

Going for the Gold!

Posted by Tev - 04 Aug 2009 02:20

Hey Tzadikim,

I'm a 21 yr old single guy in yeshiva/college. Ive been struggling with p*(n and motzei zera levatala for about 7 years.

I "tried " many times to stop, but now im really giving it a real shot. I finally realize its not just the yetzer hara, its a serious addiction.

Hope this lasts!

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Re: Going for the Gold!

Posted by cleareyes613@gmail.com - 15 Nov 2009 00:43

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Re: Going for the Gold!

Posted by Tev - 22 Nov 2009 02:26

Day 33, :D!

So ive been "clean now for 7 days , boruch hashem

I had a slip or two last week, but luckily I saved I was saved before any further damage, Last week i was driving on the highway, and i was pretty stressed about a schoolwork, I saw a billboard with a picture of some untznius women to say the least, I pulled into the parking lot of the p*(n shop, i was about to go in, and realized i didn't have any cash on me... This is one time i was actually thankful not to have any \$\$ on me! I quickly jumped back in my car and headed away from that disgusting place.

It feels so good to be clean, now I can really focus on so many other things, without the guilt or stress of having just fell. My learning since Ive been clean has been one a whole new level, and I'm being serious, the gemara is much clearer and I'm able to retain much more information than I knew I could . Thanks Reb Guard and this whole beautiful family of jews.

Keep up the fight guys ! We are bringing the geulah

Bestrong88

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Re: Going for the Gold!

Posted by Luria - 22 Nov 2009 03:07

[BeStrong88 wrote on 22 Nov 2009 02:26:](#)

I quickly jumped back in my car and headed away from that disgusting place.

BeStrong, that is an amazing job on your part!!

Great chizuk to start off the week.

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Re: Going for the Gold!

Posted by Tev - 12 Mar 2010 19:25

Hey guys ,

Iv'e decided to get back to posting, which much ups and downs over the past few months, a friend convinced me to continue my thread. Thank g-d for him!

The past few days have been pretty rough, and Ive fallen many times. My roommate left for
Currently I'm

I want to keep this thread alive , so if you are reading this please respond with chizuk, its really appreciated!!

Love,

Bestrong

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Pesach and Ive had my room to myself, which even with K9 is not so good

studying for a professional school exam, which takes up much of my day. Hope I do well

Re: Going for the Gold!

Posted by silentbattle - 12 Mar 2010 19:41

Sounds like you're taking the steps you need to in order to move forward and stay clean - can you study with friends, or out of the house?

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Re: Going for the Gold!

Posted by Tev - 12 Mar 2010 19:50

[silentbattle wrote on 12 Mar 2010 19:41:](#)

can you study with friends, or out of the house?

Its much easier, and quieter to do it where I am... And there aren't too many other people studying for this exam.

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Re: Going for the Gold!

Posted by silentbattle - 12 Mar 2010 20:15

Might be worth it to find someone...and studying in a library might be good - might not be as perfect as your own place, but a lot safer!

it's a trade-off.

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Re: Going for the Gold!

Posted by Sturggle - 13 Mar 2010 18:36

Hey BeStrong!

I don't know if our group is,

I hope you do well on the exam too!

I know what it's like to be studying alone.

Not always so easy for me.

If you ever need anything,

you can find me online at doreshumevakesh@gmail.com.

Gut voch and kol tuv!

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Re: Going for the Gold!

Posted by Tev - 14 Mar 2010 03:55

Sturggle Thanks!

Shabbos was good, had great food , learnt and slept. What could be better??

Hope This week will be a clean one , and full of ruchnius...

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Re: Going for the Gold!

Posted by Sturggle - 15 Mar 2010 07:36

Amen!

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Re: Going for the Gold!

Posted by Tev - 16 Mar 2010 17:51
Good to hear your alive as well!

Up to day # 3. :D

Not sure why, but I feel as if I'm clean for alot longer than 3 days...

Had a bit of a rough day in yeshiva, wasn't so happy with a Rebbe of mine, but I'm sure it will pass.

A few times a week I drive on a highway which has a few billboards advertsing for P*(n shops, I usually take off my glasses for a few seconds while driving :o

I realize it's dangerous, but #1 my prescription isn't too bad and #2 It helps me tremendously in saving myself from the trigger. So I feel this is a correct decision.

Hope everyone is doing well

Bestrong

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Re: Going for the Gold!

Posted by Yosef Hatzadik - 16 Mar 2010 18:34

[BeStrong88 wrote on 12 Mar 2010 19:25:](#)

..... Currently I'm studying for a professional school exam, which takes up much of my day. ...

Love,

Bestrong

We are in the same boat.

I don't set any other things to do, 'cause I gotta study. Then I want to take a 'short' break from studying.... and then..... :-\

Up to day # 3.

Not sure why, but I feel as if I'm clean for alot longer than 3 days...

YOU ARE!!!!

Clean days are cumulative!

You are not at day 3, you have added three more days to your credit!! :D

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Re: Going for the Gold!

Posted by silentbattle - 17 Mar 2010 00:29

[BeStrong88 wrote on 16 Mar 2010 17:51:](#)

Up to day # 3. :D

Not sure why, but I feel as if I'm clean for alot longer than 3 days...

I think it's like the feeling of trying on a new set of clothes that fits perfectly, and feels really comfortable - we say, "wow, this feels like it was made just for me!" So even though it's only been a few days, it feels "right." It feels like something that SHOULD be a part of your life, and fits right in. Enjoy it!

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Re: Going for the Gold!

Posted by Tev - 21 Mar 2010 00:40

Hello Chaveirim,

Thank G-d still going strong, 7 days!

In Parshas Vayikra we are told how when the Korban Mincha is brought, there should be no leavening. (chametz) Rabbi Yissachar Frand explains how rising dough is compared to the Yetzer Hara, in that if one is to stick a finger in dough while its rising, the dough will become flat, as if nothing was even there. So too with the Yetzer Hara, when we see a good looking girl in the street, or online and we think wow I wish I could do (*&^^^())__, it is all false!! It is just the Y'H telling us to do something which we will end up regretting, since anything which goes against G-d's will cannot be real pleasure!

Love,

Bestrong

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