

Wake Sleepy up!

Posted by wakesleepyup - 12 Aug 2019 16:24

Hi everyone! I've been a fan of gye for a long time ,I've decided to join the crew and wake up from my slumber which has been induced on me and us by the decadent society around us. I'm here to give and get chizuk in a Torah sourced way. A Talmid Chacham advised me personally not to do the 12 steps(thats his personal advice to ME,whoever was advised to use it by Daas Torah ,KOL HAKAVOD!) B"H I've had a streak of clean days, and I feel joining such a chashuva chabura will help out. Hatzlacha to all! Sleepy .

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Re: Wake Sleepy up!

Posted by sleepy - 28 Aug 2019 21:14

[Markz wrote on 28 Aug 2019 17:15:](#)

The King has a soft spot for you



if i have any nightmares tonight, id like to say thank you in advance

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Re: Wake Sleepy up!

Posted by sleepy - 28 Aug 2019 21:32

i just want to give a shout out to gye and all the participants here, for a certain reason i had to be in the vicinity of a not so great filtered pc, and i had yichud, and a lot of uninterrupted hours and unfortunately a yetzer hara, and i was going to search something that my wife wouldn't be proud of me, to put it mildly, and i decided all of a sudden, i don't know why, let me first go on gye, and BH the tayva passed and i came out clean, and that's all thanks to that there's a gye and an olam (chevra) here

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Re: Wake Sleepy up!

Posted by sleepy - 28 Aug 2019 21:51

btw, i just wanted to mention that if anyone wants to take issue with my posts look at my avatar and see that i just became an ExpertBoarder

:smug: , so think twice

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Re: Wake Sleepy up!

Posted by sleepy - 02 Sep 2019 14:36

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just trying to wake myself up



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Re: Wake Sleepy up!

Posted by sleepy - 10 Sep 2019 16:36

id like to comment on a statistic that i saw here on a newsletter and ask the olam if i have a point:

3 Myths About Pornography Use In Couples You Might Still Believe

by [Maybruch, R' Shmuel \(See all authors\)](#)

(myth #2)2 – Religious Couples Don't Have Porn

"Another common belief is that religious people, whether single or married, use pornography less, or not at all. This is patently not true. In my practice, I see individuals both in relationships and not committed that are devoutly religious and struggle with pornography use.

This is borne out by an astounding [study](#). A group of researchers analyzed Google search terms on a state by state basis. They found a clear trend. **States that are generally identified as more religious and fundamentalist had a higher prevalence of pornographic search terms on Google. Think about that: the more a state identified as religious, the greater amount of sexual terms were searched for.** Another group of [researchers](#) was incredulous, so they independently replicated the same study – and found the same results."

etc.etc.,and i quote further:

"Clearly, increased religiosity does not indicated less pornography use. It appears to sometimes indicate the opposite."

is this to say that this statistic applies to frum Yidden also?the more frum ,the more porn use?if not , what was the point of the post?

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Re: Wake Sleepy up!
Posted by stillgoing - 10 Sep 2019 22:02

I don't know the point of the post you refer to, but I don't have much belief in study's/surveys in general. There are always many other factors that can twist the results one way or the other. (For example in this case, maybe in the 'less religious' states people were found more often with prostitutes and therefore had not much use for Google)

"Studys" such as these can only be sure to be accurate when done by Someone who can see and know all. I only know of one Hashem.

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Re: Wake Sleepy up!
Posted by sleepy - 13 Sep 2019 16:45

i have to share something that gave me a chizuk, and hope others will get a chizuk as well.

Quote :

I read an essay about a man who saw a cocoon ,and noticed the butterfly inside trying to make its way out of the tiny hole.The butterfly struggled mightily to exit the cocoon,and spent several hours trying to force its body through the small opening.Finally it appeared as though the butterfly had reached an impasse ,and could not proceed any further.The man felt sorry for the butterfly,so he took a pair of scissors and cut a large opening through which the butterfly could leave.Sure enough ,the butterfly easily exited the cocoon,but the man noticed that the body was contorted and its wings were shriveled.He kept the butterfly ,figuring that eventually,as it grew, its wings would develop and it would be able to fly. The man failed to understand that the struggle to exit the cocoon has the effect of transferring fluid from the butterfly's body to its wings ,which is how they develop.He thought he was doing the butterfly a favor by ending its struggle, but in reality, he thwarted its growth.

Sometimes , a struggle is precisely what we need in life to develop our "wings" so we can soar and reach great heights.

(Living Emunah volume 1 pg 90)

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Re: Wake Sleepy up!
Posted by sleepy - 17 Sep 2019 08:20

does anyone know where the guy who posted a question,besides being an aveira , whats wrong with m***** if its not an addiction,did it get deleted ,i wanted to reply something

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Re: Wake Sleepy up!
Posted by Trouble - 17 Sep 2019 11:44

[sleepy wrote on 17 Sep 2019 08:20:](#)

does anyone know where the guy who posted a question,besides being an aveira , whats wrong with m***** if its not an addiction,did it get deleted ,i wanted to reply something

I think Bob Dylan posted it on the public chat. Thank God I didn't respond because I would've gotten censored again.

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Re: Wake Sleepy up!
Posted by Dave M - 17 Sep 2019 13:36

[sleepy wrote on 17 Sep 2019 08:20:](#)

does anyone know where the guy who posted a question,besides being an aveira , whats wrong with m***** if its not an addiction,did it get deleted ,i wanted to reply something

Someone asked that question in the public chatroom

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Re: Wake Sleepy up!

Posted by sleepy - 18 Sep 2019 18:14

Come and hear what the SM"G has to say on the subject in his preface to discussing Mitzvos Aseh:

When Hashem created the world ,He created it on the first day.The angels Hashem created on the second day of creation(the SM"G brings Pesukim as proof).Afterwards Hashem created animals on the sixth day of creation **before** the creation of man.

The angels have intelligence to serve Hashem their Creator,and they have no yetzer hara to disobey Hashem.

?On the other hand, the animals have a yetzer hara ,but they lack intelligence to serve Hashem their Creator.

So Hashem thought,

"If the angels serve me ,they don't deserve any reward since they have no yetzer hara to disobey ,and its only natural to serve Me.

The animals,if they dont serve me , do not deserve a punishment since they don't have the intelligence to serve me,and only have a yetzer hara."

Therefore Hashem created man on the sixth day,**after**the creation of animals,(etc.).and in the creation in man ,Hashem **combined** in the body of man the intelligence of an angel and the yetzer hara of an animal(the SM"G says the Daas of an angel and animal , but i think he means to say the intelligence of an angel and the yetzer hara of an animal, since an animal has no daas)What does this combination consist of?The flesh of man is **like** the flesh of animals,in the sense that it

eats ,drinks,sleeps,and does **other stuff**,and hashem gave and put into this flesh the Neshama,that **enlightens** to the body the paths of serving the Creator like an angel.Therefore the Neshama is called a Ner -Light,"Ner Elokim ,Nishmas Adam".

Now since the actions of an angel and animal are different(the angel wants only to serve its Creator, and an animal only wants body things)therefore man who is a combination of these two, experiences tremendous conflict ,and **warlike battle** inside of himself,**all the days of his life**,because the **animal like**flesh which is in man,desires the pleasures and vanities of this

world,just the pleasure of eating,drinking, sleeping,and **all his thoughts** are on this.

But the **angel like** part of man battles against the**animal like** part,and demonstrates and proves to to the **animal like** part that man was not created **just** to eat drink and sleep. Whats the proof that man was not created for just these things?Because before man was created , the animals who just eat drink and sleep were created ,so there already was creatures of material pleasure,and if man was created **after** them , it must mean that he was created for a different purpose,and not for these things,and when a man has to eat ,drink, and sleep,his intentions should be to have a healthy and strong body with which to Learn Torah , Pray ,and do good acts ,which is the Service of the Creator.

Now it is not known who was victorious in this war between the Neshama and body until the day of death,because sometimes **you'll have a man who was a rasha in the beginning and a Tzadik at the end**, or the opposite. But after death, they show him all of his actions that were written in a book if all his animalistic actions were done for the sake of Serving his Creator(as much as is possible that is), like was mentioned before,then his service is accepted more than the service of the celestial angels who dont have an yetzer hara in them.But if C"V the the yetzer hara of the animalistic part of him was victorious over the angel like part of him,,then **he is considered like an animal, and WORSE THAN AN ANIMAL**, (why?becuase)an animal does not posses a neshama , a NER ELOKIM to enlighten to him the service of his Creator, therefore he doesnt deserve a punishment,but a man who **does** posses a Neshama will be judged in Gehinom.

Regarding this battle between the Neshama and the animalistic part of man,**is the purpose why Hashem created His world**.And in order to help the Neshama have a fair fight ,Hashem gave Klal Yisroel The Torah through the greatest man ,Moshe Rabeinu, with 613 Mitzvos, and took us out of mitzrayim with tremendous Miracles, and split the yam suf before us, and rained down the" Mahn" in the desert every day for forty years.(Through the Giving of the Torah and strengthening of Emunah through the Miracles of Yitzias mitzrayim, will enable each and every Jew to be victourious in the battle between the Neshama and the body/yetzer hara.)

Taken from the sefer Leil Shimurim By Rabbi Shlomo Brevda ZTL pages 63-64(i hope i translated correctly)

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Re: Wake Sleepy up!
Posted by sleepy - 18 Sep 2019 18:52

I want to give a warning this part of my story maybe triggering. I'm trying my best to just give enough details to tell the story without being overly triggering, but it's a hard balance.

I'm not sure when it started but definitely by the age of 11 or 12 I started having "crushes" on other boys. I would become infatuated with particular boys. I was very

ashamed of it and kept it a secret. I started out very naive about anything related to s**. I had a friend who seemed to be very knowledgeable about it. He had an older brother who was a few years older than us I was very attracted to. I specially would ask questions and get the older brother to teach us about s**.

sleepy wrote:(why am i in this light blue box, and how do i escape?)

if i may comment on these quoted bolded words:

when i was a young kid ,11? i was watching a comedy with my cool older brother and in those days gay was really taboo, and one of the actors made a comment , something that he had gay tendencies, and you heard the audience (or laugh track) laugh at him , and i didnt know what gay was so i asked my brother and he said its when one man is attracted to another man , and i was silent , and remembering how everyone laughed at the actor worriedly asked , if you think

) answered my brother with a resounding

NO!! and BH that saved me from labeling myself and and grew a "regular" crazy kid with masterbation* problems

(i had to use at least one *, but i dont know if it counts accordin' to courdny). (no internet in those days **THANK G-D!**) what i mean to say is that it sounded from the beginning of your post that you were explaining how you "discovered" from age 11 that you had ssa tendencies and it could have been very well that you were just attracted to your friends older bro, just in the sense of yourself desiring a father figure in your life or older brother, and the fact that your talks revolved around sex, well thats very normal talk and curiosity for that age so i dont see anything abnormal from your story, and as far as your furthering in ssa once you hit the internet (not judging you or anyone else AT ALL! my friend) you were simply "TAUGHT" evil things with glitter and excitement surrounding it, no wonder it developed into a full blown problem, what are we , supermen , that we can view evil and NOT be affected?! (again not judging , because i know where would i could be if i had access to what you did) im just commenting on what you said AND what ive seen written by others , and i just wanted to say an important point (i feel it was important at least)

if i may say one more point which i feel is not known enough:

when i was in high school/mesivta there were two cases of boys messing around with each other close in time, within a month and at the same time in another yeshiva a story went out that two boys were messing around with each other, and a bochur went to my Rosh Yeshiva ZTL who was known as an Adom Gadol and asked , whats going on? and the RY ZTL answered , there is a ruach tumah in the velt, (world) and that explains how a little boy /teenager who with healthy hormones pumping away, get broken when a thought of ssa enters thier thoughts, and they think , oh, i must be gay, and they dont realize that it came into thier heads because of the ruach tumah , but now they "labeled" themselves and one thing brings to another. im not saying that one should not go to sa for such problems, im just saying how for a lot of people this blows up from regular things

anyway i wish you (and myself) lots of hatzlacha in recovery from all issues , thanks for sharing.

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Re: Wake Sleepy up!
Posted by sleepy - 24 Sep 2019 00:54

hello everyone, there is a certain idea here on gye, i dont know if its held by everyone, probably not , and id like to post about it since it i get really peeved by it, and that is the idea that when a real prutza comes into view and instead of (i feel is the correct feeling)feeling victimized "how can she dress that way ,disgusting chutzpa,im being molested by forceful viewing of immodest sights"

no, instead one should think "oh shes just a person, a human with feelings like me and i really shouldnt use her for my lust fantasies,a blessing on you young woman!"

i mean in the time of the mabul when women walked around in their birthday suits, was that an attitude also, oh shes just a person ,im the perverted one if an unseemly thought passes my mind .

waiting(eagerly) for your clarification friends.

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Re: Wake Sleepy up!
Posted by sleepy - 24 Sep 2019 01:11

[sleepy wrote on 24 Sep 2019 00:54:](#)

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waiting(eagerly) for your clarification friends.

and what you may ask is there to gain by my way of thinking, it is as follows

how can she dress that way ,disgusting chutzpa,im being molested by forceful viewing of immodest sights,but what can i do, we live in a corrupt society and this is the fight which Hashemhas put me in and ill be strong, choose whats right and not look and get schar,' but the other way of thinking is to me like a not realistic way of seeing things, and i end up with a guilt feeling for failing to see the person,and just seeing lust .

i(if i may add) think this attitude is a liberal type of thinking similiar to just look at a person who murdered , and think hes a person with feelings etc. com'on hes a murderer and shes a prutza!

now what about the woman who dresses properly who happens to be attractive ? then ill grant you the attitude to think shes just a person not an object to lust after,after all no one can have a complaint that

a woman looks like a woman .

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Re: Wake Sleepy up!
Posted by Markz - 24 Sep 2019 01:20

300 million US citizens (95% of the population) have a WhatsApp Chizuk Broadcast discussing how best to torment sleepy...

You really believe that?

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