

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 YeshivaGuy - 02 Oct 2021 23:44

I have a lot of taiva to do a certain issur. It has to do with the deep hole in my heart which longs to be filled with love, a true relationship, and I wish to just satisfy myself a little bit to ease the pain...

Last Thursday night I reversed what I had done before it was too late, and now I desire to go back down the "rabbit hole" and not come up.

At this point, do to many issues which I'm dealing with in therapy, I feel great anger and resentment towards GD...

Holding back doesn't have (at least consciously) to do with GD. I just know it won't give me lasting pleasure but rather much guilt, will make me upset, unable to look people in the eye, and when I return soon to Yeshiva it will be absolute hell to depart.

The same goes for using unfiltered internet for shmutz.

With much pain, anger, and anguish,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Oct 2021 18:52

22 days clean from watching bad stuff.

Not working on masterbating until I return to yeshiva where there's no nternet access.

Feeling horrible as usual.

Have a decent day

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 04 Oct 2021 06:00

Just watched a tv series for like 9 hours straight...

I haven't really watched tv in like 7 years, so was my first time and binged...

There were two people who liked each other, dated and ended up getting married etc.

It wasn't inappropriate as far as looks, though the women were immodest, I'm saying there were no sex/kissing scenes or anything like that.

And the more immodest parts I mamash fast forwarded.

it was just seeing two people together who loved each other, Since I am so desperate for love, I just couldn't stop watching it as it just felt so good...

It was seeing a man and a woman hold hands and smile at each other, that drew me in...

Now, sitting on my couch at 2AM with my head throbbing from watching tv for 9 hours, I just feel alone.

I yearn for the love that I saw. I hope one day, after dealing with all my problems, I may merit to enjoy love. As now, feeling love from my parents etc causes me pain...

Feels like I'm a crying child who's been crying for over 15 years with no one to love me and support me...

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Re: Make it to Yeshiva

Posted by anonymousmillenial - 04 Oct 2021 10:57

What you're feeling is very normal and I can say that I've also felt this way after watching something more romance oriented.

The entertainment industry knows how to masterfully pull at a person's emotions. You've just experienced the full 'pull' and upon re-entering the real world it leaves you with an empty and lonely feeling, perhaps even exacerbating already negative feelings inside of you.

My consolation to you is that this 'after-taste' does go away after a while. Therefore my recommendation would be not to worry too much about it.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 04 Oct 2021 11:48

[anonymousmillenial wrote on 04 Oct 2021 10:57:](#)

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Thank you so much for saying this, it means a lot.

Cuz it feels scary, I've never felt this before and didn't know whether this is normal feelings to have.

I guess it's the feeling after movies/tv, I just haven't done it in so so long, (like I'm almost 23 and not since like 15) and now I'm in no rush to do it again...

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Re: Make it to Yeshiva

Posted by retrych - 04 Oct 2021 16:43

Thats fiction for you. Even people in relationships feel the same way, because real life doesnt match up the carefully cut up and framed image of a fictional relationship or life. I used to feel like that reading anything, not just form romance

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Re: Make it to Yeshiva

Posted by hashemyeracheim613 - 05 Oct 2021 01:17

[YeshivaGuy wrote on 04 Oct 2021 06:00:](#)

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support me...

Hi holy yeshiva guy. I can relate to that. I would read something about two people in love and it would give me such a good feeling, plus a crazy yearning for such love. For someone in your situation, it's probably agony. Kol Hakavod for tackling your issues head-on, and IYH very soon you'll see the fruits of your hard work. I do want to echo the sentiment that other people stated, that these TV shows are totally sheker, and that real life is way different than it's portrayed by Hollywood. I wish that my view of love didn't get so distorted from entertainment. It helped me a lot to have a Rebbe with real wisdom explain to me what real love and what a marriage is supposed to look like. Even that didn't do justice.

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Re: Make it to Yeshiva

Posted by gettingthere9 - 05 Oct 2021 01:59

[YeshivaGuy wrote on 04 Oct 2021 06:00:](#)

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I kind of relate to this. Years ago I once watched a movie about a girl (who I guess was missing love in her life) and used to cry and get emotional every time she saw someone else express emotion in public etc. among other things...

I was so emotional and used to think like 'hey that's me' Wow I also get emotional when I see emotion.

And besides what I guess was good inspiration I guess, came the mushy part where my mind went all over the place because of it... I watched it over and over... Was really hard to get past it.

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Re: Make it to Yeshiva

Posted by Gevura Shebyesod - 08 Oct 2021 21:39

Hey YG, U OK?

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Re: Make it to Yeshiva

Posted by Ish MiGrodno - 08 Oct 2021 21:58

Was literally thinkin' the same thing...

YG, please don't let Shabbos in Grodno be a cliffhanger!

IMG

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 11 Oct 2021 06:38

Thanks for asking how I've been.

Havent masterbated or seen bad stuff, but that's completely seacondary to what I've been going though...

I can't quite put into words what has happened over the last week, and that which I could put into words, I won't.

At some point there's just so much going on that all I can do is look up to Hashem with longing eyes feeling broken, lost, and shattered, and say "Hashem. just save me. You are all I have," give a deep sigh, and then take three steps back to finish shmoneh esrei, with a heavy heart yearning to be free...

I hope to return to Yeshiva tomorrow and meet with my therapist on Tuesday, bezras Hashem.

I have no idea how everything can work out..

At this point I have surrendered control to God.

I have absolutely nothing to say.

I have been broken.

I go to sleep tonight with these words reverberating throughout every fiber of my being:

GD, You win. You have defeated Me. You are King.

I come from nothing, am nothing, and can't move on without You, as I have no independent existence.

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The speechless,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 11 Oct 2021 11:10

You have a big oilam rooting for you and davening that Hashem give you menuchas hanefesh in heaping doses. May He heal you very soon.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 12 Oct 2021 00:38

For a speechless fellow, you expressed yourself very well.
31 days clean from watching shmutz on YouTube etc.

The Knas system I made with HHM has helped a lot bh, as there's unfiltered internet throughout my house.

The streak number bar thing is for masterbation, and it's a few days off.

As far as Inyanei Kedusha is concerned, bh I'm pretty happy with things, and if everything in the arena of Mental Health was good, then I'd seriously consider dating in the near future (but I'm not cuz of the probs).

Anyway, Im driving back to Yeshiva early tomoro morning (a week late).

Then meeting with my therapist.

Really big and deep issues have come up.

I discussed a lot of it today with my psychiatrist, and was advised to discuss/deal with it further in therapy.

I know that many people go through a lot of pain that's definitely worse than mine.

But for me, I just feel consumed with emotional pain so deep and debilitating.

Despite this though, I hope to be at least somewhat functional in Yeshiva.

This winter zman is set aside for these inyanim of mental health etc.

And it will be painful. Heartrenching and painful. And right now I don't even know how I can handle more of that, but there's no turning back.

I won't be able to learn nearly as much as in the past.

But if I can't give Hashem my mind with Limud HaTorah, then at least I can give Him My Heart. My life. And say: This is Yours, take it and save it.

I am leaving my smartphone at home.

Thank you HHM for insuring I do that.

Those who have my number can be in contact over text. I will pop in once in awhile bezras Hashem.

I am afraid, I really am. I have no idea why I'm returning to Yeshiva if I'm in this state that I'm in. But I hope to do like my Rebbe advised, to not push too hard and to realize that this is the Ratzon Hashem for me right now.

Please daven for me, please do, because I can't bear this pain forever.

The confused, conflicted, and afflicted,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Markz - 12 Oct 2021 00:44

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The confused, conflicted, and afflicted,

YeshivaGuy

Thanks for sharing.

We are with you in this!!!!

A Yeshiva has many benefits outside of the Beis too. It may be a calmer environment for you than at home. No?

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