

Milchemet Hayetzer

Posted by yedid_nefesh - 11 Jul 2010 10:10

Hi, After having a serious fall last night I stumbled across this website and decided this is it. When I thought of joining the forum, even then the yetzer tried to convince me by saying its below you, too time consuming- but after reading some of the other posts in this forum I was inspired, and here I am writing my first post.

The most disheartening thing about my latest fall was having gone through Shabbos and the previous day on a real spiritual high-I was learning great and felt real accomplished, but on Motzeai Shabbos I started getting that lazy, you-so-worthless feeling (straight from yetzer hara) and then I slowly got enticed by websites and fell. This morning I missed Shacharit which just adds to the pain. To think I went from such high levels in ruchniyus to the lowest level ever has really brought me down.

I really hope and pray that with siyata dishmaya I will remember and continue to post, and through this will hopefully overcome this struggle.

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Re: Milchemet Hayetzer

Posted by yedid_nefesh - 06 Sep 2010 11:01

Ok I know I haven't been on for nearly three weeks, just haven't had the opportunity for some reason. Yesterday I tried to go on a few times but every time the YH would disturb me.

I've been clean for 14 days now. The last 4 days have been really difficult and driving me crazy.

On Friday I was reading a magazine that was ok, but had one particular bad image which I looked at for way too long, Friday night I looked at it again and then continued to read other very borderline magazines, which I should definitely not have been reading on a Shabbos never mind ever. I was tempted to M* but I was so tired that I didn't.

On Shabbos morning as I was walking too shul I told myself you need to really strengthen yourself today while you still can so that tonight you live. Hashem has his ways and it turned out

to be a strong inspirational Shabbos and even Motzeai Shabbos was quite solid.

Sunday was a different story altogether. After a long morning I got unfocused and I went on to a semi-pornographic site (does that even make sense).I was really planning on acting out...

Then Hashem sent miracles to me - first I needed to load some program in order to watch the videos and before I could even watch I got disturbed and had to leave the computer. (The next part makes no sense, I don't understand it, Hashem for some reason did just not want me to fall) - As I was about to eat lunch I just said to myself Nah I don't want to fall, the YH just left (for then), no struggle nothing he just left, it defies the laws of nature. That afternoon the YH kept coming back enticing me to fall. Between Mincha and Maariv the YH started fighting like crazy, I battled him with Siyata Dishmaya, it was really difficult but I knew if I passed this it would be a massive achievement.

Anyway it was a crazy weekend and today has been pretty good BH but the Yetzers still lurking. He keeps changing strategies, he knows tries to make me think that people who M* are happy, that there's nothing inherently wrong with it - I'm sure a lot of people can relate to this. I'm still going Baruch Hashem

Even though I haven't been able to go on guardyoureyes I have read the emails which make the YH run away. I have quite a bit of free time in the next few days so I better watch out.

Oh by the way, does anyone have any suggestions of Sefarim in simplified Hebrew (preferably not English) that are easily available, that are inspirational and help with Avodat Hashem. Would be nice if anyone can help out.

Tizkeh Lmitzvot!!!

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Re: Milchemet Hayetzer

Posted by yedid_nefesh - 12 Sep 2010 13:05

GYE - Guard Your Eyes

Generated: 16 April, 2025, 11:44

Today is day 20 Baruch Hashem. Rosh Hashana was gr8 without guilt. About 30 minutes ago I decided Id better go on GYE because I now have the computer to myslef and a good opprtunity to fall, with the added fact that I feel weak from the fast. I just had a mess up - as

I was waiting for the GYE sight to load I searched M* addiction stories on google(I find them sobering),

I came across a site with a bad lust story which I regretably read(it wasnt too graphiv but nevertheless terrible).

Anyway last time this year during Aseret Yemei Teshuva I wasnt addicted. I even remember last year going to m* and stopping myslef before anything too bad happened.

The YH keeps trying to tell me that lv overcome my problem, Unfortunately its far from that.

Tizkeh Lmitzvot!!!

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Re: Milchemet Hayetzer

Posted by yedid_nefesh - 12 Sep 2010 13:11

UUUUUUUUUhhhhhH I just made the exact same mistake that I mentioned above a few minutes earlier, I stopped myself but a little later than I should. Sorry but I feel a chiyuv to let you guys know. Still day 20 BH.

Tizkeh Lmitzvot!!!!

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