

getting there after to many lost years
Posted by getthere - 27 Apr 2017 09:20

I've been looking at GYE for a while and decided its time to join and see if i can also get there with a calm and relaxed feeling.

My story in short:

I have had a problem with watching Videos and MZL for about 25 years. I used to be MZL minimum once a day to relief me of stress and therefor being able to fall asleep, i used to watch videos when i was and was in desparate need of some good company - or so it thought then. This was all good, albeit feeling down after doing it, until my wife checked my phone, at first i denied everything but then she saw it again and i decided NO Choice you just have to own up. this happened about 11/2 years ago. Since then the Sholoim Bayis was rocky at times and at other times it was stormy - hurricane like. For the past half year or so things are B.H. calming down and she is now accepting of who i am today. The problem is i have my falls every now and then and i am MZL. I know its an aveire but this did not stop me for many years why should it stop me now. In Yeshiva the Mashgiach even once saw what i was doing but he just pulled out a Shulchan Aruch and that was the end of him talking to me.

I hope by joining GYE i will be able to free myself totally from this.

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Re: getting there after to many lost years
Posted by getthere - 23 Jun 2017 07:30

Hello

I just realized that i have the most time on friday or on friday i just realize that i have not been active on the forum the whole and therefor decide to write something on that day.

Doing good B.H., Hashem looked after me very good the past few days some things just stuck out to show that he really want me to get better.

1. One day in the past week i davend really hard to hashem that he should help with this Nisojoin, at first i thought how will this work out. I went on the street and all the way home there were only two People, there is not alot of traffic on this route but just TWO People on the whole stretch of about 5 Minutes? This was clearly Hashems Hand.

2. The second thing that happend was as follows: I have two means of transportation, a bike and a motorbike, i was not sure which is better for me to use. The Bike when riding it i don't have to look so much ahead, i can listen to a Shiur, but when i see something it can stay longer in my focus until i pass it. Or is the Motorbike better, i have to look more ahead, i can't listen to a

shiur, but i pass the quicker and therefor can't look so long.

I have this bike for minimum two years and always lock it in the same place. What did Hashem do? In that night after these debates my Bike got stolen. In the past i would have gotten upset probably - but this it was a clear sign that i am on the right track.

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Re: getting there after to many lost years
Posted by sheleg - 26 Jun 2017 07:47

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Re: getting there after to many lost years
Posted by MayanHamisgaber - 26 Jun 2017 11:16

Why can't you understand this

What why and How should a wife help this in any way?

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Re: getting there after to many lost years
Posted by GrowStrong - 26 Jun 2017 11:54

[sheleg wrote on 26 Jun 2017 07:47:](#)

I Can't understand how someone can have a wife and still need to watch videos and do MZL for 25 years in the bais medrash no less.

I Don't know if I should laugh or cry.

Of course I pity you and hope you can quit.

hashem yerachem !

So you only act out after the bais medrash?

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Re: getting there after to many lost years

Posted by sheleg - 26 Jun 2017 13:10

Like I mentioned before the wife was designated to be an outlet for lust.

That is why the torah says in berashes " devak be eeshtoe"

A man must leave his parents and CLING to his wife.

The word cling denotes intimacy.

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Re: getting there after to many lost years

Posted by Shivisi_Hashem - 26 Jun 2017 13:13

[sheleg wrote on 26 Jun 2017 13:10:](#)

Like I mentioned before the wife was designated to be an outlet for lust.

That is why the torah says in berashes " devak be eeshtoe"

A man must leave his parents and CLING to his wife.

The word cling denotes intimacy.

Hay, you really dont understand us? Then why are you on GYE? Dont waste your time here. Its only for people who do have this problems.

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Re: getting there after to many lost years

Posted by getthere - 26 Jun 2017 13:14

[sheleg wrote on 26 Jun 2017 13:10:](#)

Like I mentioned before the wife was designated to be an outlet for lust.

That is why the torah says in berashes " devak be eeshtoe"

A man must leave his parents and CLING to his wife.

The word cling denotes intimacy.

Maybe tell us a bit more about yourself, What age you are, what you are doing at the moment, working, learning, etc, and what you came to this site for. To get help or to make everyone else feel helpless?

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Re: getting there after to many lost years
Posted by sheleg - 26 Jun 2017 13:15

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Re: getting there after to many lost years
Posted by sheleg - 26 Jun 2017 13:19

What I came to this site for ?

Is to teach you what I know and to learn from you what you know inorder to try to break my addiction.

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Re: getting there after to many lost years
Posted by GrowStrong - 26 Jun 2017 13:49

[sheleg wrote on 26 Jun 2017 13:10:](#)

Like I mentioned before the wife was designated to be an outlet for lust.

That is why the torah says in berashes " devak be eeshtoe"

A man must leave his parents and CLING to his wife.

The word cling denotes intimacy.

What is the connection between intimacy and outlet.

And I am not talking about lingerie shopping.

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Re: getting there after to many lost years
Posted by sheleg - 26 Jun 2017 14:43

I Don't know the answer to that question.

You have to ask a Torah scholar what" davek be eeshtoe" means exactly.

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Re: getting there after to many lost years
Posted by MayanHamisgaber - 26 Jun 2017 17:23

Then how can you say that this posuk is proof that she must save you????

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Re: getting there after to many lost years
Posted by sheleg - 26 Jun 2017 22:12

Look it up your self and you tell me what it means.

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Re: getting there after to many lost years
Posted by Michael94 - 26 Jun 2017 22:45

[getthere wrote on 16 Jun 2017 10:36:](#)

Feeling very good today and in general the past few days. B.H. managed to keep my eyes under control where they look to and managed to concentrate more on the important things in life again. Started listening to Shiurim on Shmiras Enayim from this Website - gives me great Chizuk.

Fantastic keep up ur great effort

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Re: getting there after to many lost years
Posted by Michael94 - 26 Jun 2017 22:52

I too find the shiurim to be a one of the great benefits of gue;

yesterday I listened to a shiur and today I went on a trip to a place which normally would've been a nisoyan to focus solely on enjoying the company but after yesterday's shiur it was much easier and bh I really enjoyed the trip with not many distractions.

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