

GUARD YOUR EYES

Posted by Spain - 04 Mar 2021 23:48

I feel so bad. I fall every week and can't get out of it. I just want to be free. Hashem help me. I am a bochur in yeshiva and feel like I am living a double life. I am making progress though. Each time is less and less. Again, I just want to be free.

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Re: GUARD YOUR EYES

Posted by YeshivaGuy - 05 Mar 2021 00:12

Welcome home buddy!

Maybe tell us about your struggles in specific?

Im also in Yeshiva, it's rough times...

Hatzlocha

YeshivaGuy

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Re: GUARD YOUR EYES

Posted by Spain - 05 Mar 2021 00:21

I've been struggling since like 7th grade. Back then I didn't know what it was I was doing or how wrong it was. Now I'm trying to get a hand on things. I've been really trying hard but...you know..It's like I don't want to do it...It's mainly shtus on Netflix or youtube. I've got rid of social media...b'h. It's mainly shmerias eynayim but sometimes unfortunately michas zera.

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Re: GUARD YOUR EYES

Posted by Markz - 05 Mar 2021 00:39

[Spain wrote on 05 Mar 2021 00:21:](#)

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Welcome.

So I suggest you read all of YeshivaGuy's posts.

He must be doing something right because he's 178 days free and 50+ Carlma.

And once you're done, check out the 'story for a bachur' shared at the end of my signature below.

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Re: GUARD YOUR EYES

Posted by Grant400 - 05 Mar 2021 02:19

Welcome! Or Bienvenido like they say in Spain!

You are in the right place. In order to stop you must be clear what you want to stop. Write a list and see that the pros outweigh the cons. Make it a clear ironclad decision.

Stay around read and post, post, post!

Hatzlacha!

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Re: GUARD YOUR EYES

Posted by DavidT - 05 Mar 2021 02:32

Welcome to the light at the end of the tunnel!

As much as one would like for all of his problems to go away in an instant, the

reality is that life doesn't work that way. No one ever conquered a nisayon overnight; it's a process of falling and rising multiple times. Therefore, instead of being caught off-guard when a relapse occurs, a person should know to expect it, and when it happens, he should take it in stride and simply tell himself, "I'm happy this didn't come until now, but I knew it would happen again."

When the yetzer hora rears its ugly head yet another time, the most important

thing to bear in mind is that the nisayon should be used as a learning experience.

please keep posting and Hashem should help you stay strong.

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Re: GUARD YOUR EYES

Posted by EvedHashem1836 - 05 Mar 2021 04:21

Wishing you much hatzlocha!

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Re: GUARD YOUR EYES

Posted by Captain - 05 Mar 2021 14:32

Welcome! I know the feeling that this is impossible and you are stuck (and so does everyone on this site). But success is possible, as hard as it is to believe. (Please check out some of the

success stories in the forums- you can find a link to them in Markz's signature.)

Also, please check out these great free resources. They provide great chizuk:

Great book (ebook) for breaking free: The Battle of the Generation
guardyoureyes.com/ebooks/item/the-battle-of-the-generation.

Rabbi Shafier's incredible lectures on breaking free: The Fight. Download here:
theshmuz.com/series/the-fight/

Also, you can sign up for the daily GYE Boost emails/ whatsapps at www.gyeboost.org.

Never forget that there is hope! Wishing you much Hatzlocha!

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Re: GUARD YOUR EYES

Posted by YeshivaGuy - 05 Mar 2021 19:24

[Spain wrote on 05 Mar 2021 00:21:](#)

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Gotcha. And have you tried any concrete steps thus far? Like filters etc?

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