

Pls read

Posted by sunderland - 30 Jan 2017 22:29

Hi, im 17 and about two years ago there was a while that I watched porn, since then I have been moitzei zera very regularly. I also really njoy speaking about sexual matters and would often try to draw my friends into speaking about such things. Last week I txted 2 new friends in my yeshiva trying to bring them to disscussing these bad topics. Somehow word spread and my mashgiach found out what I did. I had tried speaking to him earlier for advice on how to stop being moitzei zera so he knew what I had watched in school. As soon as he heard about those txts he sent me home for therapy. My therapist suggested I take a look at this website and that I put this blog in. Hoping to stop asap as the current situation is extremely embarassing because half of my yeshiva have found out about the txts. Can't wait to hear back from u guys:blush:

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Re: Pls read

Posted by Yitzk - 07 Feb 2017 19:15

[MayanHamisgaber wrote on 07 Feb 2017 08:29:](#)

Hey buddy how is it going

What does kit mean?

do you mind posting that last post in your teens only thread (the one from everchange) here there is something in there that rubs me the wrong way and i think others might have an opinion as well

thankx

Is this the one you meant:

What I said above is still applicable. You need to make a neder that every time you are mzl you will give \$20 to tsedaka. The reason for the high kenas is because mzl is punishable with karet and I don't think karet is the same price as \$20. For every inappropriate sentence you tell your friends you should give \$5. You have to trick your brain into viewing these things as bad and costly instead of the good that your brain thinks you receive from them now. These kenasim will help you, but don't give up because most people have to go through this.

Secondly, you should frequent the mikveh. The mikveh will help you clear your mind and heart from the tumah and will help you grow.

Hatzlacha! Keep us updated

Also, if your friends are not religious or are a bad influence you will need to tell them that you don't want to talk about these matters with them or you will have to distance your relationship with them.

wats the problem???

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Re: Pls read

Posted by MayanHamisgaber - 07 Feb 2017 20:10

nope i don't text at all really

yes that's the one thanks: this line particularly

Secondly, you should frequent the mikveh. The mikveh will help you clear your mind and heart from the tumah and will help you grow.

going to the mikva might be nice or not but where does it say anything like this and is it guaranteed?? I'm sure the poster is just saying what works for him, personally it means nothing to me and i try to go erev shabbos (for the neshama y'saira thing) but that's it.

also i think this is talked about at length in this thread [Tikun Haklali & Mikva](#).

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Re: Pls read

Posted by MayanHamisgaber - 07 Feb 2017 20:18

Another point about the Taphsic thingy

?I don't remember where I read this (maybe markz or cordnoy can quote it) but there are those that strongly feel that if it doesn't help after trying it once (maybe twice) ditch it

sorry that it seems like the embarrassment is looking like it is not going to be easy but we are here for you

Really getting chizuk from the great attitude keep it up

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Re: Pls read

Posted by Yitzk - 07 Feb 2017 23:53

Nice New pic.... why??

I dunno about mikva, personally im only a 2 day mikva jew, maybe I should give it a try more often....

I will let you know how the embarrassment goes when I get online after going back 2 yeshiva, I actually discussed it today with my therapist.

happy 2 b giving you chizuk!!!!!! Isn't that the main point of this furom????

kit

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Re: Pls read

Posted by Singularity - 08 Feb 2017 08:47

[Yitzk wrote on 07 Feb 2017 19:11:](#)

Sadly my whole yeshiva knows... never knew guys so talkativ? iv spoken 2 quite a few guys, but not the guys in worried about being embarrassed b4, I.e. the guys with heads on their shoulders who aren't going 2 day a stupid coment. **I am extremely desperate 2 stop because it is slowly taking over and reuaning my life....** kit

GYE - Guard Your Eyes

Generated: 24 April, 2025, 20:58

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Fantastic

Re: Pls read
Posted by MayanHamisgaber - 09 Feb 2017 21:27

[Yitzk wrote on 07 Feb 2017 23:53:](#)

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What new pic?

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Re: Pls read
Posted by MayanHamisgaber - 18 Feb 2017 21:59

Hey Yitzk what is going on haven't heard much recently

hope you are faring well in recovery please give an update when you feel ready to

we are still here for you

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Re: Pls read
Posted by Yitzk - 19 Feb 2017 10:54

BH going amazing!!!!!!

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Re: Pls read

Posted by MayanHamisgaber - 19 Feb 2017 11:53

Please share we all get chizuk

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Re: Pls read

Posted by Yitzk - 19 Feb 2017 18:06

I have had some really big tayvus but managed to hold myself back, sometimes had to physically restrain myself but amazingly I succeeded!!!!!! At times of lust iv had the 90 day chart in my mind, using it as something to aim towards and b h it worked

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Re: Pls read

Posted by MayanHamisgaber - 19 Feb 2017 18:19

AWESOME

KOMT

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Re: Pls read

Posted by Yitzk - 19 Feb 2017 18:51

Excuse my ignorance but what is komt?

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Re: Pls read

Posted by MayanHamisgaber - 19 Feb 2017 19:29

Keep On Monster Trucking

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Re: Pls read

Posted by Singularity - 20 Feb 2017 08:19

Loving the progress! Keep peeking in on GYE every now and then. We miss you.

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