

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 Sapy - 02 Sep 2021 14:26

[wilnevergiveup wrote on 02 Sep 2021 07:16:](#)

Hey YG, I feel for you, I don't have much to say.

Before selichos started, I was working on davening with a minyan. I was extremely nervous about selichos because I always get really stressed and don't enjoy it. I didn't want to ruin my davening but I didn't want to be a bad guy either.

I spoke to a friend a Rebbi and my therapist about it and here is what happened. Until now, I had been davening with a minyan 2-3-4 times a week. I told myself that in the place of selichos, I will at least try to daven every day with a minyan and come on time. If I do this, I may be ready to daven selichos after a few days and maybe not so when I decide that that is something that I want to do, I can add it to my day. My therapist told me that if I go against my will and just "stick it out" I will fall apart (this is just me) so if I wanted to go I have to figure out how to value it enough that I am willing and want to go.

To make a long story short, I davened everyday with a minyan so far but no selichos (yet) and I still feel very good about myself. Would I like to daven selichos? Yes, but I have to be ready.

What I do do sometimes is daven selichos after shachris in the *shtiblach* (I live in Yerushalayim) I don't know if that's an option where you are.

Oh, and yes, if you are not enjoying Elul you are doing something wrong. Growing closer to Hashem should feel good, don't let anyone tell you otherwise (unless they are from a different religion). And if you are doing something else other than growing closer to Hashem I am not sure why it has anything to do with Elul.

Intense can be enjoyable if you value what you are working towards. It can be hell otherwise.

As far as feeling something that you don't feel? There is a way and it's not that complicated. It starts by setting aside some time, then finding a place where you can think without being disturbed. Then ask yourself how much do you allow Hashem into your life. Don't answer it, just

think about it. Pick something that you did that day, anything and ask yourself what percentage of that was for Hashem and what was for yourself/others. There are many more questions to ask but this is a start.

You can also sit down and try to make your case that you plan on bringing before Hashem. Take out a pen and paper, or just think it over, what are you planning on saying, do you have a winning argument?

(@YG, I don't mean that you should do these things, I am responding to the general questions.)

This is a great post, although a lot of the stuff here just won't work for me, (too much thinking, thinking, thinking, about me, myself and I. and I unfortunately cannot afford that luxury, nor do I get anywhere)

but maybe can you explain me what does having a winning argument for Hashem mean? I never heard that gedank, and it sounds interesting to me, if you don't mind explaining I would appreciate.

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Re: Make it to Yeshiva

Posted by gettingthere9 - 02 Sep 2021 19:43

I don't know if there is much to add at this point...

Just want to say that I used to hate Selichos and Yomim Noraim Davening because of the aforementioned issues.

Just want to say that over the years (including therapy and hard work and change in outlook etc.) I developed an enjoyment in davening and Selichos.

I can cry during Selichos or on Rosh Hashana and actually enjoy it and feel good about it. Sounds like a contradiction? It's not. If you are able to connect properly with Hashem who is your father, you should be able to get emotional with him and THAT should make you feel good.

Not everyone is holding there and believe me I know exactly what it feels like to hate davening. I'm just saying that you can enjoy elul so to speak, as long as it isn't a burden, and if it feels like a stress then yes stay far away

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Sep 2021 00:59

I brought the iPhone to Yeshiva cuz had anxiety about therapy and thought needed it.

When I realized my mistake it was too late.

I just watched not good vids on YouTube and touched myself.

The scariest thing, which makes me wanna throw up, is that I lost a lot of sensitivity to the stuff on YouTube.

And I am petrified of someday chalila going on a porn site...

I am shaking but will not masterbate.

I will not express my guilt and frustration through Masterbating.

I betrayed HaShem once, and I will show him now that my heart lies with Him.

Let this show my beloved, the Ribono Shel Olam, that even when I fall I hold on to Him.

I will hold on.

Forever.

(I will pay \$100 to HHM if I masterbate tonight.)

The fragile,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by dovidfg - 03 Sep 2021 01:05

You're not shayich. How can i come to get a bracha from you before Rosh Hashana? we should all line up. Such kochos

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Sep 2021 01:07

[dovidfg wrote on 03 Sep 2021 01:05:](#)

You're not shayich. How can i come to get a bracha from you before Rosh Hashana? we should all line up. Such kochos

Seems just like kochos hatuma to me. Slitting your wrist and then bandaging yourself up isn't so choshuv.

Same here.

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Re: Make it to Yeshiva

Posted by dovidfg - 03 Sep 2021 01:13

C'mon you didn't slit it yet. Off topic, my friend just told me a good line he came up with (he's really proud of it) what's pshat everyone runs of to certain places; aren't they crazy? they get a better year then us? so he's like when someone's standing trial and all avenues failed what's the last thing they do? PLEAD INSANITY

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Re: Make it to Yeshiva

Posted by i-man - 03 Sep 2021 05:10

[YeshivaGuy wrote on 03 Sep 2021 01:07:](#)

[dovidfg wrote on 03 Sep 2021 01:05:](#)

You're not shayich. How can i come to get a bracha from you before Rosh Hashana? we should all line up. Such kochos

Seems just like kochos hatuma to me. Slitting your wrist and then bandaging yourself up isn't so choshuv.

Same here.

Lol YG your twisting the truth ...Thekochos hatuma are trying to pull you down and yes you might have gotten a little cut up, but ultimately your Kochis Hanefesh won...

call it what you want ,regardless we like you and admire you .

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Sep 2021 05:34

Just did the classic "checking to see if I still have the taiva to masterbate"

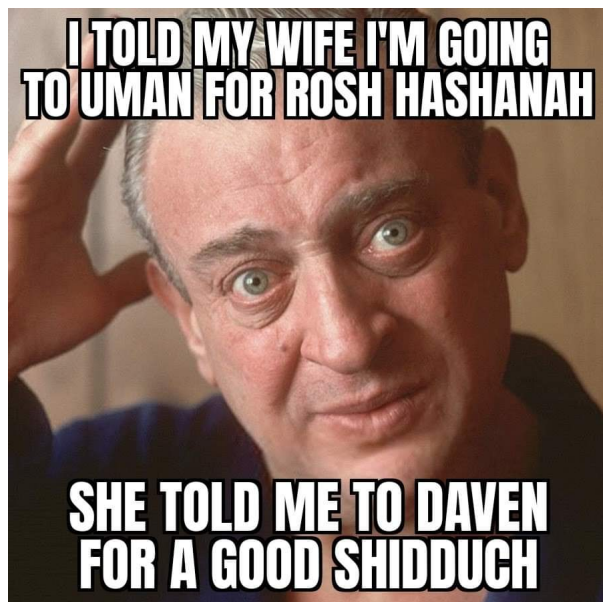
And indeed I do...

Gn chevra

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Re: Make it to Yeshiva

Posted by the.guard - 03 Sep 2021 08:28

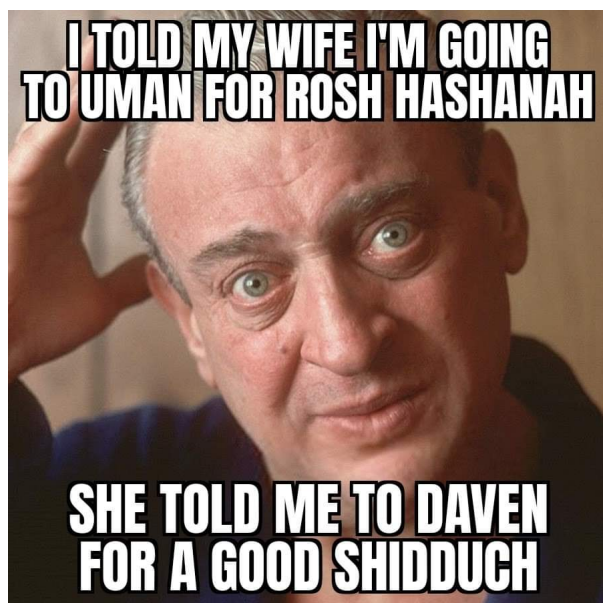


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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Sep 2021 11:09

[the.guard wrote on 03 Sep 2021 08:28:](#)



Unsure of the deep kabalistic message you're conveying. I daven to be zoche to chap.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Sep 2021 11:11

It was very difficult, but I successfully did not masterbate last night.

Now I have a choice whether or not to go to shachris. Thinking I just might go. I just can't stay away from HaShem Yisborach.

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 03 Sep 2021 11:16

GO!!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Sep 2021 15:13

Baruch HaShem, with much encouragement from my dearest friend and role model, HHM, I went to shachris.

It was the first time in many months that I had kavana during shachris. Such a tremendous brocha.

The Yeshiva has regular seder on fridays, but I'm not down for that. Was gonna learn Pachad Yitzchak in my room, but pretty tired.

Lay in bed and big taiva to masterbate. Touched myself a shtikl and I know if I stay here in my bed and play this game I'll end up falling.

I think I'm gonna go chap some food from DD and go on a hike.

Chow

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Re: Make it to Yeshiva

Posted by eyes - 03 Sep 2021 16:51

Hi YG,

I am speaking to you as well as myself.

I get when you write that you really want to release some sexual pent up energy.

Many times you write you are going to DD to get yourself a bite.

It may release the energy by eating some donuts, I feel and please correct me if I am wrong, but you are going from obsession to obsession.

There is something called addiction.

Addiction could be anything, it includes

Sex

Food

Alcohol

and others

So you write often that you are going to DD to get some food. I feel that it is another addiction.

I am also having it hard a bit. I dont know why, but I also have desires now.

These days I BH do 4 days 30-40 minutes of exercises. Besides for the health benefits that it gives me, it also gives me more self esteem, makes me feel put together as I am trying to look in shape. I used to be over weight, I BH lost the weight. Now I feel so good when I am done. You are getting rid of the sexual energy but lifting some weights. It is hard to lift weight and it takes a lot of perseverance.

GS

Eyes

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