

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 Grant400 - 08 Sep 2020 12:40

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[YeshivaGuy wrote on 08 Sep 2020 03:26:](#)

Here's a question,

Does anyone know if I can use the "streak bar" for masterbating? Or just for pornography?

Also, how do I set it up?

I think it would be helpful

Thanks

Awesome to hear! Now to your question. If you mean the little streak calculator next to your name, then you can use it for anything. Why not? You can count you days on a diet if it will work. Just restart the count with whatever intention you have, and update it accordingly.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 09 Sep 2020 14:20

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Been clean bh from masterbating/ever stimulation for the last 2 days.

Still haven't had taiva yet to do it so abit nervous waiting for it to hit...

Anyway, I started working out last night after maariv which will bezras Hashem be helpful for many thing including this.

Hatzlocha!

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Re: Make it to Yeshiva

Posted by Grant400 - 09 Sep 2020 15:02

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Amazing! Just plan ahead. Prepare a game plan how you will respond to it when the desire attacks you.

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Re: Make it to Yeshiva

Posted by Im Tevakshena Kakasef - 09 Sep 2020 20:14

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Sounds like you're doing great!

Working out is a tricky area - sometimes it can lower taiva, but unfortunately sometimes it can do the opposite. I'm not saying you shouldn't work out (I do) just leaving a quick warning.

And your lack of touching the aver at all is a smart move. Even when being excused try and avoid it. Hopefully it should help.

Much Hatzlocha.

What can you do? He was probably born after the iron curtain fell.

Was that before or after the ice age?

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 03:28

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Been doing great Bh, I can't believe I haven't done even any "stimulation"!

Motzei Shabbos has been hard in the past though...

Going to sleep soon. I will be matzliach bezras Hashem.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 03:31

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[Grant400 wrote on 09 Sep 2020 15:02:](#)

Prepare a game plan how you will respond to it when the desire attacks you.

So that's what I don't understand. Once a person gives into his taiva and allows himself to be "taken over" then what can he really do?

Theres been times I've layed in bed and I didn't stop the desire and wasn't sure what to do

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 13 Sep 2020 03:37

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Just say no. Simple as that. Tell yourself you re like the baal teshuva who is driving past Burger King and really wants to go in. It is not available any more. Of course ask Hashem to help you with this particular tough moment, and ask Him to help you fall asleep without this disgusting stress relieving pacifier that you already put in the garbage.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 03:37

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Obviously the ikur avoda is to fight the thoughts from even coming in the mind. That I get. Which is why i have a sefer beside my bed to learn before sleep.

I just don't fully chap the eitza once you have in to the thoughts. In the bais Medrash I understand, I can keep learning, or take a short walk outside etc.

But what's the eitza if I'm in bed and exhausted?

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 03:40

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[Hashem Help Me wrote on 13 Sep 2020 03:37:](#)

Just say no. Simple as that.

Maskim.

But is this the "Plan" that grant is referring to? That's my question.

It seems "just say no" is the only eitza, and not sure what Grant means by "having a plan"

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 04:48

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Ah! Baruch HaShem the yetzer hara has come,

Gevaldik! Now I can show HaShem Yisborach how much I love Him!

Bezras Hashem may I, and all of us be matzliach and succeed in repairing our relationship with Avinu Shebashamayim

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Re: Make it to Yeshiva

Posted by starting - 13 Sep 2020 05:08

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I hope the nisayon is over.

Dovid hamelech wanted hashem to test him so he could prove his loyalty. At that point he had never done anything which could count as an aveirah. He had had a very trying life. Yet, asking

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for a nisayon did not end well

So the way see it, a nisayon an indeed attest our love for hashem and it shows that we are ready to do hard things to repair our side of the relationship (hashem has always loved us just the same) and that should be appreciated but not welcomed.

Afterwards we should be grateful to have had it but until it's over, I think we should try and get rid of the nisayon ASAP through distractions or really in any way

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 05:16

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[starting wrote on 13 Sep 2020 05:08:](#)

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Dovid hamelech wanted hashem to test him so he could prove his loyalty. At that point he had never done anything which could count as an aveirah. He had had a very trying life. Yet, asking for a nisayon did not end well

So the way see it, a nisayon an indeed attest our love for hashem and it shows that we are ready to do hard things to repair our side of the relationship (hashem has always loved us just the same) and that should be appreciated but not welcomed.

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Maskim maskim obviously of course!

Im not happy for nisyonos, just expressing a thought that goes through my mind sometimes which I believe is good and positive.

Shkoy

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Sep 2020 05:19

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It's part of my personality to say things sarcastically as well (like if I break my leg so while in pain I'll say "ah! Bh! This is spectacular! Gevaldik!") which is hard to chap if y'all don't know me, but I understand how it seemed to an outsider

we're on the same page buddy

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Re: Make it to Yeshiva

Posted by Grant400 - 13 Sep 2020 05:35

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[YeshivaGuy wrote on 13 Sep 2020 03:31:](#)

[Grant400 wrote on 09 Sep 2020 15:02:](#)

Prepare a game plan how you will respond to it when the desire attacks you.

So that's what I don't understand. Once a person gives into his taiva and allows himself to be "taken over" then what can he really do?

Theres been times I've layed in bed and I didn't stop the desire and wasn't sure what to do

What I mean is something like this.

I think about how I will feel after acting out. I know from past experience that I will feel horrible for a while. I will feel upset, guilty, like a traitor when davening or learning etc. It becomes crystal clear to me that I am only shooting myself in the nose to spite my face. This helps to lessen my desire, and helps me see it in a clearer light. I say to myself it's not worth it at all, forget about the sin, my own feeling like garbage after is a deterrent.

I think about the actual pleasure I will have instead of the blown out of proportion fantasy promoted by the yetzer hara.

Think about it, the desire for the pleasure of the indulgence is greater than the actual pleasure. We all experienced that. We act out and say to ourselves "So that was what I drove myself crazy about? That's what I gave up so much for"?

You can create a program with anything that helps you when overcome by desire. Think about what I wrote above, say a perek of tehilim if that inspires you, whatever you know that has helped in the past. This way you are not totally helpless when presented with an urge.

Grant

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 13 Sep 2020 06:35

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It is definitely tough when you are in bed and the urge is strong. Obviously exercise or a walk around the block are not practical. One eitzah is to have a chaver to call (and if it is late make sure he does not mind - some guys phones are off and you can leave a message) and simply call and share that you have a strong urge. Usually sharing that, and specifically if you clinically say straight out what you want to do, kills the urge. If all that does not work, the old timers here used to say "Well there is always Woodford".....

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