

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 Nov 2024 18:37

Thank you chevra for such a warm response!

I did not realize how much this post would resonate.

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Re: Striving

Posted by odyossefchai - 27 Nov 2024 19:09

[jollylemur95 wrote on 27 Nov 2024 18:37:](#)

Thank you chevra for such a warm response!

I did not realize how much this post would resonate.

Hi Reb Jolly.

I know I've said this to you via PM but I'll say it on here so other readers can see.

Firstly I wouldn't call it an oneis. I would call you, someone who has to deal with a GINORMOUSLY difficult challenge.

For some, Hashem gave them a challenge of having no legs. For some, it's difficult children or marriage, and for us here, it's a wild yetzer hara for lust.

You aren't responsible for having the yetzer hara at all. You aren't at fault in any way for wanting to watch P or to M.

However, most of this YH is easily removable (I can't believe I'm writing this coz I would have called anyone who told me this three months ago, a FAT LIAR)

By shmoozing your troubles out and by reaching out to the warmest tzadikim here, you can and WILL clean yourself up.

By changing your mindset, from one of NEEDING lust, to someone who can live without it, will change your life and this has been a complete game changer for me.

We'll shmooze more in private but again, reach out. The people here are the warmest, most zeese tzadikim, and they will help you shteig and be so holy.

Three months ago, I was so deep in the pits of hell, I couldn't imagine ever being clean.

Today, it's a different story.

I've managed to rid myself of 20 years of lust (and have done it while life has not been easy in other areas)

Marriage is better, WAY better. Lots of things are better.

Let's do this my friend.

(And why are you kvetching so much!!! You managed 37 days! That's GADLUS. REAL GADLUS)

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Re: Striving

Posted by Muttel - 27 Nov 2024 19:25

How Jolly my week has become!!!

I was crying reading your post and can see you climbing that Holy mountain.....

With a ton of brotherly love,

Muttel

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Re: Striving

Posted by chosemyschem - 27 Nov 2024 21:28

The chiddush to me isn't that you felt like garbage. The chiddush isn't that you didn't believe the mentors who said you weren't garbage. The chiddush is that you were able to accept a psak that you weren't. That more than anything shows someone with real strength.

That strength is going to get you places.

Keep on trucking (jollyly)

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Re: Striving

Posted by cande - 28 Nov 2024 01:05

[jollylemur95 wrote on 27 Nov 2024 16:19:](#)

The person I sent then asked him about the fact that I had started when I was a full Bar Daas and was not an oines at all.

Rav Brudny answered:

"Shtusim, Shtusim, Shtusim!!" (craziness)

this is good news, that means im a ????? even though i started after my wedding!

thank you for your beautiful post,

cande

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Re: Striving

Posted by iwillmanage - 28 Nov 2024 13:40

[jollylemur95 wrote on 27 Nov 2024 16:19:](#)

He said to the person I sent in for an answer:

"Tell him that people like him are Tzadikem, a tzadik" (He repeated it a few times for good measure) If they are working on improving and speaking to knowledgeable mentors, Hashem cherishes them. The nachas he gets from this is incredible!!

Thank you for your post, Jolly.

Am I right to infer that someone who is so stuck in the mud that he isn't working on improving is a rosho? And not cherished by Hashem?

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Re: Striving

Posted by cordnoy - 28 Nov 2024 13:50

[iwillmanage wrote on 28 Nov 2024 13:40:](#)

[jollylemur95 wrote on 27 Nov 2024 16:19:](#)

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"Tell him that people like him are Tzadikem, a tzadik" (He repeated it a few times for good measure) If they are working on improving and speaking to knowledgeable mentors, Hashem cherishes them. The nachas he gets from this is incredible!!

Thank you for your post, Jolly.

Am I right to infer that someone who is so stuck in the mud that he isn't working on improving is a rosho? And not cherished by Hashem?

Nope.

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Re: Striving
Posted by odyossefchai - 28 Nov 2024 14:22

Can we all agree to use terms like 'rosho' for Hitler and Haman?

Please.

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Re: Striving
Posted by jollylemur95 - 28 Nov 2024 15:22

C"V!

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Re: Striving
Posted by cande - 28 Nov 2024 18:24

this is good news, im considered an ????? even though i started porn after my wedding. yay!

best regards

cande'

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Re: Striving

Posted by youknowwho - 28 Nov 2024 18:37

Guys.

This calls for a big old party.

MASSIVE THANKSGIVING "**ONESS**" BBQ CELEBRATION HOSTED BY JOLLY LEMUR
TONIGHT.

Cowboy steak, burgers, franks, marrow ends, tomahawks, chicken wings, fries, onion rings,
potato kugel, shnitzel, cholent, salads, cold-cuts, 4ft long pastrami sandwiches, diet coke, ice-
cold beer, cocktails, woodford, whatever you can dream of will be served.

Eat till you pass out.

RSVP, you will not want to miss it!

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Re: Striving

Posted by jollylemur95 - 28 Nov 2024 19:48

I am just like you!

I would love to hear how you go on and thrive!

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Re: Striving

Posted by odyossefchai - 28 Nov 2024 19:53

Not sure if it's makes a difference if halachically it's ones, grama, garmi, shogeg, shogeg karov lemezid.....

Rabbosai let's get cleaned up. We can do this!

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Re: Striving

Posted by menuchashanefesh9 - 29 Nov 2024 01:50

If I may ask a simple question to bring out the Onusim stickle....

Imagine we had a choice. We could either A) have never chanced upon GYE, lived a life of daily porn watching and gone up to Shamayim after 120 and to only then found out that we were Onusim mamesh. B) Or we could have found GYE at ____ years old, learned that we were onusim, and learnt tools to break free and never watch porn again. There is not a guy on this site who would chose the first option. ????? nobody is doing this because they want to. IT'S BECAUSE WE WERE ALL UNDER EDUCATED, developed a bad habit, and didn't have the tools to get out of it. **Tzadikim** keep on fighting!! You're all amazing, each and every one of you!

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