

Ezra's Battle

Posted by Ezra512 - 04 May 2009 04:41

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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 oveir 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 Kedusha - 28 May 2009 03:33

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Hello Ezra,

Chazak v'Ematz. Have a wonderful Shavuos.

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Re: Ezra's Battle

Posted by the.guard - 31 May 2009 13:31

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Hi Ezra, I hope you're doing Ok. I updated your chart to 23 days. Keep strong!

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Re: Ezra's Battle

Posted by London - 03 Jun 2009 12:43

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[Ezra512 wrote on 28 May 2009 03:22:](#)

Secondly, my sister usually gets goyishe magazines that I know are filled with pritzus. This morning I saw that the front page article had Bristol Palin promoting abstinence education so I decided to open it up. While I did have a sheet of paper to cover the pictures, it is still not good for an addict like myself who can get turned on even by learning certain gemoras, all the more so these papers. B"H, I I did actually not break any rules on the chart but I hope to be makpid in this middah also.

Dear Ezra

Sorry for not replying earlier to your post, but reading what you wrote has reminded me about a very fundamental part of my program. As an addict I am brilliant at justifying actions that can lead me right back into the addiction, by saying the deadliest words an addict can ever say "I CAN HANDLE IT!". I need to be constantly vigilant about my actions and justifications, I have a boundary not to read secular newspapers, and reading your post has reinforced that, even the "clean" papers will contain triggering adds, if I want to keep up to date with current events, I can read many Jewish titles with the secular news and listen to the radio. I CANNOT handle even the smallest amount of lust within me. Another crazy justification I say to myself is - I will just look to see if there is anything triggering in this magazine if there is I will close it right away, my addict side / YH is so clever, and I can only win by having clear defined boundaries and if I break them I have to be honest about it with someone, like Ezra did post it on the forum, as my sickness wants me to keep things that I do shrouded in secrecy and darkness that's where the addiction thrives, but it dies in the light of exposure. I am as sick as my secretes and in recovery I cannot have any secrets.

So, Ezra, well done for being honest, but learn from this how sly your YH is and learn and place boundaries in for the future.

Keep coming back.

London

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Re: Ezra's Battle  
Posted by Ezra512 - 04 Jun 2009 05:32

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B"H

Hello everybody. B"H all is well. Let me describe a few things

I had a weird case of mikre layla, I spoke to Guard and we eventually decided it would not be counted as a fall. As a precaution though, I do hope to adopt some chumros that Rav GUE suggested.

I have been better on the goyishe TV and news but I can't say I am perfect yet.

I will be gone form tomorrow morning through the weekend and will likely be in a very tough situation for shmiras einayim and general interaction with nashim, particularly that one woman whom I have mentioned earlier. iy"H I will report back positively when I return.

Hatzlachah for all and may the Ribbono Shel Olam aid us in our milchamah l'shem shomayim,

Ezra

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Re: Ezra's Battle  
Posted by the.guard - 04 Jun 2009 11:15

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Ezra Tzadik, Good on you for laying down you fears before going! This helps you be aware of what to be careful on, and also provides accountability. We will be waiting here for your return, to hear good news IY"H.

Your loyal fans at GUE.

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Re: Ezra's Battle  
Posted by Kedusha - 04 Jun 2009 14:24

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It seems clear to me that Mikre Layla should not be considered a fall. Even if the Mikre Layla involved masturbation while partially asleep, I would not view that as "intentional masturbation," as required by rule 8.1; see [www.guardureyes.com/GUE/wallofhonor/WOHRules.asp](http://www.guardureyes.com/GUE/wallofhonor/WOHRules.asp).

What may happen, however, is that the person eventually realizes what he is doing and, due to the intense Tayva, does not stop immediately. Even in that situation, I would hesitate to consider it a fall, being that the masturbation was not started intentionally.

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Re: Ezra's Battle

Posted by yetzertov - 04 Jun 2009 17:46

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In reference to watching TV etc, r'l , does anybody know of any source in sefarim that speaks against staring at the face of reshaim?

Thanks

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Re: Ezra's Battle

Posted by Kedusha - 04 Jun 2009 17:55

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Ezra,

It seems to be based on Megilah 28a. See [What's Bothering Rashi](https://books.google.com/books?id=z9hZMs0SzxUC&pg=PA42&lpg=PA42&dq=%22Stare+at+a+Rasha%22&source=bl&ots=1QkUPrC2nN&sig=z6g97KgybJTQfoCwMekaBG_MqBk&hl=en&ei=MwkoSqK_KYagM_fGtl8F&sa=X&oi=book_result&ct=result&resnum=1#PPA40,M1) pages 40-42, available at [books.google.com/books?id=z9hZMs0SzxUC&pg=PA42&lpg=PA42&dq=%22Stare+at+a+Rasha%22&source=bl&ots=1QkUPrC2nN&sig=z6g97KgybJTQfoCwMekaBG\\_MqBk&hl=en&ei=MwkoSqK\\_KYagM\\_fGtl8F&sa=X&oi=book\\_result&ct=result&resnum=1#PPA40,M1](https://books.google.com/books?id=z9hZMs0SzxUC&pg=PA42&lpg=PA42&dq=%22Stare+at+a+Rasha%22&source=bl&ots=1QkUPrC2nN&sig=z6g97KgybJTQfoCwMekaBG_MqBk&hl=en&ei=MwkoSqK_KYagM_fGtl8F&sa=X&oi=book_result&ct=result&resnum=1#PPA40,M1).

Rav Chaim Kanievsky holds that the prohibition of staring at a Rasha does not apply to a photograph. One could argue that a video is different, but he would have the burden of proof.

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Re: Ezra's Battle

Posted by yetzertov - 05 Jun 2009 01:58

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Kedusha, thanks a lot. This was exactly what I was looking for.

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Re: Ezra's Battle

Posted by Kedusha - 05 Jun 2009 03:39

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Yosefyakov,

Rav Chaim Kanievsky's ruling can be found in Halichos Chaim in 2 places: volume I section 219, and volume II section 362. In both places it is noted that the Sheilos u'Teshuvos Lehoros Nasan (volume 10 siman 20) disagrees.

The two volumes of Halichos Chaim are questions that were posed to Rav Kanievsky by Rav Yisroel Taplin of Lakewood, NJ, and the answers he received. They were published in 5765 and 5766.

Keep in mind that Rav Kanievsky issued a disclaimer that his responses in these Seforim are not meant to be relied upon as Halacha L'maaseh.

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Re: Ezra's Battle

Posted by yetzertov - 05 Jun 2009 03:41

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wow kedusha, thanks again. B'N I'll look into them with my chavrusa.

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Re: Ezra's Battle

Posted by Kedusha - 05 Jun 2009 03:48

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You can look them up, but they don't say any more than what I quoted.

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In my terse writing I might sound off so I hope to clarify everything tomorrow

Layla Tov,

Ezra

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