

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 Markz - 20 Sep 2021 01:48

[YeshivaGuy wrote on 20 Sep 2021 01:34:](#)

[Markz wrote on 20 Sep 2021 01:31:](#)

[YeshivaGuy wrote on 20 Sep 2021 01:03:](#)

I was in the car while my mother was in the store. She left her phone and I had taiva to go on it.

But I didn't.

Something is hidden for guests. Please log in or register to see it.

Interesting... Is that a direct quote?

Nope. I don't have access (~~officially~~ yet)

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 20 Sep 2021 02:06

[Markz wrote on 20 Sep 2021 01:48:](#)

[YeshivaGuy wrote on 20 Sep 2021 01:34:](#)

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Interesting... Is that a direct quote?

Nope. I don't have access (~~officially~~ yet)

Ahhh, Shkoyach Gadol!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 20 Sep 2021 06:24

Depression's gotten pretty bad, going on a new medication hopefully.

Masterbated again tonight. Wasn't careful with my eyes today in the supermarket.

Still staying away from internet bh, but I won't pretend like this was some act of heroism tonight to avoid going on the internet.

Was taiva plain and simple.

I could really use Sukkos, the kapora of galus and the emuna of living and sleeping in the tzila d'miheiminusa.

I hope GD will let me in...

Gn,

(Yeshiva)Guy

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Re: Make it to Yeshiva

Posted by Markz - 20 Sep 2021 13:43

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Gn,

(Yeshiva)Guy

Tizkor she'atah normali. Ima shelcha maskimah

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 20 Sep 2021 15:10

We're having a family over with a lot of girls tonight...

I am excited about it, sorry to say...

Ill be like this shtark looking guy who the girls are looking at wanting me to go into shidduchim, pretending as if I'm some malach when really I'm objectifying them and having bad thoughts, even if I stand up and give a nice Dvar Torah...

Anyway, I'm getting out of bed now, gonna try to turn the tide. I think I have a shot.

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Re: Make it to Yeshiva

Posted by Snowflake - 20 Sep 2021 15:37

Is anyone a real malach? Does Hashem want us to be a malach?

Be careful with idealizing everyone and devaluing your self, it harms your self-esteem, which makes you depressed. While it's true not everyone struggles with what we struggle, you certainly have many qualities over other people.

I don't think there's anything wrong with recognizing our emotions (i.e. you're excited about having girls there). You can pretend you're a tzadik, that you're depressed about having girls there and try and fool yourself to no avail. The question is, what can you do about it? I.e. I'm excited about it, even though it's inappropriate, but I'm human, I was born with this desire. Yet perhaps that's all the more so a reason to be extra careful, as you said, with shmiras eyinaim. That's within your power. The fact you've recognized the threat only makes you greater, not smaller. It's true humility. Remember that even the great R'Akiva was tempted by the YH.

We should not fool ourselves. Knowing our real situation, and then doing something about it, is true gadlus IMHO.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 23 Sep 2021 23:44

Here's the situation.

Being having a very hard time with depression etc. being home has made it worse- triggering trauma etc.

Been feeling close to... some days (I'm in touch with my psychiatrist/parents so don't worry all is good bh).

Masterbated twice today. Honestly right now I'm just trying maintain a will to live, and am staying clear from the unfiltered internet around the house.

First days of Yom Tov was hard, had pretty girls (married/unmarried) at all the meals. Hard not to look... Especially when some married women act in a certain way...

Anyway, time for more North Korean documentaries...

Chag Sameach

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 27 Sep 2021 05:36

Shmerias eynayim over Shabbos, and chol hamoed is so so hard.

Heres the thing, I am aware and conscious of the fact that I'm objectifying women at the time, it's just that beautiful faces, the bodies etc etc, and especially when certain chol hamoed wear is provocative (not like I needed to be provoked though, unfortunately...).

Ive seen for me, that a big trigger has been when we have a married couple over and the wife is kissing the baby, and being all "googly" with him/her, I just can't handle it.

I see such love and emotion and I desire it so so much, and it's hard...

So I have mostly been nichshal in such circumstances, though at the time I was very much aware that I was being nichshal and defaming Bnos Yisroel etc....

I just can't handle it, these pure and innocent looking frum girls, who are so sweet and loving, and passing one and looking at each other directly in the eye...

I'm sure this has to do with my own feelings of past abandonment etc, but not for now...

Please respond with any thoughts, eitzos, or hadracha.

Thank You,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by i-man - 27 Sep 2021 06:05

Disclaimer: I am just a regular guy not trained in dealing with people , and what I write below may very well be unhelpful gibberish.

Hey sorry for your tough times ...

you write about how you desire love and emotion , and until you iy'H get married you can't really have a replacement for that .

Unless there is ... they say that working with special needs children is incredibly rewarding , one reason is , andl've heard firsthand as well as witnessed this phenomenon (particularly with Down syndrome)

That they are extremely loving people they don't know how not to be .

Maybe find a place to volunteer or even do something for pay (bein hasdorim of course) perhaps that could fill the void for now .

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Re: Make it to Yeshiva

Posted by cordnoy - 27 Sep 2021 14:14

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I wrote you an email - it bounced back. Sorry.

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Re: Make it to Yeshiva

Posted by gettingthere9 - 27 Sep 2021 16:37

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Thank You,

YeshivaGuy

That type of stuff is a big trigger by me also. Raw emotion melts me like an ice cube in the Sahara desert. (In a good way too. I crave and yearn emotion a lot...)

I know you are going through therapy and that brings out a lot of stuff and emotion. (I used to think of it like taking care of an infected wound. First you gotta cut it back open then you gotta clean it out and only then can you start stitching it back up. During the cutting and cleaning its really really painful cuz there's no anesthesia over here).

When I am going through emotional turmoil I need to give myself a little more leeway. During these times I get triggered by emotional (or mushy) stuff and at the same time can be completely numb (and even repulsed) by provocative stuff. That is when I tell myself, 'Hey take it easy, you are going through a rough time now. Don't be so hard on yourself'

BTW I am married and my wife doesn't quench this aspect of the emotional craziness. This is not something all wives can do, nor are they supposed to do. She may be able to sometimes, and maybe not...

Wives don't solve all your problems.

Warning: Spoiler!

This is one of the things I went to therapy for, there is an emotional void in my life. My wife can't usually help me with that.

This is MY experience so take it or leave it...

Hatzlacha!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 27 Sep 2021 17:11

I just can't do it guys.

Just found out our guests for tonight, will be a pretty girl my age and some couples with very pretty and attractive wives.

I can't do it I just cant, I can't handle this. I don't know what HaShem expects from me, I really don't.

In a way it's just annoying, all this taiva, drives me nuts.

Like yesterday went on a trip with the family and I couldn't fully enjoy it cuz I was constantly examining womens breasts,skirts etc.

I don't know if I'm sick in the head, normal, or both, but I just can't do this...

My parents wanted me home for Smichas torah, and I'm positive there will be taaroves (like kidush in the succa with mixing, though I always avoide).

It would be a big darga if even my Yetzer Hara was excited for the Torah, but it seems the excitement it's conjuring up is for something else...

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Re: Make it to Yeshiva

Posted by retrych - 30 Sep 2021 15:33

How are you doing?

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Re: Make it to Yeshiva

Posted by DavidT - 30 Sep 2021 15:45

The notion that we must always succeed actually turns us into easy prey for our Yetzer Hara. He uses our good qualities, such as our constant yearning for perfection, and he turns it against us by trying to get us to feel down when we experience a fall! In this struggle, it is never **“all or nothing”**. When an army goes out to battle, do they always win? Are there never casualties? People injured? The Pasuk says: *“There is no Tzadik on earth who does only good and never sins”* (Koheles 7:20).

Rav Hutner once wrote a letter to a *Bochur* who was despondent over his personal spiritual failures. In the letter, Rav Hutner explains that what makes life meaningful is not basking in the exclusive company of one's *Yetzer Tov*, but rather the dynamic struggle of one's battle with the *Yetzer Hara*. Shlomo Hamelech's maxim that *“Seven times does the righteous one fall and get up”* (*Mishlei*, 24:16), continues Rav Hutner, does not mean that “even after falling seven times, the righteous one manages to gets up again.” What it really means, he explains, is that it is only and precisely *through* repeated falls that a person truly achieves righteousness. **The struggles – even the failures – are inherent elements of what can, with determination and perseverance, become an ultimate victory.**

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