

back after a long break and still struggling
Posted by hope613 - 05 Sep 2012 19:42

Hey guys,

Wow its been a long time since I posted something on GYE, and it look's like so many new 'heilige neshomes' have joined since

and found clarity and help here.

I don't really remember my previous username, so I will have to start fresh again, I am a young yeshiva boy, come from a black and white

yeshivish family and had my fair amount of struggles in my life. Im not sure what made me stop using GYE but certain things in my life have been better whilst other serious issues are still not solved.

Im not sure if I want to open up right away again with a detailed list of what I suffer (struggle) with, but hope to honest up a little soon.

I did explain back then that I found my problems are a little dif. then most users on this site, since I do have full Internet access but don't really visit por*** sites and neither do I masturb*** anymore. I feel like I just grew out of the latter habit but maybe I just dont want to admit it, that its from hard work and tears filled tefilos. All you guys thinking, "oh wow this guy is doing well, whats he doing on this site"

My struggles are much more severe then that. I fell in love with a married lady...and yeah, pretty much the absolute Nr 1 issur in the torah..I feel so let down, like im talking about something that happened a few years back, but I just dont feel like I made teshuva yet maybe the reason being that I am still in touch with her (shes gotten divorced since then) ok thats enough for now, just looking to finally clear my neshoma before yom kipur..

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Re: back after a long break and still struggling
Posted by chaimcharlie - 21 Jan 2013 13:32

For the first thing, maybe your right that it could be avoided, shmiras ainayim for me is a constant struggle, I am very sick in that issue, so I don't have anything intelligent about that.

For the second thing, I think that maybe that feeling is the Yetzer Harah trying to get you down

Either way, great luck!!

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Re: back after a long break and still struggling
Posted by help613 - 22 Jan 2013 12:56

For the passed two nights since posting, as I got into bed after saying shema, I said a quick kapitel tehilim and asked H' to protect me during the night...

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Re: back after a long break and still struggling
Posted by Dov - 25 Jan 2013 00:17

You know that the sforim say that the more terrified you are about having a dirty dream tonight, the more likely you are to have one.

The assurance that Hashem **will** actually protect you after you saying Sh'ma and tehillim is actually far more valuable than the Sh'ma and the tehillim themselves, are! For, the fact that it calms a person down, removes their unfortunate focus on their porn memories, their penis, and their terror of sperm. No wonder many people in recovery report not having wet dreams in decades!

May Hashem help you relax and let Him take care of you completely....and relax.

Oh, and smile a lot more. You are a good guy!

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Re: back after a long break and still struggeling
Posted by help613 - 27 Jan 2013 01:59

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Smiling !!! Still clean