

brand new here...

Posted by regularbachur - 04 May 2011 18:52

Hey everyone! I feel like everyone on this site is my new family! I came across this site completely by mistake a couple weeks ago, and just yesterday gathered up the courage to register and get a little involved. Lemme back up a little bit. I'm a 22 yr old yeshiva bachur, went to and still go to top mainstream yeshivas. I've struggled with masturbation for many years, I think since 9th grade. In high school, there was never really any available internet for me, so I got my hands on a magazine here and there, but the porn aspect wasn't TOO bad. Once I left high school, I went away to yeshiva, and in Eretz Yisrael, I grew tremendously in my spirituality. The masturbation, however, for the most part continued. Granted, I was angry at myself for it, and there were times that I fought, sometimes being successful for a few weeks at a time, but ultimately always fell again. And once you fall, it's back to square one. The porn also got worse, because I discovered my grandmother has unfiltered internet, so I went over often during bein hazmanim to "do work." I went back to E"Y for yeshiva, and got another short streak or two, but continued. I recently came back to america for yeshiva, to start dating, and for a while it was good. I told myself I can't masturbate while I'm dating, it'll kill my marriage. After I broke up with the first girl, which went for a while, I fell like I hadn't fallen in a long time. I had a phone with internet, enough said. I've been very down the last few weeks, telling myself I'm not good enough to get married if I can't control myself-meanwhile, I really really wanna get married! With complete siyata dishmaya, I came across this site a week or two ago. I ignored it, as it just made me feel guilty. As it happens, a few days ago, I randomly walked into a seforim store and they were playing a shiur from R' yosef viener about internet addiction. I got inspired and said, that's it I must stop masturbating! Yesterday I was completely clean. Today is day #2! I'm really hoping I'm done, once and for all!

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Re: brand new here...

Posted by MAALIN BAKODESH - 13 May 2011 18:30

Does anyone know who is giving the shiur on shmiras einayim? A rov? Someone that learnt the halachos?

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Re: brand new here...

Posted by Reb Yid - 13 May 2011 19:59

His name is Dovi. He is not a Rov, but he is someone who has learnt the Halachos well, and does a lot of research. I listened in on a number of the conferences, and I was very impressed. I

highly recommend it.

They are basing the Halachos on a wonderful English Sefer called "Windows of the Soul". If you'd like, you can download the pdf version of the entire book on the GYE homepage.

Hatzlocha!!!

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Re: brand new here...

Posted by alexeliezer - 15 May 2011 13:13

I want to follow up on a comment I made earlier, which evidently was misunderstood by some. I didn't mean that I believe that trigger #2 is actually the Satan in disguise. I'm sure she's a human being. It's just what I sometimes tell myself to dull her lustre, making it easier to keep my eyes diverted until she's out of range.

On the positive side, Rav Miller ztz'l has said that anytime we are presented with temptation, it is an opportunity to achieve greatness. When we resist, we are achieving greatness.

Shteig on!

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Re: brand new here...

Posted by Serene smile - 15 May 2011 17:17

AMEN! :-D

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Re: brand new here...

Posted by Serene smile - 15 May 2011 19:09

I was recently told beautiful words in the name of R. Yosef Yitzchok of Lubavitch which, I

believe, describe the meetings and fellowship: "if someone is not well, he needs to speak to a rofeh(healer). There are times however when that will not suffice: Sometimes the only healing will come when speaking to 'an andereh choleh' (another sick person) who himself knows the malady and how to be healed from it" (lekutey dibburim)

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Re: brand new here...

Posted by regularbachur - 16 May 2011 04:02

...and the best is a rofeh who used to be a choleh! Then, he knows the issues, got past it, and is qualified to help others. Not that you have to be "qualified," anyone can help and give eitzos, chizuk, etc. But the best is when you have both.

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Re: brand new here...

Posted by Serene smile - 16 May 2011 14:02

Also is so great that shulchan aruch (Ha'Rav) says (orach chayim 445 sif 1) "if we're not INVOLVED in destroying the chametz ONLY THEN are we 'sinning".. The chometz (sins) are there(!) You can see them(!).. Don't over-react says Torah... As long as you are involved (really) in getting rid of it, you are not transgressing... What if u trip and chametz falls? What if a kid knocks it out of your hand? What if a sick zeidei is in the way of it and it takes a while to get to it??? NO WORRY SAYS TORAH! As long as you are osek in getting rid of the negative, there is no aveira! (This is good for us who LOVE to 'realize' how 'bad' we are..)

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Re: brand new here...

Posted by Serene smile - 16 May 2011 17:27

(Also earlier in siman 433 or 434 it says "if u didn't know the chumatz (negative) was there, you are also not 'sinning'.. Once you know about it, now is time to be 'osek' in getting rid of it)

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