

HHEELLPP!!!!Posted by Swift Eagle - 07 Jun 2020 17:11

For the past week plus, I have been having tremendous waves of temptation to drive the mere two miles to Wal-Mart & buy a cheap tablet to watch all sorts of shmutz. I am so ashamed of myself. It is soo hard to hold back, I keep coming extremely close to falling through & feeling that I will thereby fall back "continents" (not just "miles") in the recent strides Hashem has helped me with in Avodas Hashem & general mental health. From barley getting myself to put on Tefilin & Davening only Shemoneh Esrei - in pajamas or underwear - for a duration of 20 seconds - trying to believe I actually said at least half of the words & the extant of my daily learning being the words of Torah said with Birchah HaTorah, Shabbos & Yom Tov being my worst & most painful days of the year, Hashem has helped me reach some degree of enjoyment in learning & Davening & has given me the heavenly assistance to start waking up early, davening 3 times daily with minyan, learning an hour a day & feeling uplifted on Shabbos. I fear I will lose all that and head back to the dumps & even worse than before should I slip & fall. I am very fearfullthat I will fall & fall bad. Sort of like from "R'um Sho'm'aim L'bira A'mik'ta" kind of head 1st kind of fall. I fear the consequences in this life & the next, the embarrassment I can be sure of in this world & the next. The wonderfull marriage I can possibly lose over where this can take me, not to mention my wonderful little boy whom Hashem has helped us with after a couple of childless years through the utmost in infertility treatments & the parnassa that he gives me which I never though I'd have do to my years of spilling seed. I never imagined I'd get married, have children or money to live on. I feared that as punishment for wasting seed for so many years & potentially causing others to struggle in this area, all the punishments written in the Seforim for these sins would come upon me. I learnt in kollel for many years even though I found it to be tortuous for me & had no geshmak, because the Seforim say that's the only way to stave off the terrible punishments that would otherwise befall such a sinner. Yet it was not enough to stop me from keeping on sinning. I would estimate that I have been Motzi Zera at least 10,000 times in my life. That's a very big number. When I was 14-15 years old I made a Neder L'Hashem that for every time I waste seed I will give \$5 to tzedaka. That was around what I got as a spending allowance for a month at the time. After a few times I couldn't keep up with the payments. (Math would equal that today I'd be in debt \$50,000+). A few years ago I asked a Rov if there's any possibility of being Mater Neder & he said that the HaTaras Nedarim of Erev Yom Kippur of the previous year would have already rendered the Neder null & void. I am not 100% certain though, I may have made that Neder at age 13 which I turned after Yom Kippur...

from acting on that horrible impulse. I am also thinking that my triggers happen most often when I'm feeling stressed out & in a bad mood, I am subconsciously seeking relief from pain by numbing my heart & soul through alternative pleasures & escapes from reality. My only moments of inner calm & peace, being free from mental anguish has been when I get totally lost in a good (jewish) novel or for a few seconds when finding release through perverse thoughts, sights & actions. I have cycled a lot between excessive binge eating of unhealthy food funded by selling my personal use items such as mp3 players, silver bechers I got as bar mitzvah gifts for scrap, along with a unique heirloom quality item I had received as a gift from my great grandmother A"H or borrowing from

Tzedaka & then needing to figure out how to pay it back. After gaining 10 lbs in a short time I would then spend \$ to load up on on fruits & veggies, diet for a while & lose the 10 lbs & then repeat the cycle. Now that I am Married B"H, I many times binge spend on food, many times behind my wifes back by borrowing from my own Masser funds & repeat those cycles. Though now it's not 10 lbs up 10 lbs down, it's 60 lbs up, 60 lbs down... Hashem should help me, I'm thinking to go out & treat myself to something healthy, filling & energizing to tide me over a bit in

Thank you for reading!

=====

Re: HHEELPP!!!!

Posted by smileyjunior - 07 Jun 2020 19:34

keeping away from acting out with buying that tablet, looking at the worst & being motzi zera. I know for myself that when I get to the lowest levels of depression I can barely control my self for a max of a day and half. Can you teach me how to do it for **14 DAYS????** (and counting!!!!)

I envy the zchar your gonna get in the next world.

=====

Re: HHEELPP!!!!

Posted by AnsheiZusha - 07 Jun 2020 19:44

You got this!!!

Hashem is so so so proud of you!

=====

Re: HHEELPP!!!!

Posted by ac - 08 Jun 2020 02:52

Dont underestimate every little thing. The whole world is worth it just for you to put on tefilin and nothing can take that away, the bad doesnt take away the good. Even if you feel like youre not doing as much as you want try to do whatever you can do with simcha and appreciate its chashivus. This applies to every time you hold off on your urge, one who has a desire and holds

back is as if he preformed a mitzvah. Try to count your mitzvas not just your misdeeds, youll see there a lot more than you think. Hatzlacha!

=====

=====

Re: HHEELPP!!!!

Posted by Ihavestrength - 08 Jun 2020 03:22

[Swift Eagle wrote on 07 Jun 2020 17:11:](#)

For the past week plus, I have been having tremendous waves of temptation to drive the mere two miles to Wal-Mart & buy a cheap tablet to watch all sorts of shmutz. I am so ashamed of myself. It is soo hard to hold back, I keep coming extremely close to falling through & feeling that I will thereby fall back "continents" (not just "miles") in the recent strides Hashem has helped me with in Avodas Hashem & general mental health. From barley getting myself to put on Tefilin & Davening only Shemoneh Esrei - in pajamas or underwear - for a duration of 20 seconds - trying to believe I actually said at least half of the words & the extant of my daily learning being the words of Torah said with Birchah HaTorah, Shabbos & Yom Tov being my worst & most painful days of the year, Hashem has helped me reach some degree of enjoyment in learning & Davening & has given me the heavenly assistance to start waking up early, davening 3 times daily with minyan, learning an hour a day & feeling uplifted on Shabbos. I fear I will lose all that and head back to the dumps & even worse than before should I slip & fall. I am very fearfullthat I will fall & fall bad. Sort of like from "R'um Sho'm'aim L'bira A'mik'ta" kind of head 1st kind of fall. I fear the consequences in this life & the next, the embarrassment I can be sure of in this world & the next. The wonderfull marriage I can possibly lose over where this can take me, not to mention my wonderful little boy whom Hashem has helped us with after a couple of childless years through the utmost in infertility treatments & the parnassa that he gives me which I never though I'd have do to my years of spilling seed. I never imagined I'd get married, have children or money to live on. I feared that as punishment for wasting seed for so many years & potentially causing others to struggle in this area, all the punishments written in the Seferim for these sins would come upon me. I learnt in kollel for many years even though I found it to be tortuous for me & had no geshmak, because the Seferim say that's the only way to stave off the terrible punishments that would otherwise befall such a sinner. Yet it was not enough to stop me from keeping on sinning. I would estimate that I have been Motzi Zera at least 10,000 times in my life. That's a very big number. When I was 14-15 years old I made a Neder L'Hashem that for every time I waste seed I will give \$5 to tzedaka. That was around what I got as a spending allowance for a month at the time. After a few times I couldn't keep up with the payments. (Math would equal that today I'd be in debt \$50,000+).A few years ago I asked a Rov if there's any possibility of being Mater Neder & he said that the HaTaras Nedarim of Erev Yom Kippur of the previous year would have already rendered the Neder null & void. I am not 100% certain though, I may have made that Neder at age 13 which I turned after Yom Kippur...

from acting on that horrible impulse. I am also thinking that my triggers happen most often when I'm feeling stressed out & in a bad mood, I am subconsciously seeking relief from pain by numbing my heart & soul through alternative pleasures & escapes from reality. My only moments of inner calm & peace, being free from mental anguish has been when I get totally lost in a good (jewish) novel or for a few seconds when finding release through perverse thoughts, sights & actions. I have cycled a lot between excessive binge eating of unhealthy food funded by selling my personal use items such as mp3 players, silver bechers I got as bar mitzvah gifts for scrap, along with a unique heirloom quality item I had received as a gift from my great grandmother A"H or borrowing from Tzedaka & then needing to figure out how to pay it back. After gaining 10 lbs in a short time I would then spend \$ to load up on fruits & veggies, diet for a while & lose the 10 lbs & then repeat the cycle. Now that I am Married B"H, I many times binge spend on food, many times behind my wifes back by borrowing from my own Masser funds & repeat those cycles. Though now it's not 10 lbs up 10 lbs down, it's 60 lbs up, 60 lbs down... Hashem should help me, I'm thinking to go out & treat myself to something healthy, filling & energizing to tide me over a bit in keeping away from acting out with buying that tablet, looking at the worst & being motzi zera... I didnt eat anything yet today other than a protein bar, am feeling awful both physically & emotionally, I have not learnt my daf yomi in 3 days & I davened at home today, just a speedy shmone esrei in a closet @ 10:30 while my wife went upstairs for a few minuets & put on Tefilin for a few seconds after she went out of the house later. I felt like davening that either I or my wife & child should die today. I am embarrassed to air my dirty laundry to you all on this forum & feel that perhaps it's not even the right place as it's really just for struggles in inyanei kedusha not mental health, though at the same time to me I feel that it's all intertwined in my situation.

That would be too embaressing. I am seeing a therapist & psychiatrist & am taking anti-depressants for a little while now & do feel like things are progressing forward, but the going still really gets tough sometimes. If you've made it through my post till here - Thank you for reading! It makes things easier in a way to share my experience.

Hey brother, I'm sorry to hear that you are in pain currently. I think you are being a bit hard on yourself as well. Imagine that you are telling Hashem all this, do you think he would want to smite you for all the times you were motzei zera, or would he encourage you to do what you can do each day. When I'm feeling overwhelmed like this, sometimes it's best to just focus on the immediate future. I don't need to solve my whole life's problems in one day, just try to do the best you can and don't beat yourself up from it. If you want to know whether a thought is from kdusha or the opposite, see where it leads you. So if you are thinking I'm so bad for not learning and davening and that leads you to want to act out, that is not coming from a place of kdusha and you should ignore it completely. I'm sorry if this wasn't helpful, I'm just sharing some things that have worked for me when I've been depressed or down. Best of luck of and KOT!

=====

Re: HHEELPP!!!!

Posted by Swift Eagle - 08 Jun 2020 16:39

Today I got way too close to falling. I raced to Wal-Mart to buy that tablet to watch - no devour / immerse myself in pornography. I watched a few times in the past year & now I'm hooked. Every 10 days or so the urges get unbearable. During the 3 minutes drive I was being pulled so strongly in either direction: YOU DON'T WANT TO DO THIS! IT WILL KILL YOU! YOUR INTERNET ACTIVITY WILL BE TRACED TO YOU, YOU'LL BE ARRESTED & stand public trial bringing tremendous shame upon yourself & your family! You'll destroy yourself! And the other side of me was already visualizing what I will see again, I already felt the intense thrill

. When I got to the last intersection I quickly swerved left & went down another road instead of continuing into Wal-Mart's parking lot. Whew! That was way too close for comfort! I realized afterwards that I was under a lot of pressure today to meet certain deadlines & did not see how I'll make them...It is said that at the moment of triumph in inyanei kedusha it is a eis ratzon for tefillah, so I asked for one of my fantasy wishes - a 2020

- I don't think it was smart to squander such an opportunity to ask for such stupidity & vanities (I should just imagine what that car would look like in 15 years) & also foolish to ask for something kind of chutz Iderech hatevah that regardless of the eis ratzon, i dont think would be answered affirmativly. I should've asked for the kind of thing he would be more likly to give & worthy, such as for further syata dshmaya in beating this great evil nemesis YETZER HARA... I'm thinking now as I'm writing, I can learn from my mistake to be prepared with a list of true causes to beg the Almighty for, the people I know need a yeshua in different areas... That he should help all of us GYE members & all fellow struggelers in our fight & ultimately eradicate all evil in the universe! On my way home I stopped at a pizza shop & bought two slices pizza for snack (yes for snack!) even though I am sensitive to gluten & dairy & will feel kind of sick for up to a week until it leaves my system to Hatzlacha to all of you!

Love,

Toyota Camry XSE V6 loaded
Swift Eagle (Ka Ka Nesher)

=====

=====
from now

Re: HHEELPP!!!!

Posted by Swift Eagle - 08 Jun 2020 16:45

I'm sorry if this wasn't helpful, I'm just sharing some things that have worked for me when I've been depressed or down. Best of luck of and KOT!

Not at all! You were very helpful! Thank you for sharing, it's always comforting to hear from

=====

others & ideas to lift your morale

Re: HHEELPP!!!!

Posted by Swift Eagle - 08 Jun 2020 16:48

[lhavestrength wrote on 08 Jun 2020 03:22:](#)

I'm sorry if this wasn't helpful, I'm just sharing some things that have worked for me when I've been depressed or down. Best of luck of and KOT!

Not at all! You were very helpful! Words have a way of uplifting the readers morale & yours have hit the spot!

=====

Re: HHEELPP!!!!

Posted by trying to be pure - 08 Jun 2020 17:19

Thanks for the inspiration I also have these feelings I see from u even when the going is tough you can still hold back. From what you write it seems your focusing alot on the negative. R,???
????? ??'?? sais that today's he find it more necessary to put an emphasis on the ??? since the
???????? are great if you focus on what you gaining not losing you look at it more like a tradeoff
of one "good" thing for another not giving up something. Also you feel bad for putting it on this
forum I don't understand why I get a lot of ????? from what you write. Even if why your being
???? is due to emotional pain more than pure desire it's still a ?????? ????? struggle. Besides
look in ??? ?????? ????? who sais what ever we do is ????? from our subconscious.

=====

====

Re: HHEELPP!!!!

Posted by Markz - 08 Jun 2020 20:02

[Swift Eagle wrote on 08 Jun 2020 16:39:](#)

Today I got way too close to falling. I raced to Wal-Mart to buy that tablet to watch - no devour / immerse myself in pornography. I watched a few times in the past year & now I'm hooked. Every 10 days or so the urges get unbearable. During the 3 minutes drive I was being pulled so strongly in either direction: YOU DON'T WANT TO DO THIS! IT WILL KILL YOU! YOUR INTERNET ACTIVITY WILL BE TRACED TO YOU, YOU'LL BE ARRESTED & stand public trial bringing tremendous shame upon yourself & your family! You'll destroy yourself! And the other side of me was already visualizing what I will see again, I already felt the intense thrill

. When I got to the last intersection I quickly swerved left & went down another road instead of continuing into Wal-Mart's parking lot. Whew! That was way too close for comfort! I realized afterwards that I was under a lot of pressure today to meet certain deadlines & did not see how I'll make them...It is said that at the moment of triumph in inyanei kedusha it is a eis ratzon for tefillah, so I asked for one of my fantasy wishes - a 2020

- I don't think it was smart to squander such an opportunity to ask for such stupidity & vanities (I should just imagine what that car would look like in 15 years) & also foolish to ask for something kind of chutz Iderech hatevah that regardless of the eis ratzon, i dont think would be answered affirmatively. I should've asked for the kind of thing he would be more likly to give & worthy, such as for further syata dshmaya in beating this great evil nemesis YETZER HARA... I'm thinking now as I'm writing, I can learn from my mistake to be prepared with a list of true causes to beg the Almighty for, the people I know need a yeshua in different areas... That he should help all of us GYE members & all fellow strugglers in our fight & ultimately eradicate all evil in the universe! On my way home I stopped at a pizza shop & bought two slices pizza for snack (yes for snack!) even though I am sensitive to gluten & dairy & will feel kind of sick for up to a week until it leaves my system to
Hatzlacha to all of you!

Love,

throughout my body from head to toe

Swift Eagle (Kal KaNesher)

Prayin' for anythin' anything other than a Monstah Truck is a serious violation here on 'ye!

Warning: Spoiler!

=====

=====

Re: HHEELPP!!!!

Posted by i-man - 09 Jun 2020 04:32

Wow that's incredible swift eagle(Btw what tribe are you part of ? I'm Blackfoot) I've been in that situation more than once and it never turned out good , usually when I would take that step I was an emotional mess set on getting it , so it was nearly impossible to stop ... amazing that you were able to hit the brakes .

Continued success

=====

=====

Re: HHEELPP!!!!

Posted by Swift Eagle - 09 Jun 2020 13:47

Thank you for the encouragement, I was feeling rather weak by the fact that I keep having such strong urges & almost giving in so many times, but you've given me a new perspective on that! To gain energy to continue fighting from the fact that I have B"H kept off even though it's been

Love,

Swift Eagle

P.S. What's the Tribe thing? What's Blackfoot?

=====

=====

Re: HHEELPP!!!!

Posted by Swift Eagle - 09 Jun 2020 13:59

[i-man wrote on 09 Jun 2020 04:32:](#)

Wow that's incredible swift eagle(Btw what tribe are you part of ? I'm Blackfoot) I've been in that situation more than once and it never turned out good , usually when I would take that step I was an emotional mess set on getting it , so it was nearly impossible to stop ... amazing that you were able to hit the brakes .

Continued success

Thank you for the encouragement! I was feeling rather weak willed by the fact that I keep having such powerful urges & getting so close to falling so many times, but you've given me new

I absolutely LOVE this song!:

gye.vids.io/videos/449bddb01313e7cfcd/are-you-ready-to-win

I would play it all day if I could!

Love,

Swift Eagle

P.S. What's a "Tribe"/"Blackfoot"?

=====
=====
perspective & renewed energy to keep on fighting!

Re: HHEELLPP!!!!

Posted by Swift Eagle - 09 Jun 2020 14:29

[Markz wrote on 08 Jun 2020 20:02:](#)

Prayin' for anythin' anything other than a Monstah Truck is a serious violation here on 'ye!

Warning: Spoiler!

Hey Markz, That would be another one of my dream car's: A BMW X6 M50i V8 - if not for the fact that it's a German make.

Its a sports "coupe" with 21" wheels & pretty much looks like a HUGE really over-sized car rather an SUV! (It may be bigger than an SUV too)

Warning: Spoiler!

www.bmwusa.com/build-your-own.html#/studio/e7qfvuyw/summary

=====

====

Re: HHEELPP!!!!

Posted by Gevura Shebyesod - 09 Jun 2020 14:32

[Markz wrote on 08 Jun 2020 20:02:](#)

[Swift Eagle wrote on 08 Jun 2020 16:39:](#)

Today I got way too close to falling. I raced to Wal-Mart to buy that tablet to watch - no devour / immerse myself in pornography. I watched a few times in the past year & now I'm hooked. Every 10 days or so the urges get unbearable. During the 3 minutes drive I was being pulled so strongly in either direction: YOU DON'T WANT TO DO THIS! IT WILL KILL YOU! YOUR INTERNET ACTIVITY WILL BE TRACED TO YOU, YOU'LL BE ARRESTED & stand public trial bringing tremendous shame upon yourself & your family! You'll destroy yourself! And the other side of me was already visualizing what I will see again, I already felt the intense thrill

. When I got to the last intersection I quickly swerved left & went down another road instead of continuing into Wal-Mart's parking lot. Whew! That was way too close for comfort! I realized afterwards that I was under a lot of pressure today to meet certain deadlines & did not see how I'll make them...It is said that at the moment of triumph in inyanei kedusha it is a eis ratzon for tefillah, so I asked for one of my fantasy wishes - a 2020

- I don't think it was smart to squander such an opportunity to ask for such stupidity & vanities (I should just imagine what that car would look like in 15 years) & also foolish to ask for something kind of chutz Iderech hatevah that regardless of the eis ratzon, i dont think would be answered affirmativly. I should've asked for the kind of thing he would be more likly to give & worthy, such as for further syata dshmaya in beating this great evil nemesis YETZER HARA... I'm thinking now as I'm writing, I can learn from my mistake to be prepared with a list of true causes to beg the Almighty for, the people I know need a yeshua in different areas... That he should help all of us GYE members & all fellow struggelers in our fight & ultimately eradicate all evil in the universe! On my way home I stopped at a pizza shop & bought two slices pizza for snack (yes for snack!) even though I am sensitive to gluten & dairy & will feel kind of sick for up to a week until it leaves my system to Hatzlacha to all of you!

Love,

Swift Eagle (Kal KaNesher)

Prayin' for anythin' anything other than a Monstah Truck is a serious violation here on 'ye!

Warning: Spoiler!

=====

=====