

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 - 02 Dec 2020 15:47

Oh! Where is the AM. Where has he gone?

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Re: The struggles of a human

Posted by ColinColin - 02 Dec 2020 18:23

Tactic - take things day by day and hour by hour, even minute by minute.

When you get the urge, use mindfulness.

It is an urge...so let it pass...let it float away like a cloud in the wind.

What is great it that you can recognise when you have the urge...so you know that it can be recognised and responded to....by not acting on it.

Do an activity - reading, walking, exercise, study etc.

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Re: The struggles of a human

Posted by anonymousmillenial - 02 Dec 2020 21:35

[Grant400 wrote on 02 Dec 2020 15:47:](#)

Oh! Where is the AM. Where has he gone?

Baruch Hashem, since Shabbos, I'm still clean.

I felt I needed a bit of a break from posting about myself.

As much toeles as there was, I felt that part of it was more about the post and about my ego than about the struggle for kedusha.

So for now I'm taking a bit of a break from my thread.

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Re: The struggles of a human

Posted by anonymousmillenial - 04 Dec 2020 13:30

Wishing everyone a great and clean Shabbos!!!

AM

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Re: The struggles of a human

Posted by anonymousmillenial - 07 Dec 2020 21:43

Hey guys

Baruch Hashem I'm on day 10 of my current streak.

One thing I noticed is that even after a fall, if we keep on fighting it gets easier to stand back up. The fight in this streak, Baruch Hashem (kenayne hora), took up less power than the first one. That is not to say that there are no hard days. But overall I'm more used to not giving in than I was before. I hope it stays this way.

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Re: The struggles of a human

Posted by YeshivaGuy - 15 Dec 2020 15:15

Nu? @AM ur keepin us hangin

How u been buddy??

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Re: The struggles of a human

Posted by anonymousmillenial - 20 Dec 2020 11:15

Hey guys

I know I haven't been active for quiet some time. The reason was I needed a bit of space. Being on the forum I felt that I wasn't being in touch with myself completely as I was filtering my experience through my social filter, not having time to process things on a deeper, personal level. So I needed to unplug a bit.

So how have I been doing? I reached out and got tremendous chizuk (thanks to HHM). For two weeks straight I was clean and I almost didn't touch any movie, which for me is a great achievement.

But, this past week has been a disaster. I acted out almost every night. It's a horrible feeling. The disgusting feeling of giving in and the feeling that I don't have control over my taivos.

I can handle the day. But once nighttime hits and I'm in bed I feel lost. Some nights I can work through the feelings. But some nights, no matter my resolve, I end up failing. Take for example last night. I told myself that I won't give in and really meant it. I went to sleep at 11 45. At 2 30 I was still up and the feelings weren't getting any better. I ended up falling. Again.

I also have to date this week. I am scared that my failed attempts will affect my dating negatively. On two fronts. Firstly I am scared that I won't be able to see the girl as a person, but rather as an object. Second, I feel that my self-image will be affected. I will feel like I am selling her damaged goods (a.k.a. imposter syndrome).

I kind of feel a bit helpless. I am not sure how to handle all of this. It has never been so bad before. Day after day after day. One fall and then another and then another. Where has all the hard work gone? All the fighting of the previous weeks. A bit discouraging.

The only thing I can do is learn from my successes and failures. My success peak happened during my time posting on the forum. Which is why I think that I need to start posting again.

Either way, if anyone has any suggestions, it would be most welcome.

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Re: The struggles of a human

Posted by YeshivaGuy - 20 Dec 2020 17:55

[anonymousmillenial wrote on 20 Dec 2020 11:15:](#)

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I can't imagine the situation you are in.

I can only say something which I myself, though I know it, struggle to internalize.

Your thread is called "the struggles of a Human."

Why?

So, whether or not this was your kavana, allow me to offer pshat, if I may.

A human, an ??? is defined by the constant struggle which takes place within.

Ups and downs are what makes us- us.

Does it mean You (whatever ur name is) are bad? Tarnished? Evil? Hopeless?

No.

It means that You are Human.

So when you go on that date, you go not as an imposter. Rather you go as a Human Being.

Something to think about...

Hatzlocha!

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Re: The struggles of a human
Posted by Zedj - 20 Dec 2020 18:14

Hi A.M

I have to admit that I'm trying to stay away from this sort of situation.

A beautiful point @yeshivaguy made:

So when you go on that date, you go not as an imposter. Rather you go as a Human Being.

Something to think about...

It's a tough, it must be really stressful.

You should really seek out some outside help on how to go about dates and if/when you tell her about your current situation..maybe try to call @HHM see what he suggests.

Maybe it's time to cut off access to movies/tv shows? Whether it's apps or on a computer?

Movies is a big trigger for me(not every movie but for the most part, most movies are not clean)

What about other devices you have access to?

Are they filtered or at least have accountability on it?

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Re: The struggles of a human
Posted by Zedj - 20 Dec 2020 18:20

Also your hard work you put into be clean was not for nothing.

You saw that you CAN hold back.

From the way you are writing, it seems you are under alot of stress.. completely understandable.

Keep strong!

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Re: The struggles of a human
Posted by Hashem Help Me - 21 Dec 2020 05:29

Anonymousmillenial, welcome back. What worked for me in the beginning was being in daily (and sometimes two or three times daily with the tzaddik who saved me - one_day_at_a_time. It is important to have a real connection with successful guys who can validate your challenges and help you navigate out of this swamp. There ae many wonderful fellows here that you can choose from. But even on a good day, check in for a vort of chizuk etc. May Hashem hold your hand - Ha'ba l'taher, mesa'ayin oso.

P.S. To all my dear friends. Thank you for your thank you's and special mentions. However i think the forums are more beneficial when names are left off. There should never be a focus or agenda of naming heroes. Of course you can forward chevra to me or to anyone else, but do that via PM or email, not in the public eye.

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Re: The struggles of a human
Posted by anonymousmillenial - 23 Dec 2020 21:35

3 days clean. currently on day 4

Finally picking up a bit more steam.

Feeling a bit on edge though. Probably withdrawal.

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Re: The struggles of a human

Posted by Iodaas - 23 Dec 2020 21:49

[anonymousmillenial wrote on 20 Dec 2020 11:15:](#)

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wow 1145 until 0230 thats a very very long time to hold out. "Kol hagadol mechaveiroh yitzro gadol heymenu" he chose you bc you are on the right path. Dont consider it a failure look at it more of an hurdle!

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Re: The struggles of a human

Posted by anonymousmillenial - 24 Dec 2020 17:24

On the way to 5 days.

Hope tonight will go well.

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