

Take 2

Posted by Im Tevakshena Kakasef - 08 Jul 2020 10:35

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Hi all.

I've once before made a thread about who I am and how I'm struggling with shemiras einayim. But due to my constant leaving to go to yeshiva every zman, I've been very much inactive on this site. Even now, in the corona period, I haven't been on, as I thought since its really summer zman I was safe from the yetzer. Almost like I had a mental block - if I thought about shmutz I would say 'I'm in yeshiva, no way!' The yetzer hara totally left me alone from the start of zman until now. But over the last few days he's back same as ever, and I finally fell yesterday and today in the middle of zman.

That's why I'm writing in the introduce yourself section. i want this to be a new start, a new realization that I need to guard myself at all times, no matter what. I feel I should make more use of the wonderful kiddush Hashem that we call gye, to update everyday, to try and keep me from falling anymore. Any support, ideas or encouragement from people would be incredibly helpful.

My issue at the minute is that I almost don't care anymore. I so want to be good, but I feel like I've almost lost the will to fight. Like it doesn't matter if I fall one more time, I'll change the time after. I know its foolish, and I hope my constant updates to this site will refill me with a desire to do the right thing, to be close to Hashem the way I truly want.

Thanks to everyone in this community, and may we fight together to bring nachas ruach to Hashem the way we should.

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Re: Take 2

Posted by Grant400 - 10 Aug 2020 19:53

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Re: Take 2

Posted by wilnevergiveup - 10 Aug 2020 20:05

[Grant400 wrote on 10 Aug 2020 19:53:](#)

I hear Palmolive has a wicked bodywash. And Ajax has an anti dandruff shampoo.

I actually use Palmolive body wash, highly recommended.

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Re: Take 2

Posted by Im Tevakshena Kakasef - 11 Aug 2020 10:23

Oh come on, I can't be the only one in the astonish antibacterial hand soap band!

I use head and shoulders for my hair. Tell me I'm not alone in that!

Baruch Hashem all's well by me. Hope it is by you lot to. Hatzlocha all,

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Re: Take 2

Posted by Im Tevakshena Kakasef - 14 Aug 2020 09:07

All is well Baruch Hashem. Been lusting, but going on this site has helped. Hatzlocha all.

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Re: Take 2

Posted by Im Tevakshena Kakasef - 18 Aug 2020 11:11

Still lusting. I don't want to fall, but I do want to slip a bit. Better try and stop it here before I hit a slippery slope. Hatzlocha all.

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Re: Take 2

Posted by wilnevergiveup - 18 Aug 2020 11:48

[Im Tevakshena Kakasef wrote on 18 Aug 2020 11:11:](#)

Still lusting. I don't want to fall, but I do want to slip a bit. Better try and stop it here before I hit a slippery slope. Hatzlocha all.

You really gotta rephrase that to "I don't want to fall and neither do I want to slip even a bit because if I start slipping then I know that I have no chance save for a miracle and I know that I cannot rely on miracles."

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Re: Take 2

Posted by Im Tevakshena Kakasef - 18 Aug 2020 22:15

Sorry, I didn't mean I actually want to slip. I meant I had no taiva to fall at all. I only had taiva to

dabble my toes, slip a little. But, like you said, we all know where that ends so I'm gonna have to be strong.

Didn't have a great day. Definitely slipped. Some very brief encounters with unintentional nudity as well. I have to put this in check before its too late.

Hatzlocha

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Re: Take 2

Posted by Im Tevakshena Kakasef - 25 Aug 2020 10:00

O.K, time to post on my own thread again.

Recently I've been falling. Thank G-d over the last day or so I've pulled myself out of that hole and back on my feet. But I need to plan ahead.

I'm reentering my yeshiva home schedule. Fancy term I made up myself, basically means I'm going to be learning and overall much more busy for the remainder of Elull zman (I hope.) So I won't be going on GYE as much, but also less time for p&m.

I'll bli neder set a time in the week that I go on GYE, or if I otherwise feel weak or like slipping, or just want a chizuk.

I could do with some advice. At the minute, I basically don't have a filter. I have covenant eyes both accountability and filter on my laptop. But the accountability doesn't seem to pick up on many of the dodgy sites I've been on, and the filter is super easy to bypass. (I'd discuss how, and maybe you could give me suggestions how to make it less easy to get past, but I don't want to inform people how to bypass filters in a public setting.) So what should I do? Its pretty hard for me to tell my dad 'Hey, you know the filter you got me? I can get round it. I know because I did. Oh and the accountability software? That doesn't pick up on most of the shmutz I've been on.' So does anyone have any advice for me?

I've also debated just telling my dad about my struggle. Maybe not the full extent, but that I have seen, intentionally, dodgy stuff on the interner. Whats the general idea when it comes to telling parents? Or does it vary person to person to much to give a general rule?

Lastly an unrelated point. How does one know if he is truly addicted or not? I always have a nagging feeling like I could overcome the lust if I truly tried. But I've not managed in years! So when do I know if I'm an addict, and should start trying some new things?

Thanks for the help. Hatzlocha all.

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Re: Take 2

Posted by lionking - 25 Aug 2020 10:52

Would depend on your relationship with your Dad. All I can say is, I wish I would have told my Dad. I hope my kids will feel comfortable to speak to me about any struggles they are experiencing.

Hatzlocha Rabba

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Re: Take 2

Posted by Dave M - 25 Aug 2020 14:44

Agree with LionKing. If you can, speak with your father. Assuming you and him have a solid relationship, he'll respect you for telling him and the conversation will bring you two closer.

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Re: Take 2

Posted by Im Tevakshena Kakasef - 28 Aug 2020 13:08

Thanks for the advice guys. You understand its kind of a big deal for me. I'll let you know what I decide.

Baruch Hashem have had a good week (or at least 5 days.) Back in yeshiva schedule more, so less yetzer. He'll come, but I imagine it will be a few weeks before he does. Never know though, so I'll be on guard.

Have a great Shabbos.

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Re: Take 2

Posted by Im Tevakshena Kakasef - 04 Sep 2020 10:31

Baruch Hashem keeping clean at the moment. Not much taiva thank G-d. Have a great shabbos all.

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Re: Take 2

Posted by Im Tevakshena Kakasef - 08 Sep 2020 17:41

Bit more taiva today. Probably due to a wet dream last night. But pleased I'm still clean, baruch Hashem.

Hatzlocha.

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Re: Take 2

Posted by Im Tevakshena Kakasef - 09 Sep 2020 12:13

Really struggling today. Like I poshut don't have time to act out - too busy a schedule, but boy the taiva is coming on strong. Hope everyone is well, and fairing better.

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