

With A Sinking Heart

Posted by troubledbochur - 16 Sep 2013 00:51

I am a young bochur in third year Mesivta.

Today is the day immediately following Yom Kippur and I have already fallen. I have been a pornography addict for 2 years now and am desperately trying to break free. Additionally, 1 1/2 years ago, before I knew what it was or that it was Assur, I began masturbating and cannot stop no matter how hard I try.

I need help!

Probably more with the masturbating because there is no filter for such a thing. I have already done so, right after Yom Kippur.

HKB"H, have Rachmanus on your children!!!

Please help as living at home it is hard to call in or do some things on this site. I need all of your chizulk and help and if anyone has any tips about stopping masturbating PLEASE, PLEASE tell me.

I feel like a Rosha.

Please help me as I am young and alone in my struggle.

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Re: With A Sinking Heart

Posted by dms1234 - 09 Jun 2014 01:14

WELCOME BACK!!!!

What else are you going to do besides the filter?

Warning: Spoiler!

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Re: With A Sinking Heart
Posted by cordnoy - 09 Jun 2014 01:35

Welcome back.

Don't be a stranger here.

Perhaps that will help for starters.

b'hatzlachah

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Re: With A Sinking Heart
Posted by troubledbochur - 09 Jun 2014 03:28

I don't know exactly. Suggestions? I was thinking of joining the 12 step phone conferences.

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Re: With A Sinking Heart
Posted by Pidaini - 09 Jun 2014 07:37

Welcome back troubledbachur!!

It's never too late, you are here now, and NOW can be good regardless of what the past was!!

You can contact VCF they have sponsors for people that don't have the means to pay for filters, and it's a very good filter (they some of the best "filter testers" around.....including me).

But the real question is, what driving you to these things? as the saying goes "lust is not our problem it's our solution", we have a problem and we use lust as the solution, so what are you going to do about those problems?

Joining the calls sounds like a great first step, GO FOR IT!!!!

Keep on Trucking brother!!!! KOMT!!

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Re: With A Sinking Heart

Posted by cordnoy - 09 Jun 2014 17:29

Agreed!

Join!

you know when?

First available one.

b'hatzlachah

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Re: With A Sinking Heart

Posted by Machshovo Tova - 09 Jun 2014 18:06

[troubledbochur wrote:](#)

...I have a tablet with accountability software on it but that only save me from the internet, not the shmutz I find it apps. I would love to join WebChaver but I'm a bochur and can't afford it. I so I have fell many times on it and am now writing this post on it. I need to filter it ASAP. What do you suggest for the tablet? ...

Take a hammer and smash it.

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have a second computer that I just fixed up and is currently unfiltered
Hatzlacha

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Re: With A Sinking Heart

Posted by Pidaini - 09 Jun 2014 22:29

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Re: With A Sinking Heart

Posted by Machshovo Tova - 09 Jun 2014 22:59

[Pidaini wrote:](#)

and then go buy a new one, and smash it...and buy a new one.....

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Re: With A Sinking Heart
Posted by gibbor120 - 09 Jun 2014 23:00

WELCOME BACK! I thought webchaver was very cheap, like a few bucks a month. Am I missing something? What do you need the computer/tablet for?
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Re: With A Sinking Heart
Posted by troubledbochur - 10 Jun 2014 03:21

Rabosai,

I am going to call in tonight and hopefully all subsequent night be"H. I reached out to the Tzadikim at WebChaver and they are going to give me a free subscription. (A few dollars, I know but to a bochur with no credit card it makes problems.) I took the other computer out of service but the tablet I use for portability (I don't have a smartphone.)

May Hkb"H have Rachamim on me and see the effort I am making.
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Re: With A Sinking Heart

Posted by israel613120 - 10 Jun 2014 03:34

I wish you much hatzlacha in everything.

I think the issue of the laptops etc, is use it for work, learning, but not for entertainment that's when the problems start.

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Re: With A Sinking Heart

Posted by troubledbochur - 10 Jun 2014 09:17

Down, down, down.

That's where I went today. I fell. I was acting so strong, felt so positive that this time it would work but, like the other times, I failed. I am feeling sooooo depressed. How am I going to ever get through this?? I know, think about it one day at a time but how? There is a limit to how much you can tell yourself, the yetzer hara is going to argue!

I'm at my wits end. I stayed away from porn but, like I said earlier, there is no filter for your body, specifically m****. It was late, I was stressed. I know I should have gone to sleep earlier but I get home at around 7 and its finals season...I keep late hours. A dangerous thing in my case but what should I do? I don't have a plan, I don't know what a plan is. If anyone can help me make one please direct message me when is a good time and we can chat together.

I want to win but I feel I'm all talk no action.

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Re: With A Sinking Heart

Posted by cordnoy - 10 Jun 2014 09:27

At least you can write in your post that you reached out to someone and tried to prevent the fall.

Have you done that before?

If not, that is a step in the right direction.

The others will chime in and say: Hey! Get back on the @#\$%in' truck you silly goose.

so what you fell?

Fell shmell!

And that's all true and good.

Don't make yourself crazy with questions: What am I gonna do different tomorrow night?

Decide for right now that you are unable to stop yourself....then ask God to help you for this moment.....and then.....that's it....that's all you need to do right now.

Laylah tov

L'hitra'ot amigo.

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Re: With A Sinking Heart

Posted by shivisi - 10 Jun 2014 16:03

[cordnoy wrote:](#)

Don't make yourself crazy with questions: **What am I gonna do different** tomorrow night?

Pidaini is always asking everyone "WHAT'S YOUR PLAN OF ACTION?? WHAT WILL YOU DO DIFFERENTLY??!"

Pidaini Do you disagree with **CORDNOY** on this point???

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