

Bego

Posted by bego - 20 Apr 2017 14:53

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Hi all

I am a married man with children in my early thirties.

I have had problems with pornography since I was Bar Mitzvah. In Yeshivah I was very consumed by my lust but apparently we are not supposed to say too much. I got married, thinking as we all do that it would settle down, and B"H in terms of actually being Mashchis Zera, I have been much better.

But I still struggle with looking at women in the street and the dreaded boredom at work where google calls me and I, regretfully, answer. Unfortunately work makes a filter nearly impossible.

It really is like a drug. I can feel myself NEEDING to look right now. I still recall the soothing warmth of the Hashchosas Zera and quickly forgot the guilt and sadness that came after. I regularly fall at these times, at least with looking, but I really want to improve. I have been getting the emails for ages and they really help but I recognise I probably need more.

Hopefully this will help.

I was just wondering if someone will work out who I am. Then I realised that if they do, it means they have also been reading this :-)

All the best

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Re: Bego

Posted by Kavey - 29 Jun 2022 15:50

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You quoted @fromnow just fine

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Re: Bego

Posted by Kavey - 29 Jun 2022 15:57

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If you're as well versed in the baalei mussar as you say, don't you think you run the risk of being

a mumar l'davar echad? That's a scary place to be IMO.

The guys who try and fail, try and fail and pick up themselves up again are I think very different than the guys who close the book on trying.

When I'm going through a crisis I sometimes think of R' Pincus's explanation of 'Yismach Lev Mevakshei Hashem', that even if things in my avoda aren't going well I should rejoice just because I'm a mevakesh. (I think he says we also are muvtach to succeed in the end...)

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Re: Bego

Posted by Sapy - 29 Jun 2022 20:20

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Did Bego ever say hes closing the book on trying? He just doesnt have the urge to feel now like life ended... and all the scary things will now happen in this world and the other one...

That's the way I read his posts. And I relate to that.

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Re: Bego

Posted by 5Uu80\*cdwB#^ - 30 Jun 2022 15:03

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[bego wrote on 29 Jun 2022 14:29:](#)

[fromnow wrote on 29 Jun 2022 14:21:](#)

I recognise that we all sin, just in different ways. I see that many people greater than I have areas they struggle with tremendously and I just don't feel that over powering guilt I used to. I no longer really believe that Hashem is going to pounce on me for my aveiros. I believe my life is a process of struggling and achieving.

Hey Bego,

I wanna start off with saying - I am not judging you, I have my own struggles which needs a lot of improvement - to put it a nice way - Just wanna add my 2 cents.

I think its true that all humans have their struggles, and many struggle with serious stuff. Isn't this the reason we're put in to this world?!. - we try our best, there are times we succeed and time when we fail. When we make a mistake by transgressing of the torah - we can repent and use it as a learning experience on how to get better and make sure it doesn't happen again. And if it does happen again, we learn from that and make more and stronger gedurim. But to say: **"I no longer really believe that Hashem is going to pounce on me for my aveiros"** seems to be a of track.

Does this make any sense?

it does make sense, yes.

But what can I tell you, I don't think that is teshuva. By definition, the yodea ta'alumos knows I will sin again and not because He knows everything, but because it is clear that my teshuva isn't total. You call it repenting and learning. I call that starting a process that might lead to teshuva. All

that leaves me to think that this Rambam is aspirational. It is the end of a process. The logical corollary of that is that Hashem watches the process. He knows that we are all on different paths to different places. You talk about stronger gedurim and learning more. It's a galgal hachazer. you just make it harder for yourself to sin. You didn't change (yes, i am aware the ba'aeli mussar think this is a madreigo - believe me, I've learnt a fair amount).

It also means Hashem doesn't pounce. He isn't evil (ch'v).

Whatever, hard to explain without going into way too much details.

?Do I think (most) people change their inner nature (not their outer actions)? Not really, not in any major ways. In small amounts. here and there. But maybe, that's what Hashem is truly expecting of us.

You are correct that most people don't change their insides. But some people do. I have seen it in myself over the past year. I have seen tremendous changes in my inner nature, and this is coming from someone who thought he would be masturbating till 120 and who thought he had bigger taivos and worse nisyonos than everyone else. I am far from perfect, but I am substantially changed in my inner nature from where I was one year ago. I'm just saying that just because most people never change their insides, doesn't mean one cannot aspire to it and achieve it.

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Re: Bego

Posted by sleepy - 30 Jun 2022 17:29

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[Kavey wrote on 29 Jun 2022 15:57:](#)

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i agree we should all strive to grow up,but never give up

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Re: Bego

Posted by bego - 27 Jul 2022 14:40

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Hi all

Sorry, I didn't mean to ignore the responses. I've just been dealing with a lot the past month.

B"H a month of reasonable cleanness. No actual masturbation. A couple of quick looks at porn which are more to do with tiredness than anything.

I want to be me.

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Re: Bego

Posted by bego - 30 Nov 2022 14:11

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Hi all

Just popping in for a brief moment.

If I broke my silence i may as well break it properly...

One thing for the site - newbies - it's not so simple. I had some massive long clean breaks. Genuinely thought I had cracked it. But alas not. Nothing overly crazy, but not great.

Please, don't let yourself be fooled that because you're a "yid" that that solves everything. It doesn't make you holy. it doesn't solve your porn issue. Hard work does. Which I'm sorely lacking right now.

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Re: Bego

Posted by jackthejew - 30 Nov 2022 15:09

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[bego wrote on 30 Nov 2022 14:11:](#)

One thing for the site - newbies - it's not so simple. I had some massive long clean breaks. Genuinely thought I had cracked it. But alas not. Nothing overly crazy, but not great.

Too true. Even though I'm B"H getting closer to a year clean and I've been clean since joining GYE BS"D, I still have urges and I still have to work hard, and I still don't know if I'll have the courage to get up if I C"V fall.

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Re: Bego

Posted by sleepy - 15 Jan 2023 18:39

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[bego wrote on 30 Nov 2022 14:11:](#)

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Please, don't let yourself be fooled that because you're a "yid" that that solves everything. It doesn't make you holy. it doesn't solve your porn issue. Hard work does. Which I'm sorely lacking right now.

actually being a yid **does** make you holy,

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Re: Bego

Posted by sleepy - 15 Jan 2023 18:51

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[bego wrote on 29 Jun 2022 14:29:](#)

[fromnow wrote on 29 Jun 2022 14:21:](#)

I recognise that we all sin, just in different ways. I see that many people greater than I have areas they struggle with tremendously and I just don't feel that over powering guilt I used to. I no longer really believe that Hashem is going to pounce on me for my aveiros. I believe my life is a process of struggling and achieving.

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why do you feel that people dont change internaly?based on what i was taught i disagree, the main avoda of a yid is to change himself internaly, just to change onself externaly may be very chashuv but also has a great risk of falling into self deception, look how long my paayos is , im soooooo holy

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Re: Bego

Posted by bego - 20 Mar 2023 17:21

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Hi all



Wow, it's been a while.

?I've fallen several times. Baby disturbing us at night. Not great. Very tired all the time.

?Does Hashem care? I've no idea. the most I know, is that I should care.

But I don't at the moment. Or at least, not enough.

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Re: Bego

Posted by ??? ???? - 20 Mar 2023 18:35

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[bego wrote on 20 Mar 2023 17:21:](#)

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?I've fallen several times. Baby disturbing us at night. Not great. Very tired all the time.

?Does Hashem care? I've no idea. the most I know, is that I should care.

But I don't at the moment. Or at least, not enough.

yes ,Hashem cares and He is hoping that youll pull yourself out of this mess. will Hashem hold you accountable and judge you strictly for this?this is not for me to give an opinion at all . i hope not. welcome back!

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Re: Bego

Posted by Sapy - 20 Mar 2023 22:48

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Hi, I feel sorry for your problems, that Pornography etc is your solution. At least that much I care.

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Re: Bego

Posted by bego - 22 Mar 2023 14:34

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[Sapy wrote on 20 Mar 2023 22:48:](#)

Hi, I feel sorry for your problems, that Pornography etc is your solution. At least that much I care.

Thanks Sapy. Nice to see your name and nice to hear you care.

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Re: Bego

Posted by chancy - 22 Mar 2023 17:30

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Deleted\*

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