

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

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Re: Bigmoish's path to tahara

Posted by cordnoy - 05 Jun 2023 12:23

[Hashem Help Me wrote on 05 Jun 2023 10:56:](#)

daven.

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Godspeed

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Re: Bigmoish's path to tahara

Posted by richtig - 05 Jun 2023 15:24

[cordnoy wrote on 05 Jun 2023 12:23:](#)

[Hashem Help Me wrote on 05 Jun 2023 10:56:](#)

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Would you explain why "the more 'normal' we make this struggle, and when we turn it into the 'battle' of the generation, the more we decrease the chances of 'long term' success for many"?

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Re: Bigmoish's path to tahara
Posted by true_self - 05 Jun 2023 20:14

I'll start with my apology, I did not read through the whole thread, (if I start reading through threads I'll never finish:)

Here are my thoughts (if you disagree, I'm happy to hear why)

"??? ???? ???? ?????? ????"

There are many approaches and ways to deal with this struggle, I personally do not have a lot of experience with both mehalchim, (of HHM & Cordnoy)

However here are the benefits I take out of both of them:

With HHM's approach, we can get rid of all that guilt we gathered over the years of being alone, and its definitely a **must** in order to start recovery.

With Cordnoy's approach, we can learn how special we are to have these challenges, Hashem doesn't give someone a challenge that he will not be able to withstand, That means that Hashem hand-picked us to be the soldiers to fight this awful battle, It also means that we have great potential hidden within us, that the YH is trying so hard to avoid of being discovered. We don't need to be ashamed that we are from the minority, rather we can be proud of being chosen to fight this battle, and ultimately bring moshiach.

Everyone should see what works best for him.

Thanks Bigmoish, HHM & cordnoy for all knowledge you share.

True self

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Re: Bigmoish's path to tahara
Posted by Hakolhevel - 06 Jun 2023 03:48

You have the heavy hitters responding here.

Though I would say, the average gue guy, who is still in his pajamas in his basement. No matter what you tell him, will feel great shame talking to his Rebbi.

And honestly. I think it's possible that even if your Rebbinis super understanding, he very well may (and probably will) look at you differently. It's just human nature.

All this comes to play, why do you want to tell him? If it's to help you get clean, and you think it will really help you, well then I would invoke the mishnah " lo habayshon.."

In other words, if this question is theoreticall. Then I'll leteveryone enjoyenjoy the yagdil Torah. If it's practical, then honestly, I dont think anyone can know what your rebbi will think of you. And

he may never tell you the truth.

So it comes down too, do you think talking to him will help you? And if yes, how can you build up the courage to do it regardless of how he may view you.

Sorry for my ramble, I'm not sure it made any sense, nor do I necessarily live by the above ideals.

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Re: Bigmoish's path to tahara
Posted by Shmuel - 06 Jun 2023 18:08

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True self

Is this Cordnoy's approach?

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Re: Bigmoish's path to tahara

Posted by true_self - 06 Jun 2023 19:27

[Shmuel wrote on 06 Jun 2023 18:08:](#)

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This is what he wrote:

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I guess here lies the crux of our disagreement. I believe that the more 'normal' we make this struggle, and when we turn it into the 'battle' of the generation, the more we decrease the chances of 'long term' success for many. Yes, we can accomplish some short-term victories with that approach, but ultimately, there are those who we might be doin' a disservice to. And perhaps, the question may be: who is the target audience, and how are they determined?

He believes that its the minority of men who struggle, and if so... what I wrote...

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Re: Bigmoish's path to tahara
Posted by Shmuel - 06 Jun 2023 20:38

[true self wrote on 06 Jun 2023 19:27:](#)

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[true_self wrote on 05 Jun 2023 20:14:](#)

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@cordnoy, you never did get back to explaining your approach. I for one would love to hear it...

TIA

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Re: Bigmoish's path to tahara
Posted by cordnoy - 13 Jun 2023 15:24

[cordnoy wrote on 05 Jun 2023 12:23:](#)

[Hashem Help Me wrote on 05 Jun 2023 10:56:](#)

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Godspeed

I have been asked several times to explain this and perhaps elaborate (and this, by no means, means that my opinion is correct; it is nothin' more than my opinion): Let's take lashon hara for example. This is what almost everyone would agree as a "normal" struggle, universally shared. What is the approach? Learn Shmiras Halashon 5/10 minutes a day, dedicate one hour of extra-zehirus towards this, occasional soap-in-the-mouth and avoidin' large groups at a tavern. What happens for someone who joins this program? He does it for 2 weeks/5 weeks/ 3 months or more, but many, sadly, remain lashon hara talkers for the duration of their life - some more, some less. I am not sayin' not to follow that mehalech, for it is what we should be doin'; what I am sayin' is that it remains a 'battle of the generation.'

Now, let us take this parable a step further (again, for some): Let us say that this baal lashon hara is a tremendous ka'asan, and when he begins to talk about someone else in a derogatory manner, his voice rises, he swears, he degrades him and his family and his Rabbi, he cannot control his emotions - his wife slinks to the corner of the room, his kids don't stay near him durin' lainin' or the kiddush, he's not pleasant to be around. He is different than your normal shmoozer. What approach do we suggest for this fellow? Learn Shmiras Halashon 15 minutes a day? I don't think so. If he is treated as 'normal,' he will not get the help he so deserves.

So now, I ask you (fellow Rabbanim, Roshei Kollel, Menahalim, etc.): Are there many of your congregants with a porn addiction? In the world, yes. But of the 100 in the room, how many have issues with their zipper? 3, 5, 8? If you consider them/us 'normal,' I think there will be a disservice in the help we are providin'.

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Re: Bigmoish's path to tahara
Posted by cordnoy - 13 Jun 2023 15:47

[cordnoy wrote on 13 Jun 2023 15:24:](#)

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[Hashem Help Me wrote on 05 Jun 2023 10:56:](#)

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Re: Bigmoish's path to tahara
Posted by willdoit - 13 Jun 2023 16:51

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And in which category do u place Addicts'?

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Re: Bigmoish's path to tahara
Posted by true_self - 13 Jun 2023 19:32

[cordnoy wrote on 13 Jun 2023 15:24:](#)

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Will we ever know exact statistics? dunno,

However I can say that I am certain that in my class in school at least 12+ boys out of 25 struggled with their zippers at the time.

Maybe my class was a rare exception? Maybe

Because they struggled at the age of 10-13 it does it necessarily tell that they still struggle?
Maybe

Thanks cord

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Re: Bigmoish's path to tahara
Posted by DavidT - 13 Jun 2023 19:49

According to the Ohr Hachayim (Acharei Mos, 18:2) anyone who sees or thinks of these things, will struggle...

Unless if I don't understand it correctly:

*"It is known that all the Mitzvos that Hashem commanded his holy nation are Mitzvos that a man can stand by and cause himself a desire to do, besides for the Mitzva of staying away from arayos (illicit sexual relations) which is something that **a person craves and his desires forces him to act**, unless one makes an effort to stay far away from two things: 1) Seeing with the eyes, 2) Thinking about it. However, if a person does not keep away from these two aspects (sight and thought), **a man will not be able to control himself and rid himself of it.**"*

guardyoureyes.com/articles/torah/item/the-ohr-hachayim-on-acharei-mos

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Re: Bigmoish's path to tahara

Posted by 5Uu80*cdwB#^ - 13 Jun 2023 19:53

[Bigmoish wrote on 30 Jul 2014 17:48:](#)

The reason I didn't mention that as part of the plan is because although I have watched p***, that is not really my major issue.

I am primarily focused on clearing my thoughts from fantasies about **real** people and putting an end to my m**** habit/addiction(jury's still out on which one it is).

Thank you for your post. I have zoomed in on a very important observation (quoted above) you have correctly made that I'm now going to paraphrase: **Fantasy is the root cause of all masturbation. If you do not fantasize (and you carefully guard your eyes), you will not masturbate. Period.**

You beautifully write that *despite* not looking at inappropriate online content, you still are are

struggling with masturbation. This is an *extremely* common situation (one that I found myself in when I first got onto this site), and one that I attribute in large part to too little attention being given to the fact that fantasy is the central driving factor behind all sexual immorality, acting out, and intense battles with the yetzer hara. This website is called Guard Your Eyes, but really it should be called Guard Your Eyes and Your Mind, because many of us unfortunately have **plenty** we can think about without looking at anything at all. That's the problem. To continue distancing yourself from masturbation, it is critical that you remember that **fantasy is the absolute root cause of all of your misery**. Learn to **gently** allow yourself to move **around** thoughts of fantasy and on with your day (easier said than done, but is possible), and you will be a free man. **Neurotic attempts to control every thought you have with an iron fist will almost certainly backfire**. We need to be gentle with ourselves, understand how our minds work, and learn to **sidestep** unhealthy thought processes (i.e., fantasy) that consistently bring us to extreme frustration, nisyonos, and possibly much, much worse. May Hashem help us all.

Hatzlocha!

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Hatzlocha!

If I may add, if we carefully think about our day, we may be fantasizing about so the women around us, even if we don't look at any porn. This too will do us in.

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