

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

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Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

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Re: Aiming to be better. Introducing myself :)

Posted by Captain - 24 Mar 2022 00:25

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Hey EvedHashem1836,

how's it going?

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 25 Mar 2022 18:40

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Baruch hashem completely back on track.

Seems like it was just a bump in the road.

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Re: Aiming to be better. Introducing myself :)

Posted by Hashem Help Me - 27 Mar 2022 11:31

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Great how you picked yourself back up and moved on! You are a real inspiration.

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 03 Apr 2022 02:22

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Has been a big struggle recently with a lot of images coming to mind (from memory) even from over a year ago.

Staying strong but didn't think it would be this hard. So tempting. I've looked at Shulchan Aruch  
???? 23 a few times recently gives me strength (not sure if this is recommended for the masses  
ask your local orthodox gye official)

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Re: Aiming to be better. Introducing myself :)  
Posted by Captain - 03 Apr 2022 04:09

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Stay strong! You got this!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 05 Apr 2022 15:04

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So I have to be honest - im a bit uncomfortable saying that I'm having a hard time especially considering I just offered my advice to a bunch of people lol.

Not sure why its so hard. Ever since I fell it feels like I'm back at day 1 trying to climb the mountain again from scratch I thought it would be like nothing happened (thats whats always said: "just pick yourself up from where you left off"). And I tried. But I can't. Its just too much.

The level of attack going on in my brain for the last few days is crazy and im just so done with it. Its possible also that its related to not learning so well - my chavrusa left early and I've been burnt out for the last week or so - learned 2 lines of gemara over the last 2 days (in bekus). (Side note i didnt think burnout was real until now. I just thought you push through it). So I've been in tough spot not looking at anything but my hirhurim are off the charts. My friend getting engaged and coming back with a marriage book didnt help bc I read through it and it further pushed my desire to get married (which I really do want. And I think it will help me. And no im not one of those "do nothing and hope marriage fixes it sort of guys"). Will speak to my rosh yeshiva about it bc im still pretty young and dont know so much torah bit hey ill be helping out the shidduch crisis so who knows. Maybe I qualify as yitzro takfo alav? Ayin sham yevamos 63 rashi hirhurim.

Today was terrible I had Keri twice during the night within 2 hours of each other

For those not holding im coming off of a 400+ day streak since I joined gye and now having a

tough time

Anyways so im done with the smartphone. I've said many times that im done w it but this time for real. I've been having fantasies about destroying it (lol) if im gonna throw it off the roof or use a saw or a hammer or something else. Been looking around for a good "dumb phone" but the ones I've found are all too smart they have radio or video games or internet etc. I just want a dumb phone! If anyone has any suggestions (need good service nothing trashy. Verizon t mobile at n t prefered) for me pls let me know!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 05 Apr 2022 15:47

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Not the first time this has happened to me but I can't sleep because my mind runs wild. Even when I want to sleep im so scared cause the second I lie down in bed my defenses lower bc my mind relaxes and hirhurim go into high gear. To the point where I got maybe 2 or 3 hours of sleep last night and i physically can't nap bc my mind is so active. Hopefully this level of attack goes down w time

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Re: Aiming to be better. Introducing myself :)  
Posted by Vehkam - 05 Apr 2022 16:12

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There are times that I actually put on headphones with an interesting shiur when I go to sleep. Otherwise it's usually music

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Re: Aiming to be better. Introducing myself :)  
Posted by Vehkam - 05 Apr 2022 16:16

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The greatness you can achieve when things are not going well is so much more than when it seems to be easy. Every day is a monumental victory. You will come out stronger even if you have some falls along the way. Do not give up!!

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 05 Apr 2022 17:32

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[Vehkam wrote on 05 Apr 2022 16:12:](#)

There are times that I actually put on headphones with an interesting shiur when I go to sleep.  
Otherwise it's usually music

Not sure if your supposed to listen to music to go to sleep. Think its a tosfos somewhere in gittin

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Re: Aiming to be better. Introducing myself :)  
Posted by Vehkam - 05 Apr 2022 18:19

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I will check it out with mg LOR. Can't imagine it would be a problem if the purpose is to avoid  
harmful thoughts.

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Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 05 Apr 2022 21:17

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Need help pronto.

Its assur.

I dont care.

Torn about acting out.

I dont care that its avon chamura shebatorah

I dont care that its gonna make it worse. Mahbe it won't its already bad anyway. Just gonna look at the things already in my head.

When I acted out a few weeks ago I tried to be yotzei all sh\*tas of methods of acting out but turns out i missed my favorite one so yeah

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Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 05 Apr 2022 21:40

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And i know i can resist if i want to. I just dont know if i want to. And to be fair when I get rid of my smartphone that's my last chance to do this sort of stuff and ill do it then anyway so might as well do it now instead to spare the pain. (Sometimes its so obvious when the yetzer haras talking. But I dont care. I've been so apathetic recently I just don't care anymore.)

I dont know what to do so torn. I've already showered twice today (from keri) and gonna get a shower after a haircut in about an hour so either I gotta act out now or take 4 (!) Showers on the day.

Or not act out today. But dont really want to consider that option.

But i guess the question for the chevra is should i act out now or take 4 showers? Can't really bring myself to act out now i just dont feel ready but dont really want to take 4 showers either...

I've been so good for so long. This is the "challenge of the generation and everyone struggles with it and its ok if you fall bc everyone does it". Well not me. I did well for 400+ days. As a

bachur. Give me a break. Just once. Well maybe twice. I can't do this anymore.

Lol all of those people i gave advice to as the "successful bachur in the challenge". Guess my true colors are showing im a fraud. Sorry.

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Re: Aiming to be better. Introducing myself :)  
Posted by committed\_togrowth - 05 Apr 2022 21:42

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Hi EvedHashem,

I hope this mashal from the Chofetz Chaim will help. He says the yezter hara is like someone who brings us very nice treats and appetizers each day. We see what he has to offer is pretty good, so we decide to come to him each day and get our treat. Then, one day he comes to you with a proposition. He says that there is a field outside of the city where no one ventures and it has become a dump for the local population. But, his family has a tradition that there was a war in this area, and somewhere in the city there is lost treasure from a long-passed battle. He invites you to go hunting for this treasure, and you agree. You walk out into the field together, and he himself knows where the muddy areas are and which parts to avoid. You, lacking this knowledge, fall neck deep in mud and cry out to him for help. He responds "Fool! I spent so much time and energy to trap you like this, why should I let you out? **Only a fool would believe that at the end of a field of filth and refuse lies hidden a buried treasure.**" And off he walks, laughing at his horrible prank.

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