

Just to introduce myself and ask some advice

Posted by Im Tevakshena Kakasef - 16 Apr 2019 16:26

Hi all. This is my first time as a member of this site here goes. i apologise if this is in the wrong place on the forums.

I'm currently in Yeshiva. First year, started last Elul. I really enjoy learning, and all I could think about was how great Bein Hazamanim would be, where I could learn my own choice of topics all day long...

I started falling to the Yetzer a short time after my Bar Mitzvah, when one of my presents was a tablet. I was just curious until things got progressively worse. Eventually I was reading erotica, watching porn, and masturbating.

After Elul and half of winter Zman in Yeshiva (with a non internet phone) I really thought i had beaten this Yetzer. I was almost disgusted by the thought of seeing inappropriate things. However a couple of months before the end of Winter Zman, the yetzer started talking to me again. I pushed him out each time and remained TOTALLY pure. I mean for 7 months I hardly saw a woman etc. I was loving being free.

I don't know how, but about a week ago I fell, and its been downhill ever since. I had kaspersky filter, but I figured out how to use safe mode to get around it. I tried to tell my Dad i dont want the laptop anymore, but he said fine, just give it to your Mum. But as long as all these devices are in the house, i really struggle.

The ironic thing is, I don't even enjoy it. I really dislike watching these things, i even cover up the screen with my hand! but I'm still clicking away at those links, and being mevatel so much torah...

I could really do with some advice. (Also a bit of Chizuk wouldn't hurt)

Again, If this is the wrong place to post, let me know..

Thanks for hearing me out.

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Re: Just to introduce myself and ask some advice
Posted by Shnitzel and kugel - 05 May 2019 22:29

Good luck! Coming to a new zman is a great opportunity, and naturally an optimistic and exciting time!

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Re: Just to introduce myself and ask some advice
Posted by ColinColin - 06 May 2019 12:28

Take things days by day, hour by hour.

If you are compelled to watch these images then perhaps the compulsion comes from something lacking in your life...perhaps you need a healthy outlet to relax?

Replace the images with positive things.

Try walking.

Exercising.

Talking to a relative.

Listening to Hasidic music (considering whatever is appropriate music for the Omer period).

Or any time you get the urge to look at the images, instead look at something better....photos of Israel...or of nature parks?

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