

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 YeshivaGuy - 20 Dec 2020 03:42

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Yetzer: Hey! Long time no speak, why not masterbate? How are you gonna fall asleep without it??!!

Me: I'll be fine. Don't worry about me.

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 21 Dec 2020 01:00

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[YeshivaGuy wrote on 18 Dec 2020 00:30:](#)

Kabala (bli neder) I made by the Neiros tonight.

I will (bli neder) take my Sim out of my iPhone and put it in my kosher phone before going into bed for sleep. (This is a "baby step" to make the transition. If, chalila, it doesn't work, then more drastic measures will be implemented).

Gut Chanuka!

Last night was first night I did it.

It was hard, but Bh felt good to be in control

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 21 Dec 2020 01:07

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So, I'm sitting here in my room.

Dinner is coming to a close and I should be heading to the Beis soon.

I feel a certain emptiness, loneliness. It's hard to describe, I won't go through all the emotions here, but I'll say that I truly believe these feelings come from the need of a man my age to be married.

This has been something I've grappled with.

I've felt, for awhile now, this internal need to be married. Why? Not for biah.

Rather, because I crave to have a deep intimate relationship and express love, to give to someone every single ounce of my Self...

But, I know, that it's best for my Avodas HaShem to wait for the time being.

To invest myself in Limud Hatorah v'Mussar.

And work more on Inyanei Kedusha.

So I can be more in control of the "Self" which I wish so much to give.

The Yetzer seeks to harness these emotions for his own bidding.

But I shan't give in.

Instead, I will realize the root of these emotions, and try as much as possible to channel them into chesed, Torah, Tefilla etc- knowing full well that the time will come, B'ezras Hashem Yisborach, when I shall merit to express these emotions in the proper and healthy way.

It is my hope that the Ribono Shel Olam may see this message, may see that my greatest Ratzon is to fulfill HIS Ratzon, and may aid me in living the life I so desperately wish to live.

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Re: Make it to Yeshiva

Posted by Grant400 - 21 Dec 2020 01:45

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[YeshivaGuy wrote on 21 Dec 2020 01:07:](#)

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I remember I had a friend who felt the same as you do. He spoke to me about his desire to love and be loved. BH it seems like he has an amazing marriage and got all he wanted to come true. Your feelings are legitimate. Hang in there!

You mentioned that you may be ready in a year. A year is really not a long time. It's short enough to see the end in sight. Take this time to work on yourself in kedusha, (self control, giving, anger manegment) etc. all the character traits necessary for a successful marriage every day.

Also, enjoy the last year of being a bochur. Yes, marriage is great, but there will never be a time in your life like when you are a bochur. Milk it for all its worth!

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 23 Dec 2020 23:25

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Hey, to make a very long and complicated story short, I drove home yesterday...

So more exposed to secular influences.

Went into Dunkin Dounuts to get a thing for my bro. Was super attractive girl my age with skin tight... Was rough, I def looked, a trigger...

Also, the tv was playin in there so saw politics hack, which got me interested and a bit of anxiety...

Been keeping to the kabala, not using anything unfiltered device/tv.

Got lot of taiva now though from that girl in Dunkin' Donuts...

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Re: Make it to Yeshiva

Posted by Zedj - 23 Dec 2020 23:45

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There is no hiding the fact that pretty much wherever you go today there will be things we see.

Now you have the chance to use some of the many tools you have learned from GYE and the forums..

I read grants post from time to time (thank you grant)

Hope it helps

Grant400 wrote on 22 Dec 2020 21:57:

Like already mentioned, a filter is not the answer. Although it is extremely crucial, it just serves as an additional deterrent and is part of the tools necessary. Without an internal policy change, it's only a matter of time until we outsmart the obstacles in our way. If you are serious about changing, you must start to learn and understand the truth about lusting. Here are just a few.

- 1) Lust isn't a need, although it feels like it is.
- 2) Urges CAN be ignored, and paid no heed.
- 3) Pros of being clean far outweigh the cons. Even in the materialistic aspects, (putting spirituality aside) for many reasons.
- 4) Lusting effects many other areas of life.
- 5) Females do not emit rays of lusting particles, it's our own warped view, and the corrosive effects of years of objectifying women.
- 6) The desire for the pleasure is far greater and more intense than the reality of the pleasure. 7) Etc....

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 24 Dec 2020 01:32

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Insanely stressed.

Been "working" all day.

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Re: Make it to Yeshiva  
Posted by Hashem Help Me - 24 Dec 2020 02:02

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Daven for the girl to have a nice day, be able to pay her bills, feel well, etc. This de-objectifies her. She stops being your toy of fantasy, and returns into being a human being - who is off limits to you. She is someone's daughter, sister, wife...but definitely no connection to you.

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 24 Dec 2020 03:21

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[Hashem Help Me wrote on 24 Dec 2020 02:02:](#)

Daven for the girl to have a nice day, be able to pay her bills, feel well, etc. This de-objectifies her. She stops being your toy of fantasy, and returns into being a human being - who is off limits to you. She is someone's daughter, sister, wife...but definitely no connection to you.

She was Jewish so made it harder.

Honestly, the whole davening for her is pretty distasteful to me...

Maybe it's cuz I don't associate women with Ruchnius...

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Re: Make it to Yeshiva

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Posted by Ish MiGrodno - 24 Dec 2020 03:21

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YeshivaGuy,

HMM's eitzah of davening for her is something I must do every day - as my secretary is extremely loyal and can be somewhat of a trigger...

I have been davening for her....and yes, it has helped deobjectify her. This is a powerful tool, and is super effective when the tefila is sincere.

We are in your corner!

I.M.G.

P.S. when I saw a dunkin donuts girl as a bochur, I was usually dead meat : ( I imagine that this fight that you are currently fighting "L'maan Hashem" is quite precious in His eyes.

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Re: Make it to Yeshiva

Posted by Lou - 24 Dec 2020 06:11

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Hi,

I don't claim to be an expert, but just another guy in the trenches fighting the same war, so here are my 2 cents.

I just want to comment on the idea of Davening for the person as a means to kill the Taiva and de objectify etc. This may work well for some and if it does Kol hakovod! However, I have found that when I start to do things like that, if anything I feel more of a connection and am more attracted. Maybe it works if it is someone like the Dunkin girl that you saw for one minute. I am not even sure about that, because probably best to try to just send her out of your mind totally. No reason to give her free room and board in your head. However, with the example of the secretary or any other similar idea of a female that you are regularly triggered by, I have



experienced an increased attraction when I made the person more real and davened for them etc. The same holds true for any online or chat relationships. ( I hope it is ok that I am mentioning this.If not feel free to delete this post.)I found as long as I kept it purely physical I was able to remove myself easily from it and move on. However,especially when the girl or lady I was chatting with was frum and I would start to Daven for them and hope they had a good day etc then the attraction and connection went through the roof and was murder to sever.

**Now this doesn't mean you can't be familiar with females and daven for them etc. Not at all! Chas vishalom! BH most females that I know I have a positive perception of them and this is not an issue at all. I am referring to someone that you are starting to have the lustful feelings for.In that case I am unsure if Davening for them etc helps or hinders.**

Thank you for listening

Lou

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Re: Make it to Yeshiva  
Posted by Hashem Help Me - 24 Dec 2020 12:22

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Good point Lou. As with all the advice given here, it is not one size fits all. What works for 80% of the oilam, may be triggering for another 10%, and useless for the rest. I know of guys who rarely visit the forums because they get triggered by it. All advice given has to be understood with the disclaimer "This worked for me (and some other guys). See if it works for you".

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Re: Make it to Yeshiva  
Posted by YeshivaGuy - 24 Dec 2020 19:27

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I appreciate everything you guys have said.

I can see how davening for a girl one sees on a regular basis could help.

But bringing up again in my mind a girl who I'll never see again seems counterintuitive...

For me the mahalach of distraction and the like has worked the best.

I know I still have a much broader issue hear.

And that is objectifying women.

Thats something I'm concerned about when going into shidduchim, and is something I'd like very much to rectify before then.

Anyone with eitza on this would be much appreciated.

I've thought thus far, that the eitza is if I refrain from objectifying them, then eventually my mindset will change.

Definitely "bshaas maaseh" realizing that she goes to the bathroom, helps in this (as HHM said above).

Im open to all suggestions

Shkoyach!

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Re: Make it to Yeshiva

Posted by Zedj - 24 Dec 2020 19:43

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Is it possible to ever stop objectifying?

What was explained to me (at least what I understood)

That inorder to realize this person is not an object you have to realize that they are human too like you mentioned.

I'm not sure how or if it's possible to completely stop the objectifying though.

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