

Hello

Posted by Yankee - 25 Sep 2020 19:25

Teen struggling, all the strategies help, but hard to tell myself to use them in the moment.
Bracha vehatzlacha to everyone

Also, it says I have no permission to join the teen forum, why?

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Re: Hello

Posted by Captain - 25 Sep 2020 20:07

Welcome! You hit on a great point: even if we have many great tactics that could help us turn off desire, they don't help unless we actually use them. But when our temptations start up, they make us stop wanting to use them! It's a catch-22.

?That's why what you need to do is prepare yourself before you are challenged. You have to build real motivations that will be so strong that even when you are challenged, you will still want to win even more than you want to give in.

The main work starts way before the fight. But our yetzer hara tries to tell us that now when we're not challenged, there's no need to do anything because everything is fine and we're never going to mess up ever again. So then we don't prepare and do what would actually help us to win the challenge when we end up getting challenged later. (This is all in Mesilas Yeshorim chapter 3. It's an old trick of the yetzer hora that has been working for thousands of years.)

As you yourself have told us, trying to wake up when you are challenged has not been working for you. But if you put in the work when you are not being challenged, things might be different when you get challenged.

Check out these great free resources. Spend some time when not being challenged thinking about these ideas until they become part of you:

My favorite book for breaking free: The Battle of the Generation <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>. Change your attitude and change your life!

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download here: <https://theshmuz.com/series/the-fight/>

Sorry for the long rant. I hope you find this helpful.

Wishing you much success in this battle. We're All in This Together.

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Re: Hello
Posted by Yankee - 25 Sep 2020 21:05

Yasher koach gadol. Appreciated. Any ideas about the teen forum?

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Re: Hello
Posted by wilnevergiveup - 26 Sep 2020 18:02

[Yankee wrote on 25 Sep 2020 21:05:](#)

Yasher koach gadol. Appreciated. Any ideas about the teen forum?

Not sure it actually exists.

Maybe PM one of the administrators, you can use the little bubble at the bottom right corner or

email gye.help@gmail.com .

All the best,

Wilnevergiveup

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Re: Hello

Posted by Im Tevakshena Kakasef - 26 Sep 2020 22:04

Can't help with the teen forum, but I want to give my warmest welcome. May your time here be useful and productive.

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Re: Hello

Posted by Grant400 - 27 Sep 2020 01:10

Email admin@guardyoureyes.com with the problem. Hatzlacha.

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Re: Hello

Posted by iwillnevergiveup - 27 Sep 2020 20:27

Welcome you are in the right place.

Watching the daily boost and Rabbi Schaifers videooes are a great way to slowly educate and inspire yourself on a daily basis.

Watching these videos on a constant basis will put something on your mind when the challenge comes.

If you try hard and are ready to put in real effort.

I promise you will succeed.

Good luck.

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