

**Eccentric Trip to Freedom**

Posted by EccentricComposer - 12 Mar 2023 02:17

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I'm a Bochur in a main stream Yeshivah who's been working on a hotzaas zera l'vatallah problem for 10 years. B"H I've improved tremendously over that time, and when I'm away from home I have almost no issues. The main time I have any problems is when I go home over Bein Hamzanim and Off-Shabbosos, and even then I've been working incredibly hard and have been able to be Kovesh my Yetzeir Horah a lot. I'm just looking for some Chizuk and maybe some tips for when I go home so that I don't fall in! My main problems are sometimes seeing something inappropriate on the computer, though its fully filtered, and sometimes there are some magazines near my room that have pictures of women (they're not inappropriately dressed), but I am to embarrassed to bring it up with my parents, most of the time I fall in because I was thinking about doing it, and give in to the urge. I feel that the main thing I need is some Chizuk and people to update when everything is going well! My last couple times home I did great at the beginning, but it gets harder as time goes on, and I want to make sure that I'm totally prepared for Pesach Bein HaZmanim!

Thank you so much for taking the time to read this, and for the chizuk!

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**Re: Introducing Myself**

Posted by EccentricComposer - 03 May 2023 01:00

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B"h, B"h, day 30 from my last slip, which was after 95 days, and was only the one slip! I plan to keep on going strong!

Also, day 9 for reading the book, very helpful so far!

Hatzlacha!

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**Re: Introducing Myself**

Posted by Vehkam - 03 May 2023 02:36

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i haven't been able to be on the forums much recently. bh i am busy with good things. i just wanted to comment on your thread because you are reading the book every day and find it helpful. I found that the perspectives i got from reading the battle of the generation were life changing. It is not a very difficult commitment and i am able to apply the lessons and perspectives gained on a regular basis. I I want to wish you continued success and may you inspire many here to make similiar committments.

best wishes

vehkam

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Re: Introducing Myself

Posted by EccentricComposer - 03 May 2023 19:26

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Day 10, this book is so helpful! B"H!!!

Also, up to day 31 on my streak, but for some reason its not letting me update it. Oh well.

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Re: Introducing Myself

Posted by Horizon - 04 May 2023 03:52

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same issue here

congrats on 31 days!

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Re: Introducing Myself

Posted by monseyid41 - 04 May 2023 14:09

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There was a problem yesterday with the daily check in. You can update it on the dashboard. After checking in, there is a button that says: "View All". When you press it, you can go back and update previous days and then it brings the streak up to where you're really holding.

And Mazel Tov on 30 days! Keep going and keep Posting.

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Re: Introducing Myself

Posted by EccentricComposer - 05 May 2023 00:45

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Day 11 on the book, 32 from my slip. Got everything updated.

I just wanted to say thank you again to the oilam here for the chizuk, its absolutely amazing that I did so well over bein hazmanim, and its due to the oilam here, knowing I had a mechayev to post, and my accountability to HHM, so thank you everyone! I've been back for a couple of weeks, but i'm still amazed!

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Re: Introducing Myself

Posted by 613msmmkm - 05 May 2023 03:28

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You have a lot going for you! You have to figure out what makes you slip when you are not in the yeshiva. Perhaps just talk I. Torah or communicate with me to get your mind off it such as let's not and say we did the main thing is not to do the action or act of looking. So when communicating with me hoping we are both not looking. It is a big yetzer horah but we both can overcome it by talking it out and seeing that's it like sll mitzvahs we do or don't except most are not as hard as this— looking is hard cause it makes me feel good. But if we communicate we we can help each other get our minds off it and back to important things in life. I am married with a married son and my wife his wife and son and his wife are all frum!! So we can do it!!

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Re: Introducing Myself

Posted by EccentricComposer - 07 May 2023 02:10

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Day 12 on reading, still need to do tonight. Doing well, b"h.

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Re: Introducing Myself

Posted by Eerie - 07 May 2023 05:05

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Re: Introducing Myself

Posted by frumlondon - 07 May 2023 15:17

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Hi,

Been here a while on and off but never really tried seriously.

Trying to give up telegram groups etc but feeling really lonley

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Keep k'nocking!

Re: Introducing Myself

Posted by monseyyid41 - 07 May 2023 16:35

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[frumlondon wrote on 07 May 2023 15:17:](#)

Hi,

Been here a while on and off but never really tried seriously.

Trying to give up telegram groups etc but feeling really lonley

Hi and Welcome. Why don't you open up your own thread in the "Introduce Yourself" section of the forum and tell us a little bit about yourself (anonymously of course) so we can all give you a proper welcome and maybe some advice as well. All the best.

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Re: Introducing Myself

Posted by Eerie - 07 May 2023 17:11

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[frumlondon wrote on 07 May 2023 15:17:](#)

Hi,

Been here a while on and off but never really tried seriously.

Trying to give up telegram groups etc but feeling really lonley

Hi! I second the motion suggested by our friend MY41, when you will post on your own thread you'll quickly learn that we are your brothers and friends, we are here for you, and you shouldn't feel lonely then. Looking forward to hearing from you!

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Re: Introducing Myself

Posted by EccentricComposer - 08 May 2023 00:45

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Day 14, B"h, 35 on my streak, going strong!

The chapter today was nice, about the struggle being the ikkar, not necessarily success, I know that sometimes I've felt like it only counts if I accomplish and stand up to my Yetzer Hara in the end, and feel bad if I have a tiny slip, even if I hold out for the whole day. It's good to remind oneself that its not the win which counts, but the effort.

Thank you!

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Re: Introducing Myself

Posted by monseyid41 - 08 May 2023 15:41

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[EccentricComposer wrote on 08 May 2023 00:45:](#)

Day 14, B"h, 35 on my streak, going strong!

The chapter today was nice, about the struggle being the ikkar, not necessarily success, I know that sometimes I've felt like it only counts if I accomplish and stand up to my Yetzer Hara in the end, and feel bad if I have a tiny slip, even if I hold out for the whole day. It's good to remind oneself that its not the win which counts, but the effort.

Thank you!

Such an important point. If a person struggles for an hour and then gives in and falls, he will receive reward for every second of that hour. Sometimes we fall because the urge is so strong that we know we won't be able to win. But if we remember this, then we can tell ourselves: I know I'm going to give in but let me still hold off for another 5 minutes.

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