

**Brink of Despair**

Posted by Losasuru - 17 Mar 2013 10:56

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Hi. I am 21 years old, ive learned in the best yeshivos, etc. I have been battling this problem since I was twelve and I feel like I'm ready top throw in the towel. The double life that I'm leading is absolutely killing me. Ive always believed that I could compartmentalize-that I was really a great guy with a side issue that want the real me. But now I have finally realized that it has caught up t me. My learning,which was once top notch, its now in shambles. My life-my dreams, my aspirations, my goals; are all twisted. Ive started for the first time listening to non-jewish music, something that would have been unthinkable just 2 years ago. I have a netflix account and a smartphone. All tihs with a guy who one out the biggest roshei yeshiva in the world said on him "one of the most impressive bochurim in the yeshiva". I was in a position that I served as a "role-model" for younger bochurim- I was to learn with them, encourage them, etc. etc. From the outside, I am one of the "success stories". But inside my heart is in shreds. I am a sham,a fraud. I was recently in a car with a bunch of friends and some questionable music was plattng and they turned it off when I came in because of my alleged "frumkeit". I feel like I can go on no longer like this.

Bein hazmanim started five days ago and I have acted out 3 times already. Im probably chayiv kores and ive lost my prtion in the world top come. I can't say that it is possible for me to quit in the future. My house has unfiltered internet access and there is nothing I could do about it. I feel myself slipping and slipping. Im writing this as an attempt to find something to just grab onto. I dont know, but maybe with marraige thin cd s will vecome easier. For now let this suffice as a eulogy on myself- for what I used to be, the connection to god that I once treasured, and to a life that could have been. I always envisioned myself as some maggid shiur/rosh yeshiva down the road, yet now im questioning if I can ever even have a succesful zman again.

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**Re: Brink of Despair**

Posted by moish u.k. - 19 Mar 2013 14:08

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Precious.

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**Re: Brink of Despair**

Posted by hopefull - 19 Mar 2013 19:49

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i know and feel you pain im 17 and in the same situation and living a total double life the important thing to remember is to always stay positive even when you at the lowest of low

ultimately it will be the positive attitude that will get you out

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Re: Brink of Despair  
Posted by Dov - 19 Mar 2013 20:21

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So, Losasuru...what's it going to be? Rather than asking what behaviors you will fight or resist today, I ask you what new behaviors are you adding to your day today? Just for today. No promises, no 'commitments' (they have always been a waste of time for us, right?). That's all.

Do they 'say' the opposite than the things that got you in this trouble in the first place 'say'? Those are the precious things...

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Re: Brink of Despair  
Posted by israel613120 - 20 Mar 2013 06:26

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LS

Just read your thread from beginning, I can't tell you how much I feel for you, and cry for you

First of all, yes your Mashgiach can help you, if he is the right kind, I know for a fact that some are really dealing with this.

Second, lots of us grapple with this 'double life' I could learn an afternoon seder, shtark, thinking, I'd 'relax' that night with a nice online movie.

Third, you can grow out of it, before marriage, but it may come back without some proper attention. I heard ??? ????? ????? ?? ?????. Someone in prison can't release himself. I thought hey I did, I got this beat, but to be honest I never did. let GYE Get you out of your prison.

Fourth, feel good about your accomplishments, just because you have fallen you still have those hours of learning under your belt, also, something that has been in a chizuk email, consider yourself one of Hashem's Navy Seals Commandos, we can beat this. Maybe Hashem has chosen you to beat this.

Fifth tell your parents the Pesak of the gedolai hador, is no unfiltered internet. Period, it's so easy to do to get a filter, it is negligence not to get one. For a fact, I would have fallen even now

without a filter, even after 50 days, even after a while on GYE. We have a natural pull, urge, forget about addiction, It's normal.

but with this I'll end, it can be done, you can beat this, sign up to the chizuk e.mails and the 90 days, you'll learn so much. My Beracha to you is that you will over come this, one day at a time, with our help if you want it. And you should continue to shteig and become that Rosh Yeshiva, maggid shiur Rov, keep your ambitions, this needn't stop you. Torah is vast, learn it all.

Israel

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Re: Brink of Despair

Posted by Dov - 20 Mar 2013 19:58

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Amen! I would like to add to israel's brocho that when you become a Rosh yeshivah or whatever one day, you will be ready to listen with a whole and understanding heart to the next good bochur in the yeshivah who is hiding with porn and masturbating himself 2-3 times a day and tempted to do all sorts of things, too.

You are far from alone and there are some rebbis with this problem too. May you be one of those who can open up to the hurting bochur that comes to you - rather than be one of those who pretends to be perfect (for 'kavod haTorah').

Hatzlocha, brother.

- Dov

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Re: Brink of Despair

Posted by zvi - 20 Mar 2013 21:20

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The one thing you are not is a fraud! I heard from one of my rebbeim- "kol mi shegadol, yitzro godol meimenu". "Whoever is great, his desires are greater than him." You have potential- deep down you're an absolute gadol!

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Re: Brink of Despair  
Posted by Dov - 20 Mar 2013 21:35

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potential is very nice

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Re: Brink of Despair  
Posted by Losasuru - 04 Apr 2013 09:02

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thank you everyone for everything! i just read the replies for the past ten days or so...i basically resolved that for the yom tov of pesach i was totally disconnecting from the internet. bh pesach was amazing and LIBERATING!

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Re: Brink of Despair  
Posted by Avrom - 04 Apr 2013 23:10

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Reading your post reminds me how I felt for years! It didn't just feel like living a double life. More like all the shmutz was the core and the ikkar - and all my learning davening and shteiging was ONLY a cover up. Since joining GYE, my greatest achievement, even beyond staying clean, is that I got to discover myself. (By opening up to others and perhaps keeping a journal with your thoughts etc. - highly recommended)

You will get to know the "real you" and btw he happens to be that role model your chaverim see in you! You just have to find him! Never let the bad feelings get to you. I recently heard: "The yetzer hora's greatest business is not making us do aveiros - his main ambition is, that after we sinned, make us feel like a failure - then he's in business" - lets not let him! (R' ZM Zilberberg)

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Re: Brink of Despair  
Posted by Tosfos - 05 Apr 2013 18:54

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# GYE - Guard Your Eyes

Generated: 20 April, 2025, 15:02

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Harei zeh meshubach... for pouring out your heart like that... you still care... that's where it starts... and on GYE, you can learn how to apply your care to pull yourself up again, be"H. Never give up! Bracha and hatzlacha.

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