

Starting up

Posted by abd297 - 23 Jun 2015 20:04

Hi, I'm just starting up on the site. I'm in yeshiva and have been struggling with masturbation for many years. I am very overwhelmed trying to navigate through all of the site's resources. I'm not really sure where to go after signing up. I just want to get involved with everything I can and get all the help possible.

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Re: Starting up

Posted by inastruggle - 05 May 2016 04:59

I agree. I meant physical as opposed to a social cause. Natural desire describes it way better.

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Re: Starting up

Posted by abd297 - 06 May 2016 19:22

[Birshusi wrote on 04 May 2016 16:55:](#)

In regards to the rebbetzin issue, I agree that the actual attraction is physical, but I think it's so important to me and so impactful for me when it happens only because I can't get that anywhere else. If I had a real relationship with a girl my age, even if I did have that feeling from an older married women also, I don't think it would really matter to me as much as it does currently. It feels like a breath of fresh air; a rare, forbidden treat. (I'm exaggerating the obsession just a little to bring out the point.)

I think that hits it right on the head.

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Re: Starting up
Posted by abd297 - 15 May 2016 17:05

Still hanging in there. At 47 days. I was at a cousins bar mitzva alone over shabbos. There was a girl there from the other side of the family who I couldn't keep my eyes off of. I want to believe that I caught myself most of the time, but I wasn't doing my best. I spoke it over with someone last night who helped me get her off my mind. Basically shook me out of the dream that I was in. Really cleared some things up.

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Re: Starting up
Posted by abd297 - 20 May 2016 18:26

Day 52 here. Took a new shvuah today. I've pushed it off too long. I feel myself slipping more and more.

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Re: Starting up
Posted by realsimcha - 20 May 2016 18:33

Hang in there. Keep doing what works for you. Hatzlacha!

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Re: Starting up
Posted by BenTorah.BaalHabayis - 20 May 2016 21:51

Day 52 is amazing! That's longer than the whole of Sefira...

Keep it up!

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Re: Starting up

Posted by inastruggle - 20 May 2016 22:12

Is it possible that your slipping is connected to your lack of activity on gye?

Make sure to stay connected. Isolation is a huge factor in slipping.

Stay strong!

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Re: Starting up

Posted by abd297 - 23 May 2016 17:44

Definitely a major factor. It's impossible in yeshiva bec I usually only have access to a computer once a week. Now that I have a partner, it keeps me more active but I still can't go on the site when I want to.

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Re: Starting up

Posted by abd297 - 25 May 2016 03:40

I don't have time to elaborate now, but I wanted to tell everyone that I spoke to my rebbi today. We went out for coffee and spoke for for an hour and a half about my struggles with

masturbation and inappropriate materials. He was so understanding and knowledgeable. I truly enjoyed speaking with him and look forward to follow up hopefully next week. So much to talk about.

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Re: Starting up

Posted by markz - 25 May 2016 12:36

[abd297 wrote on 25 May 2016 03:40:](#)

I don't have time to elaborate now, but I wanted to tell everyone that I spoke to my rebbi today. We went out for coffee and spoke for for an hour and a half about my struggles with masturbation and inappropriate materials. He was so understanding and knowledgeable. I truly enjoyed speaking with him and look forward to follow up hopefully next week. So much to talk about.

THATS AMAZING!!!!!!

Abd you know who says this quote?

"Life begins at the end of your comfort zone"

Let life begin!

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Re: Starting up

Posted by yiraishamaim - 25 May 2016 17:03

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about.

How precious is this relationship you have with your Rebbe

May their be more like him(and you) in Klal Yisrael!

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Re: Starting up
Posted by inastruggle - 27 May 2016 18:14

It's great that you spoke to your rebbi.

KUTGW!

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Re: Starting up
Posted by abd297 - 31 May 2016 17:26

I have been on edge for a few weeks now. My uncle has been in the hospital and I'm really scared. He's been up and down pretty drastically.

Everyone, please daven for him. His name is **Meir Shimon ben Bluma Roiza**

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Re: Starting up
Posted by Gevura Shebyesod - 31 May 2016 17:31

He should have a Refua Sheleima.

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