

we all want to be good

Posted by laagvokeles - 15 Dec 2010 16:18

---

hey i am new here bla bla bla.... and my english is not the best

bekitzer i ``officially`` seat and learn.....but in my free time i wach films and porn.....

Oh yes i allready cutted (geshniten, chotachi) the wires that provide internet, i took out the possibility of wlan of my laptop, NOTHING HELPS in the long run.....

I dont understand how dos a jewish frum person "relax"? i mean bederech heter.... how? by reading a book? by eatting steake? by waching a concert of lipa? come on!.....

I am not eaven talking about porn! waht about waching films....? thats also included in the "veloi sosuru"! there is also in normal films not tzniesdige woman....., but with what else can we relax?

I have more than 2 children and i am after my 30 years and i study.... i am ven very good at it... very deep... and i enjoy it very very much i can seat in koilel 13 and and sometimes 15 hours!!! true! i can also seat as a regular koilel yungerman 8 hours, nothing really makes a diffrence, after a month and a half sometimes less, i get a "lust atack and sometimes i can struggle for hours sometimes for a day BUT NOT MORE!!!

oH RIBOINOI SHEL OILOM WHAT ALLSE CAN I SAY

what allse there is here to say ill say at a diffrent ocasion

=====  
=====

Re: we all want to be good

Posted by ben durdayah - 19 May 2011 23:12

---

Moiradiggg!

I'm assuming that you already have a filter and are trying not to look at the women in the street?

Great!

You're actually starting on your way...

Maybe you'll consider the third measure as well!

E

=====

Re: we all want to be good  
Posted by laagvokeles - 19 May 2011 23:17

---

what can i do i am missing this little little little detail: actualy doing all that

daven for me (i would hate to start only on elul, it would mean that i was a all year fornicating!

and its not good that i read ??? ??? ???? ?????????? sefarim, cause he finds a solution even for someone who wakes up a minut before motze yom kipur....(who ever knows his sefarim would probably smile now...) )

=====

Re: we all want to be good  
Posted by ur-a-jew - 19 May 2011 23:30

---

The problem with tying step one to charatah is that it turns the issue into a religious issue, when its much more than that. Yes its wrong. But even if it wasn't I should stop doing it because its wrecking my life, affecting my relationship with my wife and kids and my job. When we make it into a religious issue my incentive to stop is dependent on my level of emunah for the day. I am stopping because my life is unmanageable in every aspect. When I learn how to stop and start learning how to live life (the steps are a way to do this) I will develop a relationship with Hashem that will 1) provide me a framework to stop my past conduct and 2) allow me to see how bad my earlier conduct was thereby enabling me to do true teshuva.

=====

Re: we all want to be good

Posted by ur-a-jew - 19 May 2011 23:39

---

A filter and not looking at woman on the street (whatever that means) is great but for someone in your position is hardly enough. After all filters are not foolproof and don't prevent a host of other activities you've done in the past. Have you read the GYE handbook yet (in English or Yiddish) how about starting with that and seeing what changes in attitude you can make. Continued hatzlacha.

=====

=====

Re: we all want to be good

Posted by Eye.nonymous - 20 May 2011 06:27

---

[ur-a-jew wrote on 19 May 2011 23:39:](#)

Have you read the GYE handbook yet (in English or Yiddish)

As rumor has it, someone just put up the money for the GYE handbook to be translated also in Klingon.

GYE goes intergallactic! Be-di-be-di-be-di-bi-di!

FYI, this is one of the things Guard means by saying "taking this to a new level."

--Eye.

=====

=====

Re: we all want to be good

Posted by laagvokeles - 20 May 2011 10:29

---

[ur-a-jew wrote on 19 May 2011 23:39:](#)

Have you read the GYE handbook yet (in English or Yiddish) how about starting with that and seeing what changes in attitude you can make. Continued hatzlacha.

ill try do do it even the only things that i read even they are long is stories and gemara, ill make

but out of curiosity let me ask you; the main problem is when u get a lust atack and u wait 2 min hoping its gonna be gone, but it aint gone... so whats the practical idea in such case?

maybe i know: ????? ??, making our self bussey with something...

is there any other idea?

[Eye.nonymous wrote on 20 May 2011 06:27:](#)

this is one of the things Guard means by saying "taking this to a new level."

--Eye.

a exeption...

## GYE - Guard Your Eyes

Generated: 25 August 2025 22:58

---

====

i heard it from silvester stalone

Re: we all want to be good

Posted by ur-a-jew - 20 May 2011 13:31

---

Laag there is no short answer to your question. Its probably best discussed through a dialogue. Do you use google chat? PM me. But i'll answer you with a moshol. I assume you are learning in Yeshiva and have had to give a chabura. What happens when you wake up two minutes before you supposed to give it that you have to prepare for it. You can't do that. Instead you have to start preparing way before. Its the same with lust. If you start fighting the battle when you get the lust attack you're going to have a very hard time doing it. So the first thing to keep in mind is that the real work comes before the lust attack.

====  
====

Re: we all want to be good

Posted by ur-a-jew - 20 May 2011 13:33

---

I'm doing this in two posts because I know you prefer shorter posts. Let's go back to our moshol. Let's say the rosh kollel thinks you've been learning and preparing. You've however been out doing other things. Now its 1/2 hour before you're supposed to do it and as good a learner as you are its impossible to prepare a chabura in that short period. What are you're options. Well the one being that could certainly help you is Hashem. He can certainly put in your mind the chiddush you need. You may question why he would do it but you'll admit its certainly an option. Another option would be to go to someone else and ask him to help you prepare something. It may be embarrassing on your part but it certainly beats the alternative of going at it alone and making a complete fool of yourself. The point is that the solution to the problem is usually seeking out the help of another. Rarely will trying to do it alone be the answer. The same is true with respect to your lust problem. If you want to talk more concrete PM me.

====  
====

Re: we all want to be good

Posted by laagvokeles - 20 May 2011 13:48

---

[ur-a-jew wrote on 20 May 2011 13:31:](#)

If you start fighting the battle when you get the lust attack you're going to have a very hard time doing it. So the first thing to keep in mind is that the real work comes before the lust attack.

loved it and true

[if wanting to put it down ?????, it would probably mean to learn musar avoid exposure etc,]

[ur-a-jew wrote on 20 May 2011 13:33:](#)

The point is that the solution to the problem is usually seeking out the help of another. Rarely will trying to do it alone be the answer. The same is true with respect to your lust problem. If you want to talk more concrete PM me.

i dont agree in ??? i just agree in the practical way and in my private ???

?? ?? ??? i think it should be fine by my self too, even with no friend.

????? im in such bad shape that i need for my ??? a friend to talk to (one! no sa meetings!)

and it could help me a lot, (i am not sure if its enough hes understanding to porn etc, or he also has to be a type of a addict in rehab, i somehow think that the best would be if he understands but he him self is not.... but could be there is no diffrence ???? :D

?????:

i have no friend where i live who i can talk too, by phone its stupid.

so i just need to manage with what there is....

=====

====

Re: we all want to be good

Posted by ur-a-jew - 20 May 2011 14:36

---

[laagvokeles wrote on 20 May 2011 13:48:](#)

[ur-a-jew wrote on 20 May 2011 13:31:](#)

If you start fighting the battle when you get the lust attack you're going to have a very hard time doing it. So the first thing to keep in mind is that the real work comes before the lust attack.

loved it and true

[if wanting to put it down ?????, it would probably mean to learn musar avoid exposure etc,]

Mussar probably can't hurt, but it also does not appear to have been the solution in the past so I would think you need something more.

[laagvokeles wrote on 20 May 2011 13:48:](#)

[ur-a-jew wrote on 20 May 2011 13:33:](#)

The point is that the solution to the problem is usually seeking out the help of another. Rarely will trying to do it alone be the answer. The same is true with respect to your lust problem. If you want to talk more concrete PM me.

i dont agree in ??? i just agree in the practical way and in my private ???

?? ?? ??? i think it should be fine by my self too, even with no friend.

The Chinuch in last week's parsha I would say disagrees with you. The chinich is discussing the mitzvah of tekias shofer on Yom Kippur on Yovel.

????? ?????? ??? ?????? ?? ??? ?????? ?????? ?? ??? ??? ?? ?????? ???

???????, ?????? ?????? ?????? ?????? ?? ??????? ????? ? ? ??? ??? ??? ??????

???????, ?? ?? ?????? ?? ??????? ?? ?????? ?????? ?????? ?????????? ?? ??????

?????? ?? ??? ?????? ??????? ?? ??? ?????? ??? ??? ?????? ?????? ??????

?? ????????? ?? ?? ?????? ??? ?????? ?????? ??? ??? ??? ?????? ??????, ???????

????? ??? ?????? ?????

[laagvokeles wrote on 20 May 2011 13:48:](#)

????? im in such bad shape that i need for my ??? a friend to talk to (one! no sa meetings!)

and it could help me a lot, (i am not sure if its enough hes understanding to porn etc, or he also



has to be a type of a addict in rehab, i somehow think that the best would be if he understands but he him self is not.... but could be there is no diffrence ???? :D

Fortunately, you don't have to wait for ?????. You want to be a little more prepared for him when he comes. Instead you can look to the people that have had serious recovery and and see what they think is better.

[laagvokeles wrote on 20 May 2011 13:48:](#)

?????:

i have no friend where i live who i can talk too,

??? - I don't care where you live, there is someone on this site that you can meet and talk with.

[laagvokeles wrote on 20 May 2011 13:48:](#)

by phone its stupid.

??? - Have you ever tried it that you are dismissing it? It works for hundreds of people.

[laagvokeles wrote on 20 May 2011 13:48:](#)

so i just need to manage with what there is....

And there is a lot if you are willing. Have a wonderful Shabbos.

=====

Re: we all want to be good  
Posted by Dov - 20 May 2011 14:39

---

The letters in "sheker" have only one leg to stand on...so they keep "falling".

=====

Re: we all want to be good  
Posted by laagvokeles - 20 May 2011 14:45

---

i have a lot what to say... but your point is clear (i disagree in a few things, but the ?? ??? is clear)

daven for me

=====

Re: we all want to be good  
Posted by ur-a-jew - 20 May 2011 15:12

---

[laagvokeles wrote on 20 May 2011 14:45:](#)

i have a lot what to say...

I'd love to hear it all but don't let those things distract you from what needs to be done.

[laagvokeles wrote on 20 May 2011 14:45:](#)

daven for me

I do already. Daven for yourself as well (and for me).

=====

Re: we all want to be good

Posted by laagvokeles - 21 May 2011 21:36

---

[ur-a-jew wrote on 20 May 2011 15:12:](#)

[laagvokeles wrote on 20 May 2011 14:45:](#)

i have a lot what to say...

I'd love to hear it all but don't let those things distract you from what needs to be done.

i am cholek with you in part of the ????, not on the ?????, if i would disagree with u in the maskana, i would discust it with you, but since this is not gemara and ur point is clear and true, i wouldnt discust with you about the ???? ????? about the ???? how u get to your conclusion

the conclusion is good? everething good.

=====  
=====