

Ezra's Battle

Posted by Ezra512 - 04 May 2009 04:41

Hello

I am a 17 year old bochur who has been addicted to these aveiros for over six years. I have tried all sorts of methods, but each one of them continues to fail. I desperately want to get out of the Hell that has infested all the areas of my life. As the Mesilas Yeshorim says in chapter one, I have been misrachek vholech min hatov haAmiti. In order to succeed I am going to need much chizuk from everyone in the group. I have a Yetzer Hara for not writing messages, and even when I do the Yetzer tries to trick me in writing them in such a way that even if I was oever every aveiroh in the Torah I would seem like a Tzaddik. I have come to this forum with the intention of being completely honest and forthright. I ask of everyone though to please check up on me, if I am not quick to respond it is a surely bad sign. On a more positive note, I cannot thank enough everyone here who devotes their time to this cause. I know personally that this is the biggest issue I have had in my entire life and my primary taavah. I have never mentioned it to anyone else and it is amazing to be able to write freely here. Everyone who responds here is being osek in meleches shomayim.

Unfortunately, my first clean day will have to start tomorrow as I fell today. That though is a thing of the past for I will not return BEzras Hashem to that stage.

To end on a Torah thought that I heard from the singer Eitan Katz n"y. We say in Tehillim, LeHagid Baboker Chasdecha VEmunascha BaLailos, To declare your chassadim in the morning and emunah at night. What is usually overlooked is that the passuk says VEmunascha, which means and your (Hashem's) emunah, not ours. The message is that during the boker, i.e. times of strength and success when everything is clear like the morning, we praise Hashem for all the help He has given us. When though it is layla, when it is a time of struggle and the divide between right and wrong is not so clear cut, we have to remember Hashem's emunah in us that we will succeed! Through that we are able to succeed.

Thank you all again very much

Ezra

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Re: Ezra's Battle

Posted by Ezra512 - 07 May 2009 14:14

B"H

thank you yosefyaakov for your inspiring words. They will iy"H keep me alert throughout the day.

Ezra

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Re: Ezra's Battle

Posted by aaron4 - 07 May 2009 14:39

Ezra,

Your recognition

that life could be taken in a moment and what would I do if I had to approach Beis Din Shel Maalah today and account for my aveiros without doing Teshuvah Gemurah. is truly a great step, Ashrecha!

Take care, however, not to view "Teshuva Gemurah" as a lofty, unreachable goal. This can be depressing and counterproductive, and what's more, it's not true! Odom L'omol Yulud. If you reached the level Teshuva Gemurah , there would be nothing more to do. This is not how things work in this world. It's not whether the goal is reached that counts but working towards it. If you approach Beis Din Shel Maalah and can honestly say "I've been working towards Teshuva Gemurah and here's how", you're a Tzaddik and go straight to Gan Eden.

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Re: Ezra's Battle

Posted by Ykv_schwartz - 07 May 2009 19:24

[Ezra512 wrote on 07 May 2009 01:39:](#)

My ikkar point is that I have rationalized to myself that my addiction will go away with time and without effort

You nailed it on the head. As Jack says, it is HARD WORK. a person has to put all his efforts into fixing himself, then Hashem will come to help. We do the efforts, Hashem takes care of results. Ezra, you are still young. Do not end up like so many of us here on this site. When I was your age I never planned to continue doing this for another 15 years and neither did anyone else here. So internalize your own wisdom and continue addressing this addiction in a very real way. Take advice from the wonderful warriors of this site, and learn to recapture yourself from the hands of the yetzer hara. Believe in yourself that hashem entrusts you with bechira, beleive that hashem wants you to return and believe that that only Hashem can give you strength to remove yourself from sin. Cry out to hashem and connect to him.

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Re: Ezra's Battle

Posted by London - 07 May 2009 21:53

Ezra

When I was your age I too struggled with this addiction, I sought help from my Rabbonim / Masgiach and was given completly misguided advise.

I am now married in my early 30's with children, my wife has been through pure hell as a result of my acting out and if I do not stop I will loose my children too.

Whenever I see or hear of Bochorim struggling with this issue I want to shake them and scream

at them to get into recovery at an early age. When I was 17 my m/o was masturbating and porn mags, but as you know this illness is progressive and by the time I was in my mid 20's I was doing things that in my wildest dreams I never thought I would do. If you still think that you are not so bad and that I have not done a certain behaviour yet, you should know the "yet" stands for "your eligible too". Please please I beg you take recovery seriously leave no stone unturned in finding a solution that works for you and spare yourself future wife & kids years of hell and recovery.

May G-d be with you.

London

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Re: Ezra's Battle

Posted by Ezra512 - 08 May 2009 02:09

B"H

I am going to be quick today. B"H everything was good. Thank you everyone for posting, I don't know if you realize the extent that your words shook me up. Yeshehar Kochachem.

Ezra

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Re: Ezra's Battle

Posted by Ezra512 - 08 May 2009 22:06

B"H

Unfortunatly I am sick right now with close to a 103 fever. I am going to be short and just mention that B"H everything is good.

Gut Shabbos & Pesach Shen,

Ezra

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Re: Ezra's Battle

Posted by the.guard - 10 May 2009 13:11

May Hashem grant you a Refuah Shleimah soon. I updated your chart!

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Re: Ezra's Battle

Posted by Ezra512 - 12 May 2009 03:34

B"H

B"H I am feeling better but still tried. B"H all is good since last update. I would like discuss somethings in some more depth tomorrow

Ezra

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Re: Ezra's Battle

Posted by Ezra512 - 13 May 2009 04:05

B"H

All is good. I had some trouble with bad machshavos but I was B"H able to throw them off. I was

particularly strengthened by remembering London's words throughout the weekend

-Ezra

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Re: Ezra's Battle

Posted by the.guard - 13 May 2009 10:11

Hi Ezra, tzadik. See [this page](#) for some ideas on dealing with bad thoughts...

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Re: Ezra's Battle

Posted by Ezra512 - 14 May 2009 01:31

B"H

B"H despite it being a difficult day with temptation, I was B"H matzliach. Thank the Ribbono Shel Olam and everyone involved for this website being such a great motivator.

Ezra

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Re: Ezra's Battle

Posted by Ezra512 - 14 May 2009 01:40

B"H

I just wanted to mention something very interesting that I found helping me today. For some

reason I went to listen to the song Oyfen Pripechuk and after hearing kept using it throughout the day of a reminder of the taharah of little children and the potential each person has to return to such a leave of tikonos shel beis rabban. All the attempts of the yetzer hara to say that histaklus in arayos is an appreciation of true beauty immediately went away went I thought of "Zolt ir fun di Oysiyos Koyach Shepn," We need to find strength and beauty in our heilige Torah. When I sang the song, I also kept having an image of diyukno shel Oviv, as I thought of my Great-Great Grandfather who was the head of his cheder in his shtetl and how he is now looking down at me and hoping that his own descendant will be matzliach neged the yetzer hara.

Ezra

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Re: Ezra's Battle

Posted by bardichev - 14 May 2009 02:46

EZRA HOW SCARY I PUT MY SON TO SLEEP TO THAR HELIGE NIGGUN TONITE

EZRA TIERE DIEN ZAYD HUT DIR GIT OISGEVEINT!

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Re: Ezra's Battle

Posted by Ezra512 - 15 May 2009 04:54

B"H

B"H All was good today. One weird thing though was that I had a dream were I found myself going to a bad website and had a mikre layla, but that is not under the jurisdiction of the chart.

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