here](#).

Perhaps you can please stick more or less to only a few threads, let people get to know you more.

Thank You!

=====
=====

Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 08 Mar 2018 21:06

"I'm not addicted to Potato Chips...

I'm only going to have 1 now and that's it...

Now leave me alone"

Rabbi Zecharia Wallerstein - Creating Your Own Super Highway

<https://www.torahanytime.com/#/lectures?v=39225>

=====

Re: The Mark of Torah - Lust Chizuk
Posted by Markz - 11 Mar 2018 14:25

Life #1 - Sabbath

[lifebound wrote on 11 Mar 2018 13:17:](#)

Quick update:

Just pulled an all-nighter here. Slept too much Shabbos day = can't sleep motzei shabbos. Been that way for me for years (gonna be even worse now with the clock change...) But I'm happy to report that I was able to suppress the constant urge to relax with some good ol' fashioned porn. This was the toughest battle yet...

My problem is not Porn.

My problem is Life.

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

If we can flavor and enjoy the full day of the Sabbath, we have "Life"

If on a regular basis we curl up into bed on Shabbos afternoon, we have a problem with Life.

One of the symptoms is 'can't sleep motzei shabbos' which is an open backdoor for me to consider a sexcapade.

Not sure if it's relevant to you, but this is my story

side tips:

1. Gd created coffee to be had before the Sabbath day meal, so the meal doesn't act like a sleeping pill.
2. He also created chairs so if I need to nap a few minutes I can be comfortable (imagine sleeping standing like a horse - ouch)
3. He gave me a wife so I can take a walk and connect
4. He gave me kids and they need time
5. He gave me books by Rabbi A Twersky
6. He gave me a choice of bet medrash with an abundance of sefarim
7. #SabbathRelax :-)

=====

Re: The Mark of Torah - Lust Chizuk
Posted by lifebound - 11 Mar 2018 15:30

[Markz wrote on 11 Mar 2018 14:25:](#)

Life #1 - Sabbath

[lifebound wrote on 11 Mar 2018 13:17:](#)

Quick update:

Just pulled an all-nighter here. Slept too much Shabbos day = can't sleep motzei shabbos. Been that way for me for years (gonna be even worse now with the clock change...) But I'm happy to report that I was able to suppress the constant urge to relax with some good ol' fashioned porn.

This was the toughest battle yet...

My problem is not Porn.

My problem is Life.

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

If we can flavor and enjoy the full day of the Sabbath, we have "Life"

If on a regular basis we curl up into bed on Shabbos afternoon, we have a problem with Life.

One of the symptoms is 'can't sleep motzei shabbos' which is an open backdoor for me to consider a sexcapade.

Not sure if it's relevant to you, but this is my story

side tips:

1. Gd created coffee to be had before the Sabbath day meal, so the meal doesn't act like a sleeping pill.
2. He also created chairs so if I need to nap a few minutes I can be comfortable (imagine sleeping standing like a horse - ouch)
3. He gave me a wife so I can take a walk and connect
4. He gave me kids and they need time
5. He gave me books by Rabbi A Twersky
6. He gave me a choice of bet medrash with an abundance of sefarim
7. #SabbathRelax :-)

Can't agree with you more, Markz. To quote my first post:

[lifebound wrote on 07 Sep 2017 05:10:](#)

...But aside from that, I've come to realize over the past year or so that I have a much bigger underlying problem: I have no connection to hashem or yiddishkeit. I believe there's a god and I believe judaism is the only true religion; I've heard all the speeches and I've seen all the R' Leib Kelemen/Daniel Mechanic/Dovid Sapirman etc stuff. But there is no connection. I just want to run away from it all like an angsty OTD teenager. The last year of my life has been hell as I realize I'm living a complete lie, and I constantly feel empty and alone. There's just a void in my heart that gets deeper every day. Not to mention all the mounting pressure about shidduchim (I haven't started, and don't see myself ever getting married for these reasons, unless something changes)

I don't mean to turn this into a psychological help forum, but I feel like I need to address all this before starting to work on breaking free from lust. I'm spiritually empty - unless I fill the void first, I don't think I'll ever succeed.

My username is lifebound cuz that's really what I need to address; nomorepornbound just didn't

=====

Re: The Mark of Torah - Lust Chizuk
Posted by cordnoy - 11 Mar 2018 16:15

Not sure where all this Shabbos afternoon shluf bashin' is comin' from.

=====

Re: The Mark of Torah - Lust Chizuk
Posted by lifebound - 11 Mar 2018 16:22

[cordnoy wrote on 11 Mar 2018 16:15:](#)

Not sure where all this Shabbos afternoon shluf bashin' is comin' from.

Guess it's my fault, I slept shabbos afternoon and therefore couldn't sleep motzei shabbos. I try to avoid the afternoon shluf usually. That's how it goes with me, but for those who can handle it by all means enjoy your shluf and have me in mind!

=====

Re: The Mark of Torah - Lust Chizuk
Posted by cordnoy - 11 Mar 2018 16:30

[lifebound wrote on 11 Mar 2018 16:22:](#)

[cordnoy wrote on 11 Mar 2018 16:15:](#)

Not sure where all this Shabbos afternoon shluf bashin' is comin' from.

Guess it's my fault, I slept shabbos afternoon and therefore couldn't sleep motzei shabbos. I try to avoid the afternoon shluf usually. That's how it goes with me, but for those who can handle it by all means enjoy your shluf and have me in mind!

Btw, I'd like to commend you and this thread, as people are talkin' about themselves and providin' suggestions for others. There are others who are occupied with suggestions and givin' advice to others without the personal involvement. In this business, "what has worked for me," or "what hasn't worked for me" (with the relevant history) is the best advice.

God speed!

=====

Re: The Mark of Torah - Lust Chizuk

Posted by lifebound - 11 Mar 2018 16:47

[cordnoy wrote on 11 Mar 2018 16:30:](#)

[lifebound wrote on 11 Mar 2018 16:22:](#)

[cordnoy wrote on 11 Mar 2018 16:15:](#)

Not sure where all this Shabbos afternoon shluf bashin' is comin' from.

Guess it's my fault, I slept shabbos afternoon and therefore couldn't sleep motzei shabbos. I try to avoid the afternoon shluf usually. That's how it goes with me, but for those who can handle it by all means enjoy your shluf and have me in mind!

Btw, I'd like to commend you and this thread, as people are talkin' about themselves and providin' suggestions for others. There are others who are occupied with suggestions and givin' advice to others without the personal involvement. In this business, "what has worked for me," or "what hasn't worked for me" (with the relevant history) is the best advice.

God speed!

Thanks cords that means a lot. You're a big inspiration.

=====

Re: The Mark of Torah - Lust Chizuk
Posted by lionking - 11 Mar 2018 17:45

Regarding Shabbos/Motzei Shabbos Shluf what works for me.

Sleeping 8-9 hours Friday Night, falling asleep at the table before the chulent Shabbos day.
Going in to bed for a 3 hour nap in the afternoon. Falling asleep already at 11pm Motzei
Shabbos for at the kitchen table for another 8 hours.

I was extremely tempted to act out last night. I told myself, let me just eat Melava Malka first,
next thing I know it is past 7am.

Guess I really need my Shluf...

=====

Re: The Mark of Torah - Lust Chizuk
Posted by aryehdovid85 - 12 Mar 2018 22:42

[Markz wrote on 11 Mar 2018 14:25:](#)

coffee to be had before the Sabbath day meal, so the meal doesn't act like a sleeping pill.

1)I find that while caffeine helps me to focus and daven better, and i need a least one cup
before Shacharis, i am thinking that i have to be careful about overdoing it especially later in
the day...no telling what an effect it could have on my lust or mood.

2) BH i have a long walk to a shiur Shabbos afternoon. The walking is great for me and the
shiur is very inspiring and stimulating. (chose to minimize the Shabbos afternoon nap in favor of
the walk & shiur)

3) Even so, i have to share what I have learned at 12 Step meetings called "HALT" which refers
to triggers to be avoided (hunger,angry lonely and tired).

=====