

## **GYE - Guard Your Eyes**

Generated: 20 September, 2024, 01:56

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Make it to Yeshiva

Posted by YeshivaGuy - 04 Aug 2020 05:33

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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 YeshivaGuy - 04 May 2021 01:48

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Yes Baruch Hashem Yisborach! It's such a game changer. I had an old kosher phone lying around in my room which has a radio and didn't think would be a problem, but it was... So bh got rid of it and looking forward to investing myself in the intricate and geshmak sugyos of Hashems Torah.

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 10 May 2021 00:31

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Hey guys, I'm home for a few days and will keep you guys posted. I'm seeing some doctors, it's been hard on many fronts particularly in the mental health department...

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 10 May 2021 01:54

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A lot A lot of taiva folks

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Re: Make it to Yeshiva  
Posted by EvedHashem1836 - 10 May 2021 02:50

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push through! You know your own strengths and weaknesses and you know you *can* win this battle its just the yetzer hara wants you to think otherwise.

And yes you want to win and be free because as seen on this forum having a problem with taiva has the power to destroy marriages so you want to be squeaky clean by your wedding.

You were at 200 days which was incredible. You fell and then you fell a bit more. Why don't you get back on the track that you were on? Every time you fall it makes it harder (but still manageable) to get back up but you have it in you to make it back to where you were. Just

today I was in the car and thought of something I saw when I was acting out about 100 days ago yet my brain still remembers! Every time you look at new things (speaking to you if thats what youre doing or anyone else reading this) you're adding new images to your head that have the potential to cause future falls when you want to stay clean, not just this one.

You can say "I'm holding at 400 days clean with a month of falls" or something similar but once the falls start coming more and more you no longer are the person you were and it becomes "I was clean for 200 days and since then I haven't been clean for 30 consecutive days over the last year"

Which do you want to be?

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Re: Make it to Yeshiva  
Posted by i-man - 10 May 2021 05:35

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Good to hear from you brother.

Consider joining our 90 day challenge - it would be a chizuk for you and for us .

If you can access email In Yeshiva you would be able to stay updated .

Be well

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 10 May 2021 06:00

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I fell again. It's very hard with depression, feeling horrible...

My goal is now 14 days.

Have a gn

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 11 May 2021 05:39

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Moving forward. That's what I'll say.

Hopefully could see the psychiatrist tomorrow and then return to Yeshiva early Wednesday morning.

Have a gn. Don't let the number 0 fool you (or myself). I am very much on the road, the path, to Kedusha v'Tahata.

Indeed, my determination is not lost.

And Mark my words (Markz that's you!), I will rise.

I will not masterbate anymore.

I will become a Man of Kedusha v'Tahara.

Watch me.

Good night to all,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Grant400 - 11 May 2021 13:41

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[YeshivaGuy wrote on 11 May 2021 05:39:](#)

Moving forward. That's what I'll say.

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Have a gn. Don't let the number 0 fool you (or myself). I am very much on the road, the path, to Kedusha v'Tahata.

Indeed, my determination is not lost.

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I will not masterbate anymore.

I will become a Man of Kedusha v'Tahara.

Watch me.

Good night to all,

YeshivaGuy

Trust me my very special friend, no one at all is fooled by a "0" on your count. We know who you are. We've seen you in action. We know your fight, struggles and glory. We know your past, and we know your future.

We know who YeshivaGuy is.

We're just waiting for you to see it as clearly as we do.

Hatzlacha!

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Re: Make it to Yeshiva  
Posted by DavidT - 11 May 2021 14:06

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**Here are 8 motivating quotes that are good to keep in mind...**

1. "According to the effort is the reward"

*(Ethics of the Fathers, 5:22).*

Achievement is measured by how much we try, not by the results we can see.

2. "It's not about how bad you want it; it's about how hard you're willing to work for it."

*(Anonymous)*

Dreams are not plans and desires are not steps. If you want it, you need to plan it.

3. "Most people never run far enough on their first wind to find out they've got a second."

*William James.*

Many give up during the first wave of discomfort. The body can take almost anything; it's the mind we need to convince. We need to go further than we think we can to discover what we are really capable of.

4. "Successful people never worry about what others are doing." *(Anonymous)*

We often give up because it seems like others around us are more talented, intelligent or faster than we are. But every expert was once a beginner. Focus only on your own growth.

5. "Never give up on a dream because of the time it will take to accomplish it; the time will pass anyway."

*Earl Nightingale.*

Many worthwhile goals take years to accomplish.

6. "The biggest mistake you could ever make is being too afraid to make one." (*Anonymous*)

Learn to see mistakes as opportunities to learn. Failure is the path to success. If you're afraid of making mistakes, you'll never try something new.

7. "Your life doesn't get better by chance, it gets better by change."

*Jim Rohn.*

Don't wait for other people to improve things for you. If you want something you've never had, you will need to do something you've never done.

8. "As long as the candle is still burning, it is still possible to work and to repair."

*Rabbi Yisrael Salanter.*

While there is still life, there is still hope. And when you have hope, you have everything.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 12 May 2021 00:12

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Having a very difficult time with mental health, and ya I masterbated too.

Baruch HaShem I Finnaly got a psychiatrist appointment for tonight.

That's my goal right now chevra. To get this stuff worked out. Then back to Yeshiva. And then focused on the whole Kedusha thing.

Please daven for me. I'm having a very very hard time.

YeshivaGuy

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Re: Make it to Yeshiva  
Posted by Snowflake - 12 May 2021 01:11

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Amazing that you're not giving up! Hang in there.

I used to take anxiety meds. I was going through some very tough times back then. Not taking any meds (having a condition) and trying to win this battle is akin to running a marathon in fetters.

The meds really helped me back then. My life situation changed for the better and I substituted them now for sports and other stuff. But depression is a real thing. Bez"H you should have hatzlocho with the psychiatrist.

You're a warrior for fighting this fight even though you're depressed. It takes real guts.

Please keep us posted and inspiring us. No one cares about your streak. We only care about one thing: helping our fellow brother get up and watching him fight the good fight.

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 12 May 2021 03:29

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Thanks @SnowFlake, really means a lot.

I am on meds but prob need bigger dose or dif type.

The appt tonight didn't work out and seeing the spyciatrist tomorrow night bezras Hashem.

We'll see what happens. It's very difficult and I'm trying to just maintain some semblance of sanity.

Good night and Gut Chodesh to my dearest friends

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Re: Make it to Yeshiva  
Posted by Gevura Shebyesod - 12 May 2021 03:38

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Keep on trucking. Refua sheleima.

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Re: Make it to Yeshiva  
Posted by Shaul5781 - 12 May 2021 16:35

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We are with you!

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 13 May 2021 04:05

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Met with a new psychiatrist, Baruch HaShem it was amazing. Really understood me etc.

She put me on a new medication and said I can return to Yeshiva (was maybe a tzad to stay home to be watched).

Im optimistic Baruch HaShem.

This is a journey and will take time to find the right treatment/mahalach and B'ezras HaShem we'll have Siyata Dishmaya.

Thank you all,

YeshivaGuy

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