

My struggles with kedushah.

Posted by tzaddikvikam13 - 28 Aug 2024 00:52

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I'm a yeshiva bochur in beis medrash.

I've been struggling with m\*\*\*\*\*ing for the past few years. I hated it from the beginning and tried stopping multiple times with seforim on inyanei kedushah, and kabalos with knasos, but I never had long term success.

Over time, I've stooped to other very low things, not because I had a taavah for these other things, but because one thing leads to the next. As soon as I would manage to keep sober from m\*\*\*\*\*ing for a short period, these other taavos would disappear.

I'm not addicted to p\*\*\*\*, but I'm not completely clean from it either. On the street I think I have the regular struggles of a yeshiva bochur, I try to take off my glasses before I go outside, sometimes mistakenly (or not mistakenly) see something and try to get a better look. I never had any serious taavah for pictures of p\*\*\*\*, never found any hana'ah in pixels, but I have slipped sometimes, more out of boredom than out of taavah.

Over the past couple few years, I've been struggling a lot in yeshivah, and while there are other things in my life that can be causing it, I feel that my slips in these areas are destroying my ruchnius.

I right now have an unfiltered computer with Linux, [which isn't easy to filter](#). If you have any experience with Linux or the bash terminal, [PLEASE HELP ME!!](#)

I'm looking to partner with a yeshiva bochur who has similar struggles, and with a yeshiva bochur who has gotten past such struggles.

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Re: My struggles with kedushah.

Posted by stopsurvivingstartliving - 05 Sep 2024 08:49

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[hopefulswan89 wrote on 05 Sep 2024 00:51:](#)

Thanks everyone for your help. B"h it looks like I have a plan to keep going with gye during zman.

Happy to hear that R' HopefulSwan!

I don't think I am the first one asking this of you but why don't you open up your own thread and introduce yourself?

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 05 Sep 2024 11:13

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[stopsurvivingstartliving wrote on 05 Sep 2024 08:49:](#)

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Re: My struggles with kedushah.

Posted by BenHashemBH - 05 Sep 2024 14:33

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Shalom Brother,

I'm glad that you've found resources that have been helpful to you.

Opening up on the forum, even though it's anonymous, can seem daunting. If you think you can share even a little bit, that might be a step towards relating better with the oilam. Connection is a 2-way street. You don't need to (and shouldn't) tell everything, but perhaps you could try on a little vulnerability and let us know in general where you are coming from.

If I may prompt: What motivated you to create a new account and start posing on the forum

recently? (If you are agreeable to answer, please open an introductory thread to respond).

Kol tov

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 05 Sep 2024 17:35

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[BenHashemBH wrote on 05 Sep 2024 14:33:](#)

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Re: My struggles with kedushah.

Posted by yitzchokm - 05 Sep 2024 17:45

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[hopefulswan89 wrote on 05 Sep 2024 17:35:](#)

[BenHashemBH wrote on 05 Sep 2024 14:33:](#)

[hopefulswan89 wrote on 05 Sep 2024 11:13:](#)

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Not really. This website is mostly for struggles with P&M, sex lines, SSA, massage parlors and everything in between although we also address simple guarding the eyes. If it were just the eyes, GYE would probably advise you to watch vayemaen videos and the like instead of GYE.

As I wrote to you in a private message feel free not to post about your struggles if it is too difficult for you but it makes it very difficult for other members to relate to you properly if you don't post about them. Also, I think that it is in your best interests to post about them so that you can heal properly and efficiently. I am afraid that your shyness is part of what is feeding your struggles.

I am glad you joined GYE and make the best use of everything GYE has to offer. Wishing you success on your journey.

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 08 Sep 2024 07:06

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[yitzchokm wrote on 05 Sep 2024 17:45:](#)

[hopefulswan89 wrote on 05 Sep 2024 17:35:](#)

[BenHashemBH wrote on 05 Sep 2024 14:33:](#)

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I came to GYE to guard my eyes, and the resources are phenomenal. Really helps!

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 11 Oct 2024 15:51

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I'm back!

And I'm about to finish my 6th clean week!

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Re: My struggles with kedushah.

Posted by eiyantov - 11 Oct 2024 16:10

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That's gevaldike!!!!

Keep on climbing higher and higher! Show the YH he's in the wrong business!!

Can't wait to celebrate 90 days with you buddy!

Gmar chanimal tovah!

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Re: My struggles with kedushah.  
Posted by Muttel - 13 Oct 2024 09:49

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[tzaddikvikam13 wrote on 11 Oct 2024 15:51:](#)

I'm back!

And I'm about to finish my 6th clean week!

Amazing stuff, tzaddik!!

Keep knocking and imyh by next Bain Hazemanim, your struggles will be a distant memory of the past with you just doing regular maintenance!!

With brotherly love,

Muttel

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Re: My struggles with kedushah.  
Posted by tzaddikvikam13 - 13 Oct 2024 18:30

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I'm going to be continuing from here in a [new thread](#) under [break free](#).

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Re: My struggles with kedushah.  
Posted by tzaddikvikam13 - 13 Oct 2024 19:57

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I'm looking to create a filter for a flip phone that will allow the GYE app, either from scratch or by getting a filter company to allow it.

I'm mainly making this for yeshiva bochurim who don't have access to GYE in yeshiva.

If your interested in helping, either by helping to write up a nusach to send to filtering companies, or if have you have experience with rooting and/or editing android roms, please reach out to me.

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Re: My struggles with kedushah.  
Posted by sdney - 14 Oct 2024 23:42

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Other struggles in life can be tied to struggles in kedusha. In mesivta and beis medrash i would " self medicate"(p/m) because I didn't have friends. Now I come from work and feel the need to " de-stress. Recognizing diffrent personal triggers helped me be cognizant of why I was acting out. I believe this point is brought up a lot on gye. Coping with ADHD and not masturb\*\*\*is all part of being a better person. ( I know that sounds far off)

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