

My struggles with kedushah.

Posted by tzaddikvikam13 - 28 Aug 2024 00:52

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 tzaddikvikam13 - 01 Sep 2024 18:23

yes, i requested a chavrusah on the partner program page

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Re: My struggles with kedushah.

Posted by yitzchokm - 01 Sep 2024 18:29

You can ask chaim@guardyoureyes.com how long it typically takes to get a response and whether GYE can call you if they only find someone after the zman starts when you don't have internet access.

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Re: My struggles with kedushah.

Posted by yitzchokm - 01 Sep 2024 18:31

You can ask chaim@guardyoureyes.com how long it typically takes until they find someone and whether GYE can call you if they only find someone after the zman starts and you don't have internet access.

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 01 Sep 2024 18:54

[hopefulswan89 wrote on 01 Sep 2024 17:22:](#)

[tzaddikvikam13 wrote on 01 Sep 2024 16:41:](#)

I'm here because of [my struggles with kedushah](#).

I posted here that I'm looking for help. Got a few replies. Mostly directing me to other people, who don't respond to my emails.

I mention that I have ADHD, and every thread that I've posted on blows up with suggestions, eitzos, and help.

Am I on the right site for inyanei kedusha?

Well maybe your expectations are too high. You only mention emailing. Did you try calling Michel? Did you follow up with support asking for a mentor? Did you read the thread or the ebooks? If people are responding to your threads that's good. The ball is in your court. You have to be willing to fight p and m. It won't happen overnight, it may take time. Maybe your adhd wants an immediate solution to your problem which has developed over years. That is not

realistic.

Woah...

I'm not looking for or expecting instant results. I know that change takes hard work, little by little.

Don't know anyone with ADHD that thinks they can change themselves instantly.

Quote from one of my emails to the mentors around here: 'Even if I mean well, and am truly coming here to fix myself, I'm just going to end up fooling around, mostly spending my time on the forum. I'll maybe watch some videos or read some books and articles, trying to improve, but I won't get any serious work done. I need a mentor to check in with & be accountable to, to keep myself focused & on track.'

That's why I'm trying so hard to get a mentor or partner, and that's what I'm frustrated about.

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Re: My struggles with kedushah.

Posted by frank.lee - 01 Sep 2024 22:09

Welcome @tzadikvekam13 to the forum!!

Here we have thousands of people who had similar issues like you.

Did you sorry out the issue with the Linux computer on a different thread?

Are you looking for practical tips to decrease m****? Did you download The Battle of the Generation? Reading even a small part of the book can help you make the struggle much easier.

Having a full schedule can help, in yeshiva and also on break. Maximize your day!

Realize that due to bein hazmanim, HHM and others may be behind on emails.

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Re: My struggles with kedushah.
Posted by hopefulswan89 - 01 Sep 2024 22:45

[frank.lee wrote on 01 Sep 2024 22:09:](#)

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He never said he was struggling with m. I think it's watching his eyes

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Re: My struggles with kedushah.
Posted by yitzchokm - 01 Sep 2024 23:05

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[frank.lee wrote on 01 Sep 2024 22:09:](#)

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Read the first post on this thread. How about you? Is there anything you are still struggling with or are you in the maintenance stage and you are only here to give others support, encouragement and advice? I am in the maintenance stage and it is great if that is where you are holding.

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 02 Sep 2024 00:59

Did you sorry out the issue with the Linux computer on a different thread?

No. I just erased Linux from my computer and am waiting until someone can help me filter it to reinstall it.

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Re: My struggles with kedushah.
Posted by tzaddikvikam13 - 02 Sep 2024 01:00

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I'm looking for a partner or mentor to do it with.

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Re: My struggles with kedushah.
Posted by tzaddikvikam13 - 02 Sep 2024 01:02

Realize that due to bein hazmanim, HHM and others may be behind on emails.

Thanks for telling me that.

I had no idea what's going on behind the scenes or why things are taking long.

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 02 Sep 2024 06:27

Stressed... need someone to talk to.

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 02 Sep 2024 07:43

Stressed... need someone to talk to.

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Re: My struggles with kedushah.

Posted by Muttel - 02 Sep 2024 08:07

It looks like I missed this powerful thread!

TV13, your pain and frustration resonates off the pages of your emotional thread! The difficulties of struggling and feeling as though there's no end in sight.....

Heres a helping hand and word of encouragement. You can beat this brother....

Please feel free to reach out and a phone call would go a long way. I see you posted that you reached out to me.

Please don't give up on me! I try to respond to anyone who reaches out, but I don't know who it is that reached out if they don't introduce themselves...

If you're down to speaking that'll be the best...

in my signature.

Looking forward to connecting brother,

Muttel

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See my number

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Re: My struggles with kedushah.

Posted by cande - 02 Sep 2024 13:00

[tzaddikvikam13 wrote on 28 Aug 2024 00:52:](#)

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can you clarify?

"I've stooped to other very low things"

things??

you dont have a taava for those thing??

you dont have taava for pics of pixels of nude women??

you only look @ porn when you bump into when your bored??

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