

just joined gye

Posted by icandoanything - 17 May 2017 19:28

Hi,

Don't feel like writing cuz it's making me feel very vulnerable but I guess I should do it. I struggled with acting out from my early teens until 2 years ago. (i'm about 35 years old). I'm happily married with amazing kids, but i used acting out to destress from life's regular ups and downs. so i've always had trouble finding some other way to destress. porn has also been an outlet and led to acting out. anyhow, the last 2 years i've basically been clean from porn and acting out. the last month or so, i've starting getting back to the porn a little and a couple of times acted out. i'm very upset at myself but am determined to get back on track. i will look through the gye filters to see what will work for me. also, i'd like to stop my habit of constantly surfing the web (sports, funny youtube videos) because i feel like it just eventually leads me off track. i'd like to find ways to relax without the web (reading, exercising, any other ideas?) but i have had a really hard time finding good habits which feel productive and are enjoyable enough for me to get the habits to stick.

Look forward to getting and giving help.

=====

Re: just joined gye

Posted by GrowStrong - 21 May 2017 05:45

[bear wrote on 21 May 2017 05:30:](#)

Also heard a Rabbi describe Mir as a bunch of hormonal bochrem channeling their sexual energy to learning and this is what causes the "roar of Mir" (as his friend put it)

Surely that is the same with every yeshiva and yeshiva Kattana from the age of 12/13 until marriage...

Or is the Mir special in that sense?

=====

Re: just joined gye

Posted by bear - 21 May 2017 06:18

Ya, I am assuming he meant that by every yeshiva in that age group. I think he mentioned Mir because it is an extreme example. In all Yeshivas you have guys screaming at their Chavrusas and hocking their rebbeium over the sugya. But in Mir were you have hundreds of people learning in the same place each persons screaming converges. And when you enter you literally hear "the roar of Mir". GrowStrong you are right though. I should not limit the praise to the bochrem in Mir. This Shevach belongs to all those in the Yeshivas you mentioned. Mir is an example of one out of Baruch Hashem many Yeshivas!!

Also Cordnoy. I hear what you are saying that sometimes we are own electricians. Sometimes instead of relaxing in a healthy way like playing ball we turn to prn. Though sometimes we use our drives that could be assets and make them liabilities.

=====

=====

Re: just joined gye

Posted by bear - 21 May 2017 06:24

GrowStrong you are right though. I should not limit the praise to the bochrem in Mir. This Shevach belongs to all those in the Yeshivas you mentioned. Mir is an example of one out of Baruch Hashem many Yeshivas!!

=====

=====

Re: just joined gye

Posted by cordnoy - 21 May 2017 07:16

[bear wrote on 21 May 2017 05:30:](#)

Just to add.

there is also a letter from Rav Huttner I heard from my mashgiach and from the GYE emails that says the passuk of sheva yepal tzadek vkom. Is saying that what makes a tzadik is that he falls, but he grows from his falls. Rav Huttner also writes that the chofetz chaim was not born perfect, he mestama had falls, but what made the chofetz chaim the chofetz chaim was that he grew

from his falls.

Also heard a Rabbi describe Mir as a bunch of hormonal bochrem channeling their sexual energy to learning and this is what causes the "roar of Mir" (as his friend put it)

God almighty!

Yes, this is a public forum and anyone can say what they want.

=====

Re: just joined gye

Posted by bear - 21 May 2017 07:35

Hey Cordnoy,

Good vuch, I take it you do not agree.

May I ask why.

I read a lot of your posts, they are very inspiring. You are a true GYE hero, I noticed your at 770

=====

Re: just joined gye

Posted by cordnoy - 21 May 2017 07:37

Sexual energy causin' the roar of mir.

It's just utter nonsense.

=====

Re: just joined gye

Posted by bear - 21 May 2017 07:47

I do not think this is the case but it could be I am misquoting him. If there is a mistake its probably mine not his.

How do you feel about rephrasing it as follows. In the Mir bochrem channel the energy and vigor of youth towards learning/roar of Mir instead of using it to go after girls. It is a similar idea, just more refined.

What do you think?

=====

=====

Re: just joined gye

Posted by cordnoy - 21 May 2017 07:55

I haven't the slightest idea.

Keep up recovery.

Have a good night.

=====

=====

Re: just joined gye

Posted by bear - 21 May 2017 08:04

Thanks

Leila Tov

=====

=====

Re: just joined gye

Posted by GrowStrong - 21 May 2017 08:31

[cordnoy wrote on 21 May 2017 07:16:](#)

[bear wrote on 21 May 2017 05:30:](#)

Just to add.

there is also a letter from Rav Huttner I heard from my mashgiach and from the GYE emails that says the passuk of sheva yepal tzadek vkom. Is saying that what makes a tzadik is that he falls, but he grows from his falls. Rav Huttner also writes that the chofetz chaim was not born perfect, he mestama had falls, but what made the chofetz chaim the chofetz chaim was that he grew from his falls.

Also heard a Rabbi describe Mir as a bunch of hormonal bochrem channeling their sexual energy to learning and this is what causes the "roar of Mir" (as his friend put it)

God almighty!

Yes, this is a public forum and anyone can say what they want.

elef alafim yepal chronic masturbators vkom

=====

Re: just joined gye

Posted by bear - 21 May 2017 08:51

Also in regards to what I wrote about Bochrem in Mir channeling their drive for Girls into Torah/Ahavas Hashem seems to have pretty solid support from the Rambam Hilchos Teshuva Perek 10 halacha 3. Check it out let me know what you think. I think it is a very strong Riyah for

what I think my Rebbi said.

=====
=====

Re: just joined gye

Posted by bear - 21 May 2017 09:11

Here is the Rambam

=====
=====

Re: just joined gye

Posted by GrowStrong - 21 May 2017 09:16

[bear wrote on 21 May 2017 08:51:](#)

Also in regards to what I wrote about Bochrem in Mir channeling their drive for Girls into Torah/Ahavas Hashem seems to have pretty solid support from the Rambam Hilchos Teshuva Perek 10 halacha 3. Check it out let me know what you think. I think it is a very strong Riyah for what I think my Rebbi said.

Maybe the married bochrim...

Nice clear description of love addiction there though.

=====
=====

Re: just joined gye

Posted by mikestruggling - 21 May 2017 10:16

i believe the zohar says that the meaning of "barasi yetzer hora barasi torah tavlin" is that we can channel that energy to toirah though i never saw it inside i've heard similar concepts quoted countless times

=====
=====

