

Striving

Posted by jollylemur95 - 14 Oct 2024 15:29

Hello,

This is my first time on the forum. It took me a lot of courage to go on to it. I have been struggling with these things for awhile. Usually it was M as porn was not accessible. I have always tried to keep all my devices clean. However recently I was exposed to an unfiltered device and I feel into that too for a while. BH that device is no longer accessible so I don't have to deal with that angle of it for now. But now Masturbation is the main concern. I am trying mightily to kick it but I feel like a caged tiger that is waiting for a release. Every walk down the street , to grocery, Bais Medrash, is agonizing. Keeping my head down at all times is my only option ant women regardless of how appropriately she is dressed is a trigger. Is there anyone who has some chizuk or guidance for me?

In addition I want to be clean from this stuff not because it is not accessible but because it is the wrong. I feel like if I got my hands on an unfiltered device it would be under a minute I would in the depths of this shmutz.

I just wish I can be normal that not every women is an almost overpowering urge to Do P&M.

Can anyone help?

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Re: Striving

Posted by jollylemur95 - 27 Mar 2025 17:01

This is a very rare post.

I actually had a victory b"h. When I was in the matziv I told myself that I would post this ,pass or fail. I used it as motivation. I did not want to have to post something negative. So thank you guys for helping me!

As the weather turns warmer there are more people spending time outdoors. For those who do not dress appropriately, they again chose to reveal more then what should be.revealed. Also,

with Yom Tov approaching with the million and one trips to the grocery ongoing I am being around many people in a confined place. This is besides for life's issues leading me to more of these places. I was in the grocery on Wed. It was an utter disaster. I allowed my eyes to look into far to many places and people that it shouldn't. (for those who are wondering, I am speaking truth, not being overly harsh). I left the store with a terrible set back in Shmiras Einayim. And the subsequent urges to act out.

The victory was the next day. I found myself back in the same store. I found my eyes wondering again. I thought to myself. This is my opportunity to show that yesterday was a fluke. Not the real me. (of course, that does not excuse it, even if it is a fluke) I then added that I would post about it, pass or fail. Just as another motivator. I did not want to post my failures.(Ee efshar lifortom ki rabbim hem) With these 2 things it was totally great bh! I even noticed a women trying to reach something on a higher shelf. I was able to offer my assistance without even looking at her. Another women came over to me to ask me something and I did not see her face at all. Thanks to you guys, I was oisa makom and oisa zman and refrained. (I honestly can not tell you if it was oisa isha)

Thank you chevra!

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Re: Striving
Posted by hashem help me - 28 Mar 2025 11:28

So Jolly is finally maskim that he is a good guy! Moshiach must be near!

All joking aside, ashrecha Jolly!! What a way to head into Chodesh Nisan - the zman of hischadshus!

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Re: Striving
Posted by redfaced - 28 Mar 2025 12:23

[jollylemur95 wrote on 27 Mar 2025 17:01:](#)

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This is painful.

It was not Oisa Isha at all. That was me buddy.

Golly.

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Re: Striving

Posted by BenHashemBH - 28 Mar 2025 12:46

[redfaced wrote on 28 Mar 2025 12:23:](#)

[jollylemur95 wrote on 27 Mar 2025 17:01:](#)

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Golly.

Should I even ask how you got a hair from that woman for your juice? You know that if you accidentally grab a sheitle hair you'd end up looking like some old Indian lady . . .

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Re: Striving

Posted by gevura shebyesod - 28 Mar 2025 16:45

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you accidentally grab a sheitle hair you'd end up looking like some old Indian lady . . . And if it was a synthetic sheitel you would look like a dinosaur.

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