

Striving for kedusha

Posted by seekingkedusha1 - 13 Jan 2025 21:11

There was a flyer in yeshiva about the esa einai shovavim project, and as a 20 year old I figured It's worth a try.

In 10th grade, I started to watch porn, and shortly thereafter started masterbating. In the beginning it was only sporadic, but with time it became more frequent. My thinking at the time was that this is something all teen agers do, and it's part of

natural development. No one had ever taught me otherwise

In 12th grade, my rebbe gave a strong shmuz about motzi zera levatala. I approached him afterwards, and he said focusing in learning is the

best antedote. I was able to cut down on the porn, not the masterbation.

As stated previously, the esa einai project is geared to bachurim and worth a try. Additionally, I intend to review the material on this site, and reach out to the people mentioned in the threads.

To be honest, though I'm motivated, I don't think I can stop. I am easily triggered, and have tried very hard to stop without success. Frankly, I don't

think it's possible if you are single without an outlet.

There are some threads of people reporting success. But I haven't seen one by a bachur who is easily triggered and has been struggling for several years.

So it might be a good idea to post and report my progress or lack thereof. More importantly, I would be interested in hearing from any bachur my age who has been able to stop. It doesn't seem possible to me prior to marriage. While I have no actual knowledge, it seems to me that all

bachurim struggle with this to some extent.-

So in short, while I'd like to get totally clean, I'm not overly optimistic. I'm approaching this with an open mind and would be interested in being apprised by other bachurim what has worked for you.

Clearly it's a serious aveira. However is this something a bachur can completely abstain from with all the triggers? I haven't done a study, but I think all bachurim are nichshal to some extent. Maybe I'm wrong.

Hoping to get Kadosh and clean. I'd be interested in hearing your thoughts.

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Re: Striving for kedusha

Posted by cleanmendy - 19 Jan 2025 20:44

I think by now youve gotten the gist of it , everyone agrees you should reach out to eerie or hhm. Its worth it itll change your life

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Re: Striving for kedusha

Posted by seekingkedusha1 - 20 Jan 2025 21:07

It was bound to happen, I just didn't think it would happen so fast. I was working on shmiras eynayim and avoiding triggers. But my guard was down and I fell.

Most important thing is not to become meyuash. Ki nafalti kamti. Trump bounced back and so will I.

Since my last post, I've received chizuk from others who claim to have been in my position when they were my age, and managed to stay pure against the odds. Truth be told there's been a yeridas hadoros, so things are harder today; the nisyonos are harder and we are weaker. But I have people to reach out to while my Partner request is pending.

On a brighter note, I received as a gift the sichas mussar of rav chaim shmuelewitz. The clarity

in writing and my ability to connect with his machshavos is fabulous. He has maamar on nefila and yiush.

Tomorrow I have an appointment which will take me out of the confines of the yeshiva to Ervas haaretz. I'm definitely in a weak position and hope I'll withstand the temptations.

Have to get to Seder. Time to climb back up.

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Re: Striving for kedusha

Posted by iseenoevil - 21 Jan 2025 03:24

Learning how to walk will involve the inevitable fall. You've just started out on your program. The chevra have been here for a long time; ups and downs. Nothing will happen over night. Besides for posting, reach out and connect live with someone. Maybe together you can work on a plan that will keep you on an even keel. Rest assured that with the support offered here, you can win the battle. It will take time, but stick with it.

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Re: Striving for kedusha

Posted by seekingkedusha1 - 21 Jan 2025 14:25

[iseenoevil wrote on 14 Jan 2025 13:18:](#)

Before I got married I was in the same matzav. I spoke to the mashgiach who was very receptive and understanding.

He encouraged me to join a vaad of other bachurim who were in a similar situation. At first I was reluctant because I didn't want others to know I was being nichshal. But with his repeated suggestions , I joined.

All discussions in the vaad are confidential. It was a group of 5 bachurim, including ones considered very chashuv. I found others that I could open up to and get guidance and support. We met on a weekly basis.

Over time it was very helpful in dealing with the urges. Admittedly, the problem didn't go away, but I had a support network.

Maybe you could join a vaad. You'll find a chevra who are also faced with this nisayon. I do not know if the problem is as extensive as you contend, but there are others going through the same.

I've asked around but it doesn't appear that there is any vaad in my yeshiva to join. In fact I may be the only bachur in my yeshiva that is dealing with this inyan. So while I understand where you are coming from, it doesn't appear to be nokea to me. Best mehalech I can see is having a kesher with someone via this forum.

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Re: Striving for kedusha

Posted by BenHashemBH - 21 Jan 2025 14:39

[seekingkedusha1 wrote on 21 Jan 2025 14:25:](#)

[iseenoevil wrote on 14 Jan 2025 13:18:](#)

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Shalom Brother,

Unlikely that you are the only one struggling, but that's another matter. I'd imagine such a vaad for bachurim is rare. Definitely connecting with some good people here that you relate to would be a good place to start. Might also be a good idea to get in touch with one (or more) of the great mentors here.

HHM - Hashem Help Me is the chief mentor, reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, ChaimOigen – chaim.oigen@gmail.com, Muttel - muttel15@gmail.com, Iwannalivereal iwannalivereal@gmail.com, Vehkam vehkam7@gmail.com, Amevakesh amevakesh23@gmail.com, ProudYungerman proudyungerman@gmail.com, Iwantlife - iwantlifegye@proton.me, and I'm sorry that there are surely others I've left out.

hatzlacha and kol tov

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Re: Striving for kedusha

Posted by chosemyshem - 21 Jan 2025 15:10

[seekingkedusha1 wrote on 21 Jan 2025 14:25:](#)

[iseenoevil wrote on 14 Jan 2025 13:18:](#)

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Did I hear someone say vaad? R' Seeking why don't you hit that link in my signature and join the GYE vaad.

Warning: Spoiler!

Totally of jealous of the in person yeshiva vaad though. Sounds amazing.

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Re: Striving for kedusha

Posted by boardg - 21 Jan 2025 16:59

[seekingkedusha1 wrote on 20 Jan 2025 21:07:](#)

Trump bounced back and so will I.

Great emesdike line. we should make this the theme of GYE this week

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Re: Striving for kedusha

Posted by seekingkedusha1 - 21 Jan 2025 18:27

[iyh50 wrote on 14 Jan 2025 00:46:](#)

Hi seekingkedusha1! I don't often post, but I couldn't resist responding to yours!

I am a Bochur in yeshiva, and 20 years old. I'm not sure about the 'getting triggered easily' part, but I can say that I've been "Around the Block" with this inyan. I've been clean for a while now, and I can testify that it is **one hundred percent** possible. The best part is, that not only is it possible, but last year's Esa Einai project played a major role in my journey. You have definitely come to the right place, and with some help and a bit of work you'll be on your way to a brighter and fulfilling future. Feel free to reach out if you want to schmooze, my email is iyhashem50@gmail.com.

Looking forward to hearing from you! Hatzlacha Rabbah!

This is amazing chizuk. I've already fallen since starting the program so I am a bit frustrated. But your success testimonial provides me with additional vigor to carry on and see this thing through. Just got done learning in ????? ????.

So while in my opinion this subject should have been discussed by Rabeyim in mesivta, there's no point in crying over spilled milk. Clearly it's much harder now, but this is something worth pursuing. Yashar Koach for your kind words, and best wishes for keeping the kedusha.

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Re: Striving for kedusha

Posted by seekingkedusha1 - 22 Jan 2025 00:22

[seekingkedusha1 wrote on 20 Jan 2025 21:07:](#)

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B"H got through without any triggers. Thanks for all your support. It would not have been shayach without it. Now I have to continue on the road to success. There's light at the end of

the tunnel.

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Re: Striving for kedusha

Posted by iyh50 - 23 Jan 2025 19:25

Don't worry, fifty days right away is a lofty goal. In fact when I did the program last year, I also didn't make it the first time. The lucky thing is, you can do the fifty days anytime between now and Pesach (or around then, maybe check exactly). So don't give up just yet! Also, if you ever feel an urge, or even just need to vent your feelings, don't hesitate to email/call/GoogleMeet me. You can also call HHM or Eerie, or any of the chevra who I'm SURE will be happy to help!

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Re: Striving for kedusha

Posted by seekingkedusha1 - 23 Jan 2025 21:44

Still sticking with the program. Like you said it's 50 days, and the time goes by quickly. B"h I've been bkeshar with others and it Mamash helps. Posting regularly also keeps me on track. But I dont know anyone else doing it, so for the most part I'm on my own. Taking it one day at a time . Also just listened to a shiur on shovavim so I'm thinking positive.

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Re: Striving for kedusha

Posted by ratherstayanonymous - 23 Jan 2025 21:57

[seekingkedusha1 wrote on 23 Jan 2025 21:44:](#)

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You're definitely not on you're own, we're all here and rooting for you to succeed in this battle we and probably many ppl around you (even if you can't tell) are facing.

Keep pushing on and shtieging vieter

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Re: Striving for kedusha

Posted by vekiveisilo - 24 Jan 2025 03:04

Missed your thread till now. But the answer to your opening question is that it's completely possible. I'm a bachur as well. I struggled for many, many years until I found the help I needed. But since then my life has changed, and I'm nearing eight months clean. The nisyonos do continue, as they will for any healthy person as long as he's alive, but it becomes much easier, and it definitely is possible to completely abstain. Being nichshal is not inevitable.

If you're interested in hearing more details, I'd love to be in touch with you. My email address is mischazektamid@gmail.com.

Hatzlacha raba!!

Yekusiel

(My

thread: guardyoureyes.com/forum/19-Introduce-Yourself/419367-Kivisi-Hashem---The-Ups-and-Downs-of-My-Life#419367)

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Re: Striving for kedusha

Posted by lamaazavtuni - 24 Jan 2025 05:31

Wow very impressive to be so open as a bochur. Just some wise words from someone a little older than you. But in nisayon were on the same madreiga it's not gonna get easier so deal with it now and even if when your older practically you might have a better way to fight it but how much waters gonna pass under that bridge till then. If I would of had the courage to reach out at your age (which I did butthen freaked out and hung up) my life could have looked totally different and I mourn for the years I lost. You look like your on the right track rooting for you my fellow brother.

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