

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 Hashem Help Me - 01 Feb 2021 21:39

You want dopamine?! Go shovel some snow! Your house is clear, go do the shul or the old man down the block.

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Re: Make it to Yeshiva
Posted by Lou - 01 Feb 2021 21:54

[Hashem Help Me wrote on 01 Feb 2021 21:39:](#)

You want dopamine?! Go shovel some snow! Your house is clear, go do the shul or the old man down the block.

My driveway and sidewalk are available to be shoveled...Just sayin

Youre probably not that far from me!

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 02 Feb 2021 01:21

The Video in Markz's signature is 100% Emes and revolutionary. And it applies as well, to taiva b'chlall, not just addiction.

Highly recommended for those who haven't seen it yet

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Re: Make it to Yeshiva
Posted by wilnevergiveup - 02 Feb 2021 04:11

[YeshivaGuy wrote on 01 Feb 2021 21:19:](#)

[wilnevergiveup wrote on 01 Feb 2021 21:15:](#)

[YeshivaGuy wrote on 01 Feb 2021 20:38:](#)

My goal here is to not masterbate or go on YouTube while home.

Do you have any positive goals?

It's tricky, I'm trying to rest from my "goal driven anxiety" abit, idk, it's hard to know wats a good idea and wats not

I mean small and simple ones and just for the off Shabbos. There is no reason not to make *any* goals. How about something in davening like davening before zman tefillah, and/or being grateful for something during modim and something in learning like five minutes from a mussar sefer and ten minutes halachah (Purim and Pesach coming up) and something in chessed like helping out at home or making each person at home feel special.

Just ideas, but doing a whole bunch of small things like these can really just make you feel productive and happy. Being at home can then be much less stressful than "my goal is to not watch porn and masturbate".

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 02 Feb 2021 06:24

[wilnevergiveup wrote on 02 Feb 2021 04:11:](#)

[YeshivaGuy wrote on 01 Feb 2021 21:19:](#)

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Just ideas, but doing a whole bunch of small things like these can really just make you feel productive and happy. Being at home can then be much less stressful than "my goal is to not watch porn and masturbate".

Very good and important point.

Thank You

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 02 Feb 2021 06:25

Just finished a great work out. Feeling happier bh.

Its no coincidence that these bad feelings were during the last week of me not working out.

Gotta keep consistent in that

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Feb 2021 03:01

Hey guys...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Feb 2021 03:16

Slipped here and there, looking at pics of girls for few moments, really wanna masterbate, really wanna go on the computer here and just enjoy.

So what's holding me back?

Honestly, right now it's the streak that I wanna keep alive, it's the busha I have from you guys (though it's all anonymous, but def helps that I've spoken to some of u on the phone), I'll feel

more depressed, it will be harder to get back up etc etc.

Theres just only so much to do at home here.

But for my mental health I gotta be here abit longer...

Oy ????? ????? ????????,

A struggling,

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Markz - 03 Feb 2021 03:24

[YeshivaGuy wrote on 03 Feb 2021 03:16:](#)

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YeshivaGuy

Gibbor?

Aza Baal Gaavah!

What makes you greater than me, huh!

Come off your high horse right now, will ye?

Kidding aside, if you start feeling down like this, why would you say its positive for your mental health.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Feb 2021 03:40

[Markz wrote on 03 Feb 2021 03:24:](#)

[YeshivaGuy wrote on 03 Feb 2021 03:16:](#)

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Kidding aside, if you start feeling down like this, why would you say its positive for your mental health.

Don't tempt me buddy, I got half a mind to fall waayy off this high horse, ?????? ?????.

Im not down from being home.

I was feeling very down in Yeshiva, and am at home relaxing and reducing my anxiety levels, while remaining in touch with my therapist.

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Re: Make it to Yeshiva
Posted by Markz - 03 Feb 2021 03:50

Oh no. Sorry to hear.

You know what your problem is?

Ask your therapist to guide you how to be more shallow, like you know those peeps that are super chilled and have not a care to their lives or what's coming tomorrow.

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 03 Feb 2021 04:02

What do you mean by that? Deep? Serious?

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 03 Feb 2021 04:07

You're too deep and way too serious

[Markz wrote on 03 Feb 2021 03:50:](#)

Oh no. Sorry to hear.

You know what your problem is?

Ask your therapist to guide you how to be more shallow, like you know those peeps that are super chilled and have not a care to their lives or what's coming tomorrow.

You're too deep and way too serious

Let me know once you're healed on this regard

What do u mean by "too deep/serious"? If I may ask

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Re: Make it to Yeshiva

Posted by Klan - 03 Feb 2021 04:40

[YeshivaGuy wrote on 03 Feb 2021 04:07:](#)

[Markz wrote on 03 Feb 2021 03:50:](#)

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