

Starting up

Posted by abd297 - 23 Jun 2015 20:04

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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

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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

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[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

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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

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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

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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

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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

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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

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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

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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

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

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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

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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

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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

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He should have a Refua Sheleima.

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