

need chizuk

Posted by yungerman83 - 03 May 2013 20:12

Hi everyone, I've been masturbating for as long as I can remember and been addicted to porn since 10th grade. I'm currently nearing 30, learning full time in a prestigious kollel and looked at as a respected individual. I've read through the handbook and even tried the 90 day journey thinking i was on the road to a speedy recovery. I even began exercising daily to increase my fulfilment in other areas. By day 12 however I saw one attractive woman in the street and felt my breathing literally shorten. It felt impossible to hold back and I subsequently gave in to my temptation. I got right back up and started over with more invigoration and more heartfelt davening. By day 14 I became irritable about something and the taavah immediately kicked in full force. I even cut afternoon Seder to go buy the cheapest tablet avail to hook up to my wife's WiFi box to satisfy my porn temptation (my wife's PC is password secured plus it has a very strong filter). I am ready to start my 90 day journey again but I desperately need some chizuk. What I thought was definitely in my grasp (I've gone at times for 7-8 weeks without acting out) seems much harder than I thought. I am determined to come clean and be the true Ben Torah everyone knows me as, but I need some encouragement and tips. Thank you so much !

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Re: need chizuk

Posted by yungerman83 - 29 May 2013 02:36

Sounds great!

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Re: need chizuk

Posted by inastruggle - 29 May 2013 07:53

Thanks for the tip.

If you're getting discouraged because of the fact that you have to restart the 90 days, and that's keeping you from getting back up maybe you shouldn't use the 90 day chart. What i mean is that the 90 days is not the point it's just supposed to be helpful for chizzuk and also maybe as a milestone, but if that becomes the goal then it can become very unhelpful when you fall.

This is only a suggestion if that's takah a problem for you, if not then feel free to ignore this.

hatzlacha

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Re: need chizuk

Posted by gibbor120 - 29 May 2013 22:00

Hi yungerman83,

I've been there, and know the felling well.

As we say here, KOT (that's **Keep On Truckin**)

You will find what works for you.

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Re: need chizuk

Posted by yungerman83 - 30 May 2013 04:51

Thanks "inastruggle" and "gibbor120". Today I actually had a great day. Bein hasedorim, I went to a mall with my wife and kid to pick up some clothing on sale and upon noticing all the provocative immoral banners and posters hanging on every women's clothing storefront screaming for my attention to look, I happily turned away and couldn't help but think to myself how lucky I am to be a frum yid with a neshama infused with kedushah. I felt I am so much more elevated than these low shmutz seeking advertisers. I felt the same about the skimpy dressed people shopping in the mall as well. I came back to kollel for second seder and learned with a renewed enthusiasm, knowing that deep down I am a very holy person (like every other Jew!), and I just have a struggle to overcome. Pretty interesting place to be mechuzak if you ask me! I hope to keep up this chizuk Has--m has given me and to get back into my biking exercise which has fallen by the wayside for the past week due to my lazy, lethargic attitude. "Gibbor120" couldn't have said it any better, KOT everyone!

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Re: need chizuk

Posted by gibbor120 - 30 May 2013 21:26

I'm glad you got chizzuk from the experience. In general, I'd avoid the mall like the plague for

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Re: need chizuk

Posted by some_guy - 30 May 2013 22:45

Its great that you are feeling so hopeful. Hope is the best weapon against the Yetzer Hara. Keep a positive outlook and you are sure to succeed.

the reasons you so eloquently expressed. It's not a good place for a chashuva yungerman

--some_guy/Elias/Eliyahu

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Re: need chizuk

Posted by mr. emunah - 30 May 2013 22:55

[gibbor120 wrote:](#)

I'm glad you got chizzuk from the experience. In general, I'd avoid the mall like the plague for

My friend Ahmed says he hates malls to and he has a secret plan, can I give him your number, maybe you could form an anti-mall citizens action group?

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Re: need chizuk
Posted by inastruggle - 31 May 2013 23:11

i don't think it's a problem anymore...

ahmed said "he took care of it"

know what he means by that?

btw i don't think the mall is a place even for a not chashuva yungerman, not that you aren't chashuv, just don't let the yetzer harah get you on that. (the good old, iv'e seen way worse anyway)

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