

The struggles of a human

Posted by anonymousmillenial - 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 anonymousmillenial - 16 Aug 2021 20:43

Hey guys,

I know it's been a long time. It's just been so hard. One fall after another.

It's feels like one step forward, two steps back.

And that makes me feel like it's not worth it to even bother taking that one step.

Intellectually I know that this type of thinking is not true, but it just feels that way sometimes.

So I felt embarrassed to show my 'face' here.

I mean what would I post: "Hey I just fell again" for the umpteenth time?

So I decided to hide in my cocoon.

After being so long in the dark it's quiet hard to get out in the light again, but I'll try. Here are a few things on my mind:

A few months ago I tried figuring out what triggers me. And one of the things that came up was

watching movies and series (I think I've posted about this in the past). And although they can be a good distraction at times when feeling the urges, I think that their disadvantages outweighs the benefits.

So I tried quitting. And believe me, it's so darn hard.

Letting go of something you really want, but know is not good for you can be really hard. It's been really taxing.

I've been trying to find a strategy.

So, I knew for myself that I couldn't just throw all my physical and digital movies away. But at least I could limit my access to them. So I told my parents to lock them away. Like this at least I haven't really fully let go, but at the same time I've created a rift that I so much needed.

This might seem like a small feat, but believe me, it took me months to get to this place (with a lot of backtracking and then moving forward again. ?It's like there is this battle inside of me between two forces, each one trying to outsmart the other.) And I also don't feel confident that I've completely let go.

Since I was working on movies, I felt I didn't need to work on masturbation yet so much. And so I let myself fall quite often. But these falls have definitely not been good for my self-esteem.

I don't know how to explain it, I feel like I've progressed, but on the other hand I feel like not really. Like, it was just about a year ago that I got into this whole mess. And now this thing is eating at me every single day. It's on my mind a lot of the time.

And I know that I shouldn't be feeling so bad, but what can I do, I do feel bad.

And then there is the feeling of I just don't care if I fall. Like, I just want the pleasure. And I deep down know that it's bad, but I want it so badly. And once I start focusing on that it becomes so hard to not give in. I don't know how to deal with that.

Also now that I don't really have access to movies, how in the world am I going to fill that time when I am bored? Exercise? Maybe, but not always in the mood. Read a book? Ok, but sometimes I just want to let my mind escape without any effort. What is going to fill that gap?

These are few of my thoughts recently.

PS: Just wanted to add that writing here again feels kinda good. It's like seeing the familiar face of an old friend you haven't seen for a really long time.

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Re: The struggles of a human
Posted by YeshivaGuy - 17 Aug 2021 01:05

[anonymousmillenial wrote on 16 Aug 2021 20:43:](#)

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I very much relate to all that you've written. I've felt every one of those emotions and have experienced the pain you are in.

It takes superhuman courage and strength to come back here and face yourself.

There is a lot to discuss, and I do not have the time now to address each of your points.

But for now just know that we all love you, admire you, and are confident that you will be successful.

Please don't return to the "cocoon," you did that already and that made things worse. Now it's time to break free and become the "butterfly" you are destined to be.

And we are here for you every step of the way.

With much admiration,

YeshivaGuy

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Re: The struggles of a human

Posted by Hashem Help Me - 17 Aug 2021 01:19

Welcome back AM!! Bh you have progressed immensely, despite your somewhat depressed tone. Recognizing that secular movies are the portal to acting out, and actually doing something about it makes you a hero, even if you have not yet graduated completely. Secondly, you recognize the truth. You need a kosher outlet such as exercise but are not yet ready to commit to it. You are at the corner buddy. Hold someone's hand and cross the street. The light is green and you have the right of way. Hashem loves guys like you! Honest, courageous, and yes, a bit uneasy. Happy and fulfilling days are iyh on the horizon.

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Re: The struggles of a human

Posted by anonymousmillenial - 30 Aug 2021 19:32

So about two weeks ago after struggling for a few months, I stopped watching movies and series cold turkey. (Whether I'll be able to hold it permanently or not is a different question.)

Just wanted to share my feelings and thoughts so far as perhaps this might encourage anyone else struggling with this issue:

At first it was hard as heck. I felt bored and didn't have my regular fix of escapism. In the beginning I also felt the need to masturbate or look at inappropriate content to fill that hole. But slowly I started feeling the benefits as those initial feelings started to recede. Turns out, by justifying my watching, I was also justifying looking at women in those movies. Even if it was 'relatively' a kosher one. That made it much easier to justify other 'watching' of women.

As a result of stopping, I'm much less into porn and masturbation. My appetite has become much more tame. This is not to say that I haven't masturbated over the past two weeks. But I do feel the possibility to stop much stronger now than before. I also feel much more present in reality and much less on 'edge'. Before I stopped watching I felt both my heart and mind being pulled in the direction of movies and the part of me that wasn't being pulled, was trying to pull in the other direction, trying to get me out of this mess. So, either way this whole ordeal took up much of my thoughts and energy. With all of that, there's no wonder that I didn't have much place in my heart for true Avodas Hashem or even just being around people.

Being free of these chains holding me down, I also feel that gradually I can start focusing back on Avodas Hashem. By the way, don't get me wrong, I was learning and davening every day. But my heart and mind just weren't there. I was secretly happy to be out of the beis hamedrash. To be 'free'. Thinking in learning or learning on the side was not something I did. Now it's something I'm at least considering and I don't have as much of a hard time doing. My heart and mind are much more open to this. I am not saying I'm this tzaddik that is always learning, but I do think that once in a while it's important to learn something outside of the regular sedarim. (This might not pertain to regular yeshiva guys who need their bein hasdarim to rejuvenate. Ask your Rebbe.)

What I do instead to fill my time? I read more. I listen to podcasts. I do exercise sometimes. And overall I waste my time less as I'm more connected to reality and not seeking to escape it every first chance I get.

Again, this doesn't mean I'm totally free from masturbation, etc. I'm still working on that. And it also doesn't mean that I don't crave to watch once in a while. But having all of my movies physically removed from me, at least made the load a whole lot lighter.

I would definitely encourage anyone that is considering to stop watching movies, to just try for a month or two completely free of it to see how it feels. Cancel your subscriptions. Give your digital and/or physical movies to someone so that you don't have access to them. I'm not even

saying you should commit forever, as I myself am also not committed forever. But at least we can have a taste of what it's like to be a bit more free.

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Re: The struggles of a human

Posted by Hashem Help Me - 30 Aug 2021 20:04

You are a HERO!! And a smart one too. Most movies, although not technically pornography, are guilty of promulgating the idea that women were put in this world for men to enjoy and lust over. The typical movie is toxic to shalom bayis, to having a clear head, and definitely to avodas Hashem. Stopping to objectify women is step one to iyh being a great husband when the right time comes. Masturbation of course is assur and has to be minimized and stopped, but it is a different issue. And iyh as you move farther and farther away from constant stimulation from viewing shmutz and subtle innuendo in movies, you will find yourself craving masturbation that much less. It is so great to witness guys take practical and courageous steps to breaking free b'ezras Hashem. We are rooting for you tzaddik!

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Re: The struggles of a human

Posted by anonymousmillenial - 06 Sep 2021 16:05

Hey guys

I wanted to wish you all a kesiva v'chasima tovah. A year of good health, wealth and happiness.

May you all continue to inspire with your relentless dedication to do Hashem's ratzon, no matter how hard it may be.

May this be the year we all finally will be zoche to break free from the shackles that have been holding us back all this time.

And may we all be zoche to finally greet Moshiach Tzidkeinu all as one bimheiro v'yomeinu.

Thank you all from the very bottom of my heart.

AM

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Re: The struggles of a human

Posted by anonymousmillenial - 18 Oct 2021 12:57

Hey guys,

I've come B"H quite a way from where I started but I have a way to go.

I still fall quite regularly with masturbation.

I thought that maybe making a goal of something doable and realistic would be the way to go for me.

The goal: 5 days no masturbation

Extra commitment: post here daily from today until the end of the 5th day (it can be something short).

I'm currently on day 2

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Re: The struggles of a human

Posted by DavidT - 18 Oct 2021 15:20

[anonymousmillenial wrote on 18 Oct 2021 12:57:](#)

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We're all applauding your amazing goal and commitment.

We also hope that you celebrate each clean day and actually each time you have an urge and you stay strong.

Looking forward to see you reaching your goals and eventually achieving full sobriety for the help of Hashem.

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Re: The struggles of a human

Posted by anonymousmillenial - 19 Oct 2021 20:22

Day 3

Really hectic and busy.

I'm ready to move to day 4.

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Re: The struggles of a human

Posted by anonymousmillenial - 20 Oct 2021 20:21

Day 4

Baruch Hashem another clean and busy day.

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Re: The struggles of a human

Posted by Hashem Help Me - 21 Oct 2021 02:03

Hey buddy, we are proud of your attitude! Keep it up.

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Re: The struggles of a human

Posted by anonymousmillenial - 21 Oct 2021 21:07

Hey guys,

As I'm reaching the end my goal of being five days clean, I've reached another milestone as well. Namely, this is my 100th post over here on the forum.

I therefore would like to take the opportunity to thank all of you here on the forum, who've taken part in my journey so far. I feel that I've grown tremendously over the past year and it's greatly in the merit of GYE and its members who've had my back since the beginning (be it specific individuals or the whole forum as a whole). May you all be zoche to continued success in all of your endeavors and especially in these areas of kedusha that we're all struggling with.

I would also like to renew my goal for another 3 days (to start with), including the posting over here.

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Re: The struggles of a human

Posted by anonymousmillenial - 22 Oct 2021 13:13

I just had a fall.

How come?

1.) I was triggered by something I saw while working online.

2.) No one was home.

3.) I was feeling kinda cranky because of something that happened earlier today.

How to proceed?

Set a new goal: 6 days clean starting from now. I will also put a knas up for myself if I do end up falling. And, no matter what happens, continue posting!

Honestly, I didn't think I'd fall when I was originally triggered but somehow it snowballed into a fall as these things often happen. Especially considering that I was home alone.

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Re: The struggles of a human

Posted by DavidT - 22 Oct 2021 13:18

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Honestly, I didn't think I'd fall when I was originally triggered but somehow it snowballed into a

fall as these things often happen. Especially considering that I was home alone.

Sorry to hear that you had a fall, if you learn from it and become stronger going forward, then the fall is a positive thing. Another stepping stone in the path to full recovery iy"h.

Do your devices have filters or accountability software?

(I use both on my devices. Meshimer filter and web chaver accountability software)

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