

The struggles of a human

Posted by anonymousmillennial - 19 Oct 2020 14:49

Hi this is supposed to be the first log describing what I'm going through and perhaps an outlet of my feelings and experience trying to fight the yetzer hora of hotzoas zera levatalah.

?Allow me to first introduce myself. I am a bochur of 24. Learnt in a yeshiva till the outbreak of corona. To be honest, I never fully understood what people meant when they said that masturbation is the nisoyon of the generation. Why would anyone from a logical perspective engage in such behaviour? It didn't make sense to me. That was till about two months ago.

In yeshiva I didn't have access to movies or unfiltered internet. When I came home I did. I also got my own computer for studies and although it was filtered, I was the one with the password. So I naively didn't think of it as a big threat. But one night my curiosity got the better of me and I checked out some pornography. That night I also gave in to masturbation and I realized all of a sudden that I've made a big mistake. A whole new pathway of what the brain might consider pleasure opened up before me.

Not much later I gave in a second time to masturbation (not porn which I have since tried to avoid). And as time went by the frequency of my giving in became more and more. I know I have to find a way to stop this and I am trying. It just is so hard sometimes when my whole body aches and screams and the anxiety is just not allowing me to think clearly.

Sometimes I can hold back for a day or two three even but then eventually I end up giving in. The thing by me is that I am usually okay throughout the day, but when I lie in bed and am trying to fall asleep I am having difficulties doing so without having the urge. And that is usually when I cave. So I have tried listening to a shiur to keep me distracted, which has helped maybe once or twice, but with my emotions being so powerful it is hard to concentrate. I also tried relaxing music and it has helped although I do need to experiment with that more. (I know that from a halachic perspective music is not the best thing to do before falling asleep, but I think it is permitted occasionally and it is also permitted if it is not leshem simcha. Also I am not sure if relaxing music fall under this stringency.) Another thing I do is that even when I do give in I stop in the middle and pause for a count of sixty. It gives me back a sense of control and I feel it can help overall. Another thing I do when I feel weak and I know I might likely give in is I try to postpone giving in for x amount of time. Sometimes I am so tired of the fight that just to get rid of it, I give in. I know it's wrong, but I still do it. I really need some technique here to overcome this.

I am currently going with the mindset that this is like building muscle and that slowly but surely I'll get stronger and stronger. I just doesn't always feel like this. It also pains me when I read some of the consequences this challenge has on both a ruchniyusdige and gashmiyusdige

sphere. As a bochur, I feel like I am tainted and that I might have a bad marriage or children of lesser quality because of this. I am sure that there is teshuva, but will I really be able to overcome this before getting married? I truly hope so.

My current goal is to go through a whole week without giving in.

For me this is a true lesson on another front. It's what I wrote in the beginning: I never thought that this nisoyon could be so hard and yet here I am. So perhaps when people are going through things, that to me seem trivial and perhaps I'll even judge them sometimes, I'll remind myself that it could happen to me and even if it doesn't I don't know where they are coming from so don't judge.

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Re: The struggles of a human
Posted by Grant400 - 24 Dec 2020 19:50

[anonymousmillenial wrote on 24 Dec 2020 17:24:](#)

On the way to 5 days.

Hope tonight will go well.

Your hope is only one decision away.

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Re: The struggles of a human
Posted by anonymousmillenial - 02 Jan 2021 20:36

After about two weeks, another fall. At least I made it to two weeks. I try to tell myself that it's ok and and that I should move on and that focusing on the past isn't worth it, but it's painful nonetheless. I really need to reach out again. It really isn't doing me so well not having posted over here. And even though I'm quiet busy, I probably can still find some time for this. As the famous saying goes: "You always find time for what's important."

Something that gave me a bit of chizuk was a nice piece in the pdf from gye called "Dear Bochur". Here's the piece:

The sin of hotza'as zera l'vatalah

Undoubtedly, the most prevalent of all michsholim today is the sin of hotza'as zera l'vatalah. It wasn't an uncommon thing even when I was young, and today it is much more widespread due to the bombardment of pritzus we are exposed to in the street. Few things can be more debilitating to a bachur than the guilt feelings brought on by this michshol, and sometimes bachurim become depressed as a result. Writing anything about this at all requires one to walk a very fine line. On the one hand, this is a very grave aveirah. We can not minimize that at all. On the other hand, given our present environment, it is not surprising that this sin is more widespread than in eras where the environment was purer. If we dwell on the severity of the sin, we increase the terrible feelings of guilt. If we try to assuage the guilt, we seem to be minimizing the sin, which we dare not do. How do we address this difficult issue? If you know anyone having difficulty with this temptation, this is what you should tell him: The severity of the aveirah requires you to make every effort to improve. However, the Ribono shel Olam knows our yetzer. If you can't have a total victory over the yetzer immediately, win some battles. Minimize. Daven for assistance, and celebrate every victory, even the small ones. If you truly make the effort to overcome this, in the end you will be successful. If it is possible to find someone older and wiser to confide in, by all means do so. (Indeed, Reb Elya Lopian used to announce that if there was a bachur who had been nichshal in this sin, he should know that he has whom to turn to.) But don't be riddled with guilt. Give it your total effort, and move on with your life. B'ezras Hashem, the fight should get easier over time, and even more so after marriage.

Anyway this is a small attempt to get back into writing.

A gutte voch.

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Re: The struggles of a human
Posted by anonymousmillennial - 12 Jan 2021 17:11

Hi

I've been struggling a lot recently.

Kinda embarassing.

Wanted to publicly declare that, bli neder, for the next 24 hours I'll not be masturbating.

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Re: The struggles of a human
Posted by starting - 12 Jan 2021 21:35

Feel free to post 240 times in these 24 hours

We are rooting for you

Go...

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Re: The struggles of a human
Posted by anonymousmillenial - 13 Jan 2021 17:55

24 hours are up.

Where do I go from here?

Another 24 hours?

I don't know if I can truly handle that.

So what do I do?

I know that the only way to overcome this is to truly commit.

But I don't feel like I have the energy for committing right now.

But does that mean that I will give in like a sheep for the slaughter?

How can I do that?

But what can I do?

Aaaargghhh!!!

This is so frustrating!!!

I wish there were just a button that would be able to turn this off.

Or perhaps some wise man, who knows me, standing next to me, telling me exactly what to do.
Or perhaps calming me down.

Or perhaps just a button to turn this off.

Obviously not entirely realistic.

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Re: The struggles of a human

Posted by Sapy - 13 Jan 2021 18:48

If you cant go for another 24 hours, how about 12?

Listen in sure you dont wanna stay with this for the rest of your life, let me tell you a secret... it wont go away by itself... so it might be hard, but why push it off? Why be a slave for another day?

You can do it for 12 hours, you did it in the past, as the saying goes here, nobody died by not giving in...

Tell that Mr, Urge calmly but strongly, you can talk but I dont havto listen...

Please let us know how it goes!

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Re: The struggles of a human

Posted by anonymousmillennial - 13 Jan 2021 20:24

[Sapy wrote on 13 Jan 2021 18:48:](#)

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Tell that Mr, Urge calmly but strongly, you can talk but I dont havto listen...

Thanks Sapy for your comments.

It's true. I don't want to be a slave for even another second.

But sometimes it's really hard.

Especially when I feel like I have no emotional energy, and I'm barely functioning and this feels like my only escape. It sometimes becomes so hard that I feel like it's too much.

I'm sure everyone here can relate to this feeling where the whole mind and body become focused on this tiny thing called lust and focusing on anything else becomes very hard. It's like being under a spell of sorts. And only once I give in the spell is sort of lifted. But not really, because a few hours later you realize that you drank from the fountain of ... saltwater. Trying to quench the thirst with something that will never do so. So the solution is to starve ourselves to the point that we become immune of the thirst. But for that we need a commitment. And for that we need energy.

But after having so much saltwater in our mouths and being entirely dehydrated, where do we get the energy from? How can we overcome those urges that have haunted us so much in the past?

We can indeed tell them to keep on talking and keep on whispering all those audacities in our ears and we will be stubborn and we won't listen. But can you truly blame the one that takes another sip? Perhaps you can perhaps you can't. I don't know.

All I truly hope for is that I will finally realize, but more than just realize, actually internalize, that continuing to drink from this cursed saltwater will never truly fulfill my desires and in fact only aggravate the situation. And that what initially looked sweet to me, now doesn't tempt me at all.

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Re: The struggles of a human
Posted by Sapy - 13 Jan 2021 20:37

Indeed it's very hard... but perhaps this is the time to rewire your brain, when we need the release, then it's time to teach your mind that this is not the way to get it.

Maybe try to call a friend to talk, it's a good distraction for some.

Also if you can identify what's causing you the trigger now, is it some kind of stress? How else can you deal with it?

you did it in the past, you can do it just today again!

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Re: The struggles of a human
Posted by Sapy - 13 Jan 2021 20:48

I found a great old post from a very smart guy that might talk to your situation...

"anonymousmillennial" post=357805 date=1606336030 catid=4

Hey fellow GYE'ers

I hope you're all having a great day so far.

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(koheles 10:2)

I once heard a great pshat which applies this posuk to learning gemara, but the yesod can be applied to our situation as well.

The pshat is as follows:

When we're learning a mesechta and we feel overwhelmed with how many dafim we have left, our focus should be to the right, to the pages we have accomplished already. Focusing on the pages to the left wouldn't be wise because we might feel overwhelmed. But when we focus on what've done already, we see what we can do, and it gives us the koiches to continue.

I felt that yesterday I was really giving a beating to focusing on the past. But is focusing on the past really so bad? Well, turns out, it depends.

Take today, for example. I am utterly emotionally drained. I can hardly sit on my computer right now to type. I feel like just dropping in the couch and go for a 10 year sleep. What keeps me going? It's because I know that there will be a tomorrow where I won't feel this. How do I know? Because I've had a yesterday like this before, I've made it through and had good and even great days afterwards.

The past is like a double edged sword. We can use it to drag us down. To make us feel hopeless. To make us feel like we lost all. Or, we can use it lift us up. To give us confidence. To remind us of the times when all the odds were stacked against us, and we persevered and made it through. A reminder of who we truly are and what we truly are capable of.

So yes, life is a mountain we must climb. But sometimes if we're brave enough, we can look down to see how far we've made it, so we'll know we can make it all the way to the top.

Hope that helps you...

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Re: The struggles of a human

Posted by anonymousmillenial - 13 Jan 2021 21:15

Sapy, you're making me smile. (The warm and fuzzy type.)

But you're right.

IY"H I won't give in from now until I get up in the morning.

Thanks for the chizuk!!

(edit: Just saw the post is gone, but this message still counts.)

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Re: The struggles of a human

Posted by Sapy - 13 Jan 2021 21:22

[anonymousmillennial wrote on 25 Nov 2020 20:27:](#)

Hey fellow GYE'ers

I hope you're all having a great day so far.

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So yes, life is a mountain we must climb. But sometimes if we're brave enough, we can look down to see how far we've made it, so we'll know we can make it all the way to the top.

Found a great post that might talk to your current situation, hope it helps you!

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Re: The struggles of a human
Posted by Sapy - 13 Jan 2021 21:24

I just reposted it, to fix my mistakes...

keep us updated, and keep strong!

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Re: The struggles of a human

Posted by anonymousmillennial - 14 Jan 2021 17:37

As embarrassing as this is and as bad as I may look with this it's better to spit this out then to lock myself back up in isolation. So here goes. I fell again.

Baruch Hashem, I did keep my commitment and I went nearly 48 hours with being clean. But after my commitment time I started to spiral downwards.

Do I feel bad. Yes and no. Yes, it's never a good feeling to fall. No, I'm a bit used to this feeling already. To me that's not such a good sign.

IY"H I am renewing my commitment till Motzoei Shabbos and bli neder I'll try to stay clean till then. After that, part of my commitment is to report back over here to what has happened.

Another thing I recently realized is that my computer filter isn't as good as it needs to be and I need to make some adjustments to it. (My dad holds the password: "hey dad, just need to make some adjustments to the filter...". We'll see how that goes.)

Another thing I would like to do is I would like to reach out again as I haven't done so in a long time.

I hope that even though my motivation isn't that strong right now, but these few steps will help me get back on track.

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Re: The struggles of a human

Posted by Sapy - 14 Jan 2021 21:03

Hi AM I'm sorry to hear that you fell, but kudos to you for getting right back up!

Maybe now is a good time to think what triggered you, and how to avoid it in the future. Picking

up a phone is a good idea, I'm sure it helped you in the past.

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