

Make it to Yeshiva

Posted by YeshivaGuy - 04 Aug 2020 05:33

Hi everyone,

First I want to say that I am humbled and honored to be in the presence of such Giborei Koach, true warriors of Hakadosh Baruch Hu.

I bh am not addicted to pornography.

I haven't been on a porn website.

But I'm getting close, and I'm here to gain chizuk not to fall into it.

Once I return to Yeshiva I'm safe, but as long as I'm home I'm in danger, and bh I haven't fallen into pornography. However it's the next step, chalila.

I bh am running a camp, so I started keeping busy, so bh have only been nichshal once in the last 3 weeks.

i want to just express my gratitude to all of you, and my great admiration for each and every one of you.

My Yetzer tries telling me "comon, porn can't be that bad, it's just the word that sounds scary" or like "it can't be so different than YouTube videos"

So I'm here to gain that chizuk.

thank you!

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Re: Make it to Yeshiva

Posted by ?????? - 02 Apr 2021 19:18

I won a hard fight last night.

I won a hard fight this morning.

And I just now lost a hard fight.

I listened to some Kol Isha and masterbated.

You know what they say- two steps forward, one step back. But you're still on the right track.

Also regarding the music, what I found helped me is focus on not listening l'kavod sefira rather than not listening to kol isha; then it's almost like not watching porn because it's shabbos vs not doing it because it's porn.

I definitely can relate to the lack of motivation. My YH is working around the clock to convince me that masturbation isn't that bad.

Also, I don't think it's either depression *or* the YH, I think they feed off one another.

Much Hatzlocha!

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Re: Make it to Yeshiva

Posted by OivedElokim - 02 Apr 2021 20:28

[YeshivaGuy wrote on 02 Apr 2021 16:19:](#)

I won a hard fight last night.

I won a hard fight this morning.

And I just now lost a hard fight.

I listened to some Kol Isha and masterbated.

Im not motivated. I don't feel like I want a life of Kedusha.

Obviously I want Kedusha, but with depression creeping in and other health problems I'm just down and this feels good.

Its a drug.

Im embarrassed to be seen in public by anyone because my health thing made me gain a lot of weight. And I just feel bad.

And my home isn't the biggest makom aliya...

But still, I know I could be matzliach.

The problem is that I don't want it.

Im not driven, like in the past, by a singular unyielding ratzon.

That, in my mind is the problem.

Whats the solution?

I'm not exactly sure. I think it would be beneficial for me to meet up with some GYE chevra before returning to Yeshiva, so I'll look into that.

I can make contracts etc but the problem is that I lost my drive. Maybe it's depression, maybe it's the Yetzer Hara? Both? Not sure.

I'll just remind you what the ??? ????? says about depress several times-that depression is synonymous with the ??? ???/???? ????.

I'm not saying that that's all there is too it. One must take medication and go to therapy if the

depression is debilitating. You can't fight it alone. But the underlying negative attitudes always stem from the distorted view of the ??? ????? ??????.

Try to add in ?????. That could be through doing things that make you feel good ????? ??????. It could be through learning. Doing something nice for a sibling or a parent. These things help fill you with optimism and help you break out of the negative narratives playing incessantly in you head.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 02 Apr 2021 20:34

I'm disgusted with myself.

I have no strength to say what I did.

Ill try reversing it but idk if I have the strength.

I am hopeless and lost.

I see no way out.

I wish you all well

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Re: Make it to Yeshiva

Posted by Ish MiGrodno - 02 Apr 2021 20:41

YeshivaGuy,

??? ????? ??????

I would echo OivedElokim's sentiment; perhaps your "success measuring stick" for the time being should be neither cleanliness nor learning. Maybe you can find sipuk and joy by working

on your kesher with family members, etc...

Perhaps a fresh approach to simcha (devoid of assumptions from the past) can help you start anew.

Just a thought, my dear friend.

Going into Yom Tov with a heavy heart in Grodno ~ IMG

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Re: Make it to Yeshiva

Posted by Grant400 - 02 Apr 2021 21:16

I don't have anything to say to make you feel better, but ??? ????? ?????. I too am not proud of myself. Bein hazmanim coupled with pressures of yom tov, especially in your situation of having a home and general environment not conducive to kedusha just did us both in.

We cannot create a new beginning but we can make a different ending. (I saw this somewhere on GYE).

It's hard. It's hell. It's gruesome hell. And worse. I know.

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Re: Make it to Yeshiva

Posted by Sapy - 02 Apr 2021 22:20

YeshivaGuy whatever you do please dont touch porn. I know you never did, and the damage it does is unimaginable, not beruchnius, but bgashmiyus, so please please dont go there...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 02 Apr 2021 23:04

[Sapy wrote on 02 Apr 2021 22:20:](#)

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It's hard to know what porn is. Still bh haven't been on porn site. I've only been on YouTube. Not sure that's such an accomplishment...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 02 Apr 2021 23:08

Rabboisai, with the critical help of my true friend ??????, I blocked the number of a certain individual I was conversing with throughout the day and part of last night.

A critical and painful step.

May my ??????? be ????? the ??????? ?????? that I so desperately need.

I hope to see you all on the other side of the ?? ???, B'ezras HaShem.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Sapy - 05 Apr 2021 03:18

[YeshivaGuy wrote on 02 Apr 2021 23:04:](#)

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Yes it is. Going on a porn site is something else, I promise you it's not worth it.

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 05 Apr 2021 06:19

Hey, @Yeshivaguy,

I feel for you, I truly do. My heart is pained reading what you are going through.

If you read my posts, you will see that depression and low self esteem is something that I deal with as well.

I spoke to my Rosh Yeshiva about it (a big scary intimidating one btw), I asked him if it's normal. He said, of course, that's how life is, it has it's ups and downs. You aren't defined by your downs, and your particular *nisayon* during a down moment is not to be perfect, nor is it to try to be as good as the best day you ever had. Your particular *nisayon* is to ride the wave, to stay afloat, and not do anything stupid.

You know, this reminds me of a show I was once by. There was a hypnotist, and he had a whole bunch of guys from the crowd on stage doing all kinds of interesting things. Before he had anyone do anything, he told them "but don't do anything that you will be embarrassed of later." The guys were completely out of it but I guess it worked.

When we are going through a hard time, the goal is to not make your things too difficult to climb out of. Ride the waves, stay afloat, don't do anything stupid, but most of all, don't beat yourself up for going through a hard time.

It will pass, to help speed up the process, we can focus on living life. That's it, just live life. On bad days, it's even more important to reach out to real people, to connect, to help others, and seek help from them. Share your emotions with real people (you don't have to go into detail) it is a life changer. Call a Rabbi from Yeshiva, one that you connect with.

The bottom line is that life throws us tough times, they will pass on their own, we just have to learn how to let them leave when they are ready.

Here is a cute video about depression. gye.vids.io/videos/e89bd1be1d1ee0c960/i-had-a-black-dog-his-name-was-depression

I think it helps for rough times in general.

I really hope that you can get back to your regular self soon.

Davening for you.

Wilnevergiveup

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Apr 2021 07:47

I'm at the edge of giving in. I hope I can pull back...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Apr 2021 08:00

Was fighting back and forth for awhile.

Got fed up and out of almost anger and impatience I touched myself and then.....

So back down again.

Its poshut, if I see stuff I'll fall.

I gave in a tiny bit tonight and it slowly grew until now at almost 4am I gave in.

Ps. I promise u guys that I will get out of this rut. I'm on new meds for my weight, will resume working out, will leave iPhone at home, and will go to sleep on time.

To quote one of my poems:

I am not bound

By what I see

There is a fire

And it's Me

Watch now as

I drain the sea

And show you what it is

That's Me

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 05 Apr 2021 08:45

What's the schedule for tomorrow?

How are you going to make tomorrow a day of living a good life?

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Re: Make it to Yeshiva

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Yes it is. Going on a porn site is something else, I promise you it's not worth it.

Ok. I trust you and appreciate you saying that.

I promise that I'll never go on a porn site.

My recent falls have been Masterbating, not even really youtube

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Re: Make it to Yeshiva

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[wilnevergiveup wrote on 05 Apr 2021 06:19:](#)

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Davening for you.

Wilnevergiveup

Thank you so much, I really appreciate it

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