

My sad story

Posted by Chassidishe buchor - 03 Jul 2018 05:29

Struggling for over 10 yrs. Help!!

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Re: My sad story

Posted by Hashem Help Me - 10 Jul 2018 20:23

Maybe leave an anonymous letter for a rebbi there about the nisayon you (and others) are having from the phones being unfiltered. I think most would agree that bochorim in a yeshiva kayitz should have completely internet free phones.

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Re: My sad story

Posted by Yitzchok cohen - 10 Jul 2018 21:48

Buchurim in truth should not have phone altogether. Buchurim are meant to be removed from the world and only be involved in torah and avodah. The problem is, is that it became so normal for buchurim to have a phone that it's not recognized as a chisaron anymore. Now it's not recognized as a chisaron that buchurim have smartphones !!!!!!! Some think the opposite that you can use a smartphone to help you learn. It's seen clearly that phones and especially smartphone disturbs buchurim from learning. That's besides the fact that alot of buchurim end up getting addicted to porn. (They get a filter, what one day they need it taken off for a bit and they fall. And once they fall once even when they put the filter back on they find a way to fall again and again..... its time for people to start listening to the psak of the rabbonim that you can only use internet if you need it for parnasa. And don't bring it into your house even with a filter. How can a person expect hashem to protect his family from the internet if he brings a computer in his house against the rabbonim? And if he buys his child a smartphone?????? Hashem might still protect the children because hashem is very merciful but don't put yourself and your family in a place of danger!!!!

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Re: My sad story

Posted by stillgoing - 11 Jul 2018 22:47

[Chassidishe buchor wrote on 09 Jul 2018 02:58:](#)

I thought that leaving crown heights for the summer and going to a yeshivas kayitz would help my struggle because crown heights is filled with women (just like any other place) and even worse - that are dressed not tzniusdik. But in the yeshivas kayitz I'm attracted to the boys. I also have more access here to a computer and smartphones. And I realized that on my phone (not a smartphone) I have full unfiltered internet, it's just not such a big screen, but it's big enough to fulfill my desires.

Hello Chassidishe buchor

My heart goes out to you and me and all of us who struggle with this. As I think you know, you are far from the only one who struggles with this. I know of someone who is a mashpia for many years and has the same challenges that you do. Whether or not he should leave is not our business, but he's told me that when he first became aware of the way his thoughts were going, he made a extremely strong red line in his mind, that the moment he starts slipping towards even *maybe* doing something inappropriate with one of his talmediem, he is leaving instantly. There is no room to take chances, and far too many people have been through g'henim after acting inappropriately in a teacher/student relationship. Only you yourself can know how real these thoughts are. If they are only distant fantasy's, then you should make g'darim for sure, but things can be ok, but if these thoughts/feeling start to slide to *even maybe* becoming real, you have a chiyuv to leave and should probably talk to someone real who can help.

Hatzlacha on your summer. It is a hard time for all of us. (unless you're in Australia and it's winter now).

Let's remember that the harder the n'soyon, - the greater the s'char

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Re: My sad story

Posted by Chassidishe buchor - 16 Jul 2018 01:18

Thanks everyone for your comments, it really makes me feel that people are here to help me. How can I know which tools I need to try? I'm not ready to call phone confrences unless that's

the only way.

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Re: My sad story

Posted by Shnitzel and kugel - 17 Jul 2018 21:36

Depending on whether you are an addict or not, some tools only help if you aren't addicted, best would probably be to talk to Casriel.

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Re: My sad story

Posted by stillgoing - 01 Aug 2018 00:59

[Chassidishe buchor wrote on 16 Jul 2018 01:18:](#)

Thanks everyone for your comments, it really makes me feel that people are here to help me. How can I know which tools I need to try? I'm not ready to call phone confrences unless that's the only way.

You can call a phone conference without talking. No one has to know that you are listening. In the meantime you get to hear real (brave) people who are (or have) dealing with similar things and how they dealt with it.

Direct contact in writing with others (not a public forum - email or chat) have helped me gain more direction as well.

Hatzlacha

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Re: My sad story

Posted by mikestruggling - 01 Aug 2018 04:48

This machle tries to get the best of us no matter how hard we try. Keep trying many like you and worse have stopped. (For the record I'm still struggling)

feel free to contact me @ mikefineroth@gmail.com

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Re: My sad story

Posted by Chabad chassid - 15 Aug 2018 05:17

make sure you take care of your addiction before you get married, getting married wont help you, it will probably make things worse and ruin your marriage

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Re: My sad story

Posted by Chabad chassid - 15 Aug 2018 05:19

thanks for sharing the video.

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Re: My sad story

Posted by Chabad chassid - 15 Aug 2018 05:21

[Chassidishe buchur wrote on 08 Jul 2018 02:22:](#)

A nice video

drive.google.com/file/d/1FHyPNw62ng5laKAvshGLcKzF_jGbsig2/view?usp=drivesdk

thanks for sharring.

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Re: My sad story

Posted by Chassidishe buchur - 28 Aug 2018 04:31

what do i do when were half way through elul and i fell almost every day of elul?

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Re: My sad story

Posted by lionking - 28 Aug 2018 05:21

[Chassidishe buchur wrote on 28 Aug 2018 04:31:](#)

what do i do when were half way through elul and i fell almost every day of elul?

Shift gears and not focus about Elul for now. Are you living life? Are you content with the way things are going? Based on the infrequent posts, I am assuming you are not.

That calls for upping the game. Try to identify a solid reason why you want to stop.

Draw up a battle plan and figure out what definitely didn't work for you. Start trying new tools. Perhaps connecting with real people. Perhaps proper restrictions.

You know yourself the best. Sometimes we are not conscious about it, however our gut instinct will guide us to the proper method, if we allow ourselves to change and follow along.

Hatzlocha Rabba!

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Re: My sad story

Posted by mzl - 28 Aug 2018 10:04

[Chassidishe buchor wrote on 28 Aug 2018 04:31:](#)

what do i do when were half way through elul and i fell almost every day of elul?

For a lot of people elul, rosh hashana, tshuva, yom kippur, make the problem worse, not better. On other topics, say loshon hara, these days can help you, but not when it comes to acting out. Self-hatred connected to acting out is often why you can't resist in the first place. So thoughts of judgement are of no help.

If anything you might want to focus on the fact that on the day of judgement Hashem sees all of you in detail, and most of you is amazing (shabbos, kashrus, chesed ...) You may not think those things count, but He has an objective view.

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Re: My sad story

Posted by Markz - 28 Aug 2018 13:15

[mzl wrote on 28 Aug 2018 10:04:](#)

[Chassidishe buchor wrote on 28 Aug 2018 04:31:](#)

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How do we truly know Hashem's objective view?

Also acting out really can put a spoiler on ones shabbos kashrut chesed...

When I'm in lust mode, that's what's important, and all else is secondary

The question of Elul, why it doesn't help stop porn...?

At least for myself, I don't feel Elul is different to Tevet. It's dreamland to think that it's different.

So Chassidishe buchor, imagine there's snow all around now in the thick of Tevet. And you are still struggling.

What are you gonna do about it?

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Re: My sad story

Posted by mzl - 28 Aug 2018 13:51

[Markz wrote on 28 Aug 2018 13:15:](#)

[mzl wrote on 28 Aug 2018 10:04:](#)

[Chassidishe buchor wrote on 28 Aug 2018 04:31:](#)

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How do we truly know Hashem's objective view?

You don't. That's the point.

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