

Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 08 Jan 2025 13:14

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I'm 31 years old, and I've been battling masturbation and pornography for 19 years now, with, of course, ups and downs. My longest break was managing to hold out for six months, but I always ended up going back to this bad habit, which creates problems in all areas of my life. Despite prayers, studying the Torah, marriage, and having children, and with filters on my computer and phone, I have always fallen back into this bad habit.

This is the first time I'm talking about it on a forum, and I hope to find with you that extra strength to finally, with God's help, succeed in overcoming the *yetzer hara*

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Re: Seeking Strength to Overcome Yetzer hara

Posted by proudyungerman - 16 Feb 2025 15:53

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[yoshi wrote on 16 Feb 2025 08:51:](#)

Day 22 23 24 25 clean !!!

My wife is currently Nidda, so it's a more complicated period to go through. **Note to myself: I need to be a bit more careful than usual and not let misplaced pride make me believe I can get through difficult times alone. I should seek help when I can't manage on my own.**

Beautiful!

I love the self-awareness!

Did you plan out how you will seek help? Have you ever been in touch with anyone from GYE?

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 19 Feb 2025 10:25

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Thanks for your response. It's true that I've never really talked to someone from GYE. I've been

on the chat at times when I was struggling more, but not on a regular basis. In general, just going on the forum, writing, and sometimes replying to other topics helps calm my urges. But if you have any ideas or advice to share, I'm open to them.

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 19 Feb 2025 10:27

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Day 26 - 27 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by althemirrer - 19 Feb 2025 15:11

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[yoshi wrote on 19 Feb 2025 10:25:](#)

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Hey dear yoshi, i think the advice was pretty clear, u even mentioned it in this very post!

Wishing u much luck from the mir!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by proudyungerman - 19 Feb 2025 15:51

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[yoshi wrote on 19 Feb 2025 10:25:](#)

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Many people have found that the path out of this struggle is largely through connection - real life connection - to other people from this wonderful site.

It is extremely scary to make that first call and it requires a build up of real courage.

There are many amazing people here you can call, you can also try to look around at some of their stories and posts to see if you connect to anyone in particular.

Here's a small list of some of the guys:

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelter@gmail.com](mailto:michelgelter@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com)

Please seriously consider reaching out. It just may change your life.

P.S. You can reach out to me, too. My info is in my signature.

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by BenHashemBH - 19 Feb 2025 15:56

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[proudyungerman wrote on 19 Feb 2025 15:51:](#)

[yoshi wrote on 19 Feb 2025 10:25:](#)

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Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com)

Please seriously consider reaching out. It just may change your life.

**P.S. You can reach out to me, too. My info is in my signature.**

There, that's much better!

**Warning: Spoiler!**

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 19 Feb 2025 18:23

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but i'm not fluent in english so i don't feel like to speak on the phone

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by altehmirrerr - 19 Feb 2025 18:54

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[yoshi wrote on 19 Feb 2025 18:23:](#)

thank to everyone i think the message is clear know

but i'm not fluent in english so i don't feel like to speak on the phone

for yiddish drik eintz, leivrit hekish shnoyim, loesponyul tress, for english please press 4, please  
let us know what you speak, there's someone for everyone!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by azivashacheit101 - 19 Feb 2025 21:19

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What if it's Japanese.....then only Alteh Mirrers are farmiliar with that one

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Re: Seeking Strength to Overcome Yetzer hara

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Posted by BenHashemBH - 19 Feb 2025 21:26

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[azivashacheit101 wrote on 19 Feb 2025 21:19:](#)

What if it's Japanese.....then only Alteh Mirrers are farmiliar with that one

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by azivashacheit101 - 19 Feb 2025 21:35

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Come on! that's clearly Korean you can't fool me

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Re: Seeking Strength to Overcome Yetzer hara  
A thing about the fellow on GYE = we don't give up easily  
Posted by BenHashemBH - 19 Feb 2025 21:34

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[azivashacheit101 wrote on 19 Feb 2025 21:35:](#)

Come on! that's clearly Korean you can't fool me

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by azivashacheit101 - 20 Feb 2025 12:42

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[BenHashemBH wrote on 19 Feb 2025 21:54:](#)

[azivashacheit101 wrote on 19 Feb 2025 21:35:](#)

Come on! that's clearly Korean you can't fool me

Honestly, I wouldn't know

Me neither, all I know is that Japanese writes up and down as opposed to side by side

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by proudyungerman - 20 Feb 2025 15:20

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[azivashacheit101 wrote on 20 Feb 2025 12:42:](#)

[BenHashemBH wrote on 19 Feb 2025 21:54:](#)

[azivashacheit101 wrote on 19 Feb 2025 21:35:](#)

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