

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 HappyYid - 07 Jul 2021 19:02

Sometimes it is just so hard not to masturbate. You actually start to feel the 'amazing' feeling of masturbating, but as we know it's a fleeting second and it's over, it's amazing how the YH tries convincing us to do it (and succeeds unfortunately, sometimes) and it's over a second later...

Stay strong my friend!

You'll feel good you overcame the nisayon.

I hope you are out of bed by now too...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 08 Jul 2021 05:22

Hey guys,

Baruch HaShem Yisborach I am 4 days clean.

I head back home tomorrow after shiur.

Ill be home for a week and then go to camp.

I am determined to remain clean.

Here's the gedarim in place:

1. Won't sleep in room with any internet capable device (even filtered).
2. Won't use an unfiltered device. And if I need to, I must alert HHM.
3. No touching myself and coming close to Masterbating.

- Failure to follow these 3 rules will carry a \$100 knas.

Note: This doesn't apply in the event that a genuinely forgot this agreement.

Thank You all, we will stay b'kesher B'ezras HaShem.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 09 Jul 2021 03:49

I'm home now. I feel taiva/ a "need" to masterbate.

I think to myself "where is this coming from?"

I realize now the source, I want to accomplish something.

And for some reason, masterbating is viewed in my subconscious like a noble achievement.

Same with watching bad stuff.

Feels like the only thing I'm "interested in accomplishing" is steeping myself in zuhama.

Not sure the pshat.

Or the eitza.

Please help.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 09 Jul 2021 05:39

Being home might just be a trigger. Subconsciously, your brain connects being at home with masturbating so you feel an urge when you go home.

I get this when I go to certain places, hear certain noises and the like that I associate with masturbating. It could be, but it doesn't have to be for any deep reason. here is where "urge management" (I just made that up) comes into play. Things like urge surfing or distracting yourself and making sure to keep productive are the way to go.

Of course, there can be other things at play like anxiety or some other emotion that we may feel when we are in specific places. I have some negative associations with my parents home and sometimes when I visit I can get very tense.

I think the trick is to be really aware and really honest. Don't overcomplicate your feelings and desires. There is nothing wrong with the desire to masturbate or watch porn, that just how you are wired. If you desire it, let it be just desire, it doesn't have to be some deep yearning for "connection with Hashem" that's manifesting in the form of watching sex on a screen. It could be from negative emotions, or just plain taiva, or both, all of which are normal.

It's not noble, it never was and you know that it's not. You may want to accomplish, then feel bad for not accomplishing that thing, but no one can convince themselves that masturbating is "noble."

You made a plan for when you are home, did you include goals, positive things to accomplish over the next week? This might be the most important of all. Make sure to make it realistic though. Some goals in davening (like davening before the zman), some goals in learning (at least 20 minutes, in the morning), some goals in helping out at home (doing errands for your mother) , and some projects that you always wanted to do.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 11 Jul 2021 02:35

Baruch HaShem Yisborach I am 7 days clean.

I ask HaShem every day for siyata dishmaya.

It's motzei Shabbos, so I must be extra careful tonight.

Gut vuch

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 11 Jul 2021 17:42

Family is leaving the house for a few hours.

I would like to stay home and learn, but safer that I go with them so I won't be home alone with the unfiltered stuff.

May HaShem enable me to learn when I return.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 11 Jul 2021 20:40

Oy, I really have a lot a lot of taiva. I miss the sight of a woman... Hope I can stay strong

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Re: Make it to Yeshiva

Posted by griner - 11 Jul 2021 21:16

I am amazed by your strength do do 189 days and most of all that you were able to get up again !!!

?This is definitely not a Relapse its a lapse.

remember that every clean day is yours forever, no difference what happened the next day or a day before.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 11 Jul 2021 23:34

Feeling very very weak... My heart is pounding like crazy, I'm dying to just touch, aaahhh!!!!

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Re: Make it to Yeshiva

Posted by HappyYid - 12 Jul 2021 00:55

I hope you pulled through!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 12 Jul 2021 01:09

So far yes.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 12 Jul 2021 04:41

Had a lot of taiva tonight.

So wasn't able to focus on learning or anything.

So just spent a few hours watching North Korean defectors documentaries and other interesting stuff.

Baruch HaShem still clean. But not 100% safe.

I must now go to sleep...

I really hope I can be more productive tomorrow. I really need to learn more-preparing to give shiur this summer, bezras Hashem.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 12 Jul 2021 06:39

Dying...

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 12 Jul 2021 07:04

[YeshivaGuy wrote on 12 Jul 2021 06:39:](#)

Dying...

Call Hatzalah!

...or a friend

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