

GYE - Guard Your Eyes

Generated: 3 April, 2025, 03:59

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 Zedj - 19 Feb 2021 02:45

It might be a bit easier when you realize how big of a G-dly soul you have...

You might not know of it's radiance but we all here feel it!

Let it shine!

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Re: Make it to Yeshiva
Posted by DavidT - 19 Feb 2021 03:02

[YeshivaGuy wrote on 19 Feb 2021 01:37:](#)

It's hard when I'm not doing so well in Yeshiva with such a big yetzer....

Don't tell hashem how big your yetzer is, tell your yetzer how big hashem is

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 19 Feb 2021 06:40

[Zedj wrote on 19 Feb 2021 02:45:](#)

It might be a bit easier when you realize how big of a G-dly soul you have...

You might not know of it's radiance but we all here feel it!

Let it shine!

A piece of God in me? God has pieces? Chas vShalom.

Holiness? Wats that?
"Godly soul," interesting. I wonder what that means

Either way, thanks buddy

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 19 Feb 2021 06:41

Not happy bout many things in my Avodas HaShem.

Giving it another shot, not sure why..

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Re: Make it to Yeshiva
Posted by BHYY - 19 Feb 2021 14:36

Have you tried reading Rabbi Dr. Twerski's zt"l books? Specifically "Waking Up Just In Time" and "When Do The Good Times Start"? I found them extremely helpful. He wrote them "to navigate life's ups and downs". Like all things from R' Twerski, they're golden.

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 19 Feb 2021 15:18

[BHYY wrote on 19 Feb 2021 14:36:](#)

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Interesting idea. Thanks, I'll try giving that a shot

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 19 Feb 2021 20:20

Trying to push away all the guilt and pain. Just showered early. Going to the Beis soon for a good Seder before Shabbos.

This isn't over.

Take care

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

[YeshivaGuy wrote on 19 Feb 2021 20:20:](#)

Trying to push away all the guilt and pain. Just showered early. Going to the Beis soon for a good Seder before Shabbos.

This isn't over.

Take care

You are 167 days clean! You're doing great! Don't give up Hashem loves you!! Think about how many times you said no to the YH...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 21 Feb 2021 02:27

Was going to learn/workout tonight.

Feeling exhausted though.

A lot of taiva...

Gonna try goin to sleep

Gut vuch

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 21 Feb 2021 04:15

I want to feel good.

Masterbating feels good. So I want to masterbate.

I want to feel good in 10 min.

Masterbating will make me feel bad in 10 min.

I don't want to masterbate.

What do I want?

Idk.

Do I?

Gn

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Re: Make it to Yeshiva
Posted by BHYY - 21 Feb 2021 04:23

[YeshivaGuy wrote on 21 Feb 2021 04:15:](#)

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Re: Make it to Yeshiva
Posted by lionking - 21 Feb 2021 06:27

[BHYY wrote on 21 Feb 2021 04:23:](#)

[YeshivaGuy wrote on 21 Feb 2021 04:15:](#)

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Too much will make you not feel anything. Sometimes I'd rather feel bad than not feel at all

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 21 Feb 2021 06:33

[YeshivaGuy wrote on 21 Feb 2021 04:15:](#)

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What you are really yearning for is to feel happy. Try to find things to do that make you feel happy for when you get those feelings.

Pleasure doesn't equal happiness.

Simcha is defined as the knowledge that you are on the way to realizing your goals. Big goals, small goals, whatever they are, you've got to have them and you've got to have a plan on how to you are going to succeed.

I would suggest that you make a list of things that you can do when you feel like you "want to feel happy." Write this list down and share it with us here, whenever you feel down, take a look at the list and do something from it.

Here is mine:

1. Learn Gemara.
2. Learn something easier (Mishnayos, chumash with Rashi, etc.).
3. Learn a mussar/machshava sefer
4. Read an interesting book (like Rabbi Twerski or Rabbi Tatz or even a secular one but focused on personal growth)
5. Go for a walk while listening to a shiur.
6. Go for a walk while listening to music.
7. Go for a walk while taking in my surroundings (this is usually great except for when I am in a bout of "thinking too much" and I need a distraction so that I don't overthink myself to depression).
8. Exercise, either a full blown workout or something short.
9. Help out, do something for someone else. Actively choosing to do something for someone else really makes me feel good. It could be big or small. It could be helping someone with a Gemara who is having a hard time or helping my wife or a friend with something they need to get done.
10. Taking out my kids, just love it! (building relationships I guess)
11. Writing down my thoughts and divrei Torah.
12. Working on one of my projects like trying new things in the kitchen, making different kinds of things, building etc.
13. Listening to music.
14. Playing guitar.
15. Calling my Mom or Dad and telling them all about their awesome son.
16. Call a sibling just to shmooze and connect.

I don't choose the idealistic ones as often as the more "fun" ones but when I can boost myself and feel productive, I usually have an easier time with my *avodas Hashem* moving forward so I cannot feel guilty about not always choosing to learn when I am yearning for connection.

Keep us posted about good stuff too!

All the best,

Wilnevergiveup

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Re: Make it to Yeshiva

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All the best,

Wilnevergiveup

Thanks buddy.

Copied this list onto my phone for when I need it...

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