

“Shtark” insight that may make you “emotional”:-)

Posted by Shtarkandemotional - 07 Feb 2022 23:24

Hey guys, on my journey on breaking free from from porn and masturbation.. and working on lust itself.. Hashem has gifted me with a lot of insight on this struggle. I hope to post all type of things over here of insight, and just ideas on this struggle not necessarily what or what hasn't worked for me..rather even plain insight and mindsets to help break free... hatzlacha.

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Re: “Shtark” insight that may make you “emotional”:-)

Posted by Shtarkandemotional - 24 Apr 2022 02:44

Amazing post from markZ!!

“ I wanted to comment on 1 things you wrote - if I may.

“filter doesn’t work now”

Filters are not designed to “work”. They are designed to be a small fence that catches us - if we wish to allow it to. Sometimes life gets too tough and we prefer to get that ladder and jump over the filter.

The filter is **not** broken.

Rather sometime **we** are broken, and when that happens, the filter isn’t designed to help us, nor be the guy to put us together again.

Am I making sense?”

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 29 Apr 2022 04:33

A good place to start in our journey once we're **serious** about change is writing down all the contributing factors that are making us fall. With our thoughts and actions! This way we gain a whole collection of insight which eventually leads us to knowing what to take into account when we plan. So many of us plan and then fall into a pit somewhere along the way.. the more we're aware of those pits the more they can be avoided. Awareness is the foundation of every change.

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 29 Apr 2022 04:41

Small tip :

often we act out because of other draining feelings. If we feel sad and depressed - we feel weaker to fight the fight! We can hear the voice "Let's just give in. Who cares anyway?" Similarly if we feel anxious or stressed all we wanna do is feel more relaxed..a great way to help this is to validate the stress and the anxiety and realize that it's what's causing you to wanna masturbate or sexualize etc. once that's validated we feel better and get more focused. That's why it's important to understand what's driving us and often things get a lot easier when we validate it to ourselves. Something like "I'm stressed from a long day it's so hard and draining all I want to do is just masturbate but I know i can feel good too through other ways and in the long run it's a much better choice" or "I'm really anxious about a few things. I'm reminding myself that it's normal everyone feels anxious at times I know it's hard and all I want is to relieve myself with my sexual replacement but I'm reminding myself there's other replacements that'll make me feel just as good."

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 26 Jun 2022 17:48

It's been a while, I had this thought that I think can be helpful I may have written about it already yet even if I did it's worth saying it again.

After looking around a lot on GYE, I see so many many are working so hard in their avodas hashem journey especially in the area of lust etc. and often after a bump they are left so broken, feeling like "Why can't I make it? Why can't I just never do these actions again? Why does it always go for some time and then boom?" Eventually, after some time of these hard feelings they make a commitment "I'm gonna restart my count and try again". Yet again and again after some time they go back to the old patterns and the cycle restarts itself. In which I assume is wishful thinking, it's such a painful process! One tip I'd like to suggest is to reflect a bit. So many of us just move on and on and on.. we hope and pray and of course put in hard work and really try, Yet we don't find ourselves looking back much. I'd recommend perhaps thinking - what do I want to remember in a time where the thought of something assur pops in my head? Where the thought to fall is on its way?

What thought would have been helpful to remember before my previous fall? What would have held me back? Thinking about this from time to time can really be helpful! It can give us a lot of insight in this journey. Thank you all for reading and giving me the opportunity to write about this and ingrain it in myself.

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Re: "Shtark" insight that may make you "emotional":-)
Posted by Shtarkandemotional - 27 Jun 2022 04:22

Anyone who wants to join Vehkam and I are up to chapter 9 in the battle of the generation! I highly highly highly recommend it. It really covers all angles of the struggle!

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Re: "Shtark" insight that may make you "emotional":-)
Posted by Shtarkandemotional - 26 Jul 2022 06:33

Being that I'm almost done the most amazing book - the battle of the generation. I want to write a few key points that I learned.. (special shout-out to Vehkam for helping me so much with this book along the way!) I'll start today with one small point -

1. The most important fundamental step is have to have a Ratzon to stop these behaviors as much as possible.

- The more we think how much hashem loves us the more we'll want to reciprocate and keep his Torah.
- We have an inner desire to connect to hashem. The more we're aware of that we'll channel the desire to the right place.
- We must think deeper. Do we wanna accomplish in life and reach greatness? Do we wanna go up to shamayim with self-control in our hands?? or a bunch of self soothing acts that lasted 2 minutes and made us feel horrible after? What do I want to see myself doing?

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 22 Sep 2022 14:09

I was thinking I'd love to get back into sharing insight. I hope some people find it helpful.

Let's kick it off with...

At times when we fall and mess up we can be hit with very strong guilt.. terrible voices in our heads etc at that point it's hard to feel good about anything and for-sure about ourselves. I think it's very important to zoom out of the guilt and regain focus. The whole point of guilt is the brain telling us to get better at it in the future. And the point of getting better is so we can keep the Torah in a more wholesome pure way. So when we're hit with guilt it may help to tell yourself "yes, this is a big sin however my goal is to keep the Torah in totality and I will try to work on it each day". That can give our guilt a place and allow us to calm down because we understood the message it's trying to give us, and we are looking at the goal more objectively so we're not in SUCH a terrible place anymore. This is a big thing and I'm good in some areas and not so good in the others and I'll work on myself to get better..

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 03 Nov 2022 23:36

It's very beneficial to ask yourself when you're feeling lustful..

was I ever happy in the long run going down this track? And I said after the fact- " wow! This was really worth it!" ??? Most probably in general the answer is no! Realizing that can help you

make a smarter choice.

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 03 Nov 2022 23:40

I'm not sure if I wrote about this ever but either way it's worth writing it again!

sometimes we try to hold strong from lust but we're trying and trying without realizing that a lot of the battle comes from our mind. With all the lustful fantasies going through our head. To really stop the assur behaviors we have to stop the thought patterns first! When you notice the dirty thought ask yourself do I want to go down this path of dvarim assurim? Or do I want to stop it in its place? If you catch the thought in the beginning it should be much easier!!

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Shtarkandemotional - 03 Nov 2022 23:50

Sometimes we fantasize of how for ex. Masturbation or porn will make us feel and that makes us want it a-lot more.

for those who struggled with for ex.- anxiety (or really any mental health condition) generally know how it feels when the anxiety fades and is cleared up. its an unbelievable feeling feels like the most relaxed body of all time..

Now, let me ask you.. would you agree to feel very anxious for a day just to experience that calming pleasure afterword of the anxiety fading? Most normal people wouldn't agree to such a deal.

However We do the same thing with lust!!!

Most of us on this site are here for a reason because we don't or didn't like our current or previous assur behaviors.. we never feel good after falling.. and we know that. So in essence that's what we're doing. We're agreeing to a whole lot of pain and suffering and aveiros and guilt and depressing thought patterns of not being able to keep the Torah properly and get our life together all just to feel a sense of relief through masturbating or porn??

We're basically like the guy who asked for anxiety just to feel the relief afterword! In our brains we make a grave mistake thinking (in this example) it's worth it to feel anxious the whole day just for that relief afterword! Just like you wouldn't ask for anxiety to feel relief. So too don't bring a relief (lust) if you know it'll cause loads of pain!

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Re: "Shtark" insight that may make you "emotional":-)
Posted by Teshuvahguy - 04 Nov 2022 00:14

Your straightforward way of laying out your thoughts is very helpful to me. It just makes such logical sense!! Thanks for taking time to put it all out there. I'm definitely a beneficiary. I wish you continued hatzlacha.

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Re: "Shtark" insight that may make you "emotional":-)
Posted by Shtarkandemotional - 04 Nov 2022 00:56

[Teshuvahguy wrote on 04 Nov 2022 00:14:](#)

Your straightforward way of laying out your thoughts is very helpful to me. It just makes such logical sense!! Thanks for taking time to put it all out there. I'm definitely a beneficiary. I wish you continued hatzlacha.

Thank you! That means so much!

What I do is I like to read all these thoughts over each day and I find it really gives me such strength to keep the battle going. If you'd like you can try that too!

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Re: "Shtark" insight that may make you "emotional":-)

Posted by Human being - 04 Nov 2022 19:08

welcome back ShtarkE!

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Re: "Shtark" insight that may make you "emotional":-)

Posted by chancy - 28 Nov 2022 21:51

Hi Mr Shtark.

I got your PM. However i cant reply as its blocked by me.

I appreciate your reaching out to me.

Yes, ive gone to Therapy. It helped a lot.

I then started the ACT therapy which I believe is the best for me,.

SOMetimes everything becomes too much, Im learning too many things and trying to do so many things at once. and this battle is taking everything out of me. Ive recently gotten a new fear. What if i have very perverted sexual desires? im afraid to be a real sick guy. so im constantly running thru my head making sure im not attracted to this and to that. But its not helping.

In short, im burned out and exhausted.

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