

Struggling with Commitment on Quitting.

Posted by lionfree - 20 Feb 2024 06:21

Hey All,

I am a 19 year old college freshmen and CSU chico, one of the top party schools in the country. I am not from the orthodox world, I was raised reform but over time I came closer to Chabad and eventually Hashem. My rabbi recently recommended me this service, but I feel like I am still struggling with my commitment. I am afraid that if I do not spill my seed I will go crazy but also know that you get nocturnal emissions of seed whenever you go without doing it, so my penis is not going to explode.

I am not in a relationship but I fear that if I was in one she would be disappointed. I really want to be in one but have a very small Jewish community at my school and am mostly surrounded by girls who get passed around by frat guys, or just don't share my values. The problem is I am surrounded by so much living pornography, I see marks on girls necks and imagine it was me who gave it, I see them dressed up in revealing outfits at the gym or in the hallways when they are dressing up for parties and want to touch but don't, and sometimes I see people kissing in public and that almost arouses me in an uncomfortable way as I wish for that experience to be mine.

I have read many books and watched many videos and listened to many podcasts about why P and M are bad for you. They did not offer religious explanations only psychological and scientific ones so there is no reason why this is just religious fear mongering. But whenever I tell people I want to wait to have sex during marriage, or that I hate pornography, they treat me like I am in a cult. They tell me that these things are not bad and just need to be moderated, and that I am just in a cycle of shame. **My Dad** is the perfect example of this as he almost complains about me not going to frat parties and hooking up with the "hot chicks." This is because he was a nerd in college who started a business and had no time for that, so he wants me to live out his missed experience. When I told my sister about my decision to commit to abstinence before marriage, she said it was because I was making an excuse for not getting laid in college.

Is this how people on diets feel when they are surrounded by fat family members? I try to follow their advice and enjoy masturbating but even when I do I know I am lying. I know in my heart it is a waste of time, disgusting as I am covered in my own fluids, and a sin. I tried being the "alpha male" pickup artist in college but the girls know I am putting on a facade and I know that me doing that is like a dog trying to meow.

I keep going down a cycle of wanting to stop, having moderate success, then having a time to relapse and always taking it. The longest I have gone is 2 weeks and most recently 1 week. I have tried different programs but all of them are secular. I have a friend who is christian who monitors my activity with Covenant Eyes but he can only offer christian advice that I often find BS even if he means well. I know that when I am surrounded by affirmations that the choice is right I am more successful, I need someone to remind me of my commitments of not just quitting porn but masturbation all together.

Can anyone be a partner, I want someone to bring the best out of and them me.

Lion_Free

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Re: Struggling with Commitment on Quitting.
Posted by cande - 20 Feb 2024 18:41

[lionfree wrote on 20 Feb 2024 18:01:](#)

How can I be a HaTzaddik if I struggle regularly with beating my meat. he turned down the hot wife of an Egyptian nobleman. I don't know if I could do that. The other day I watched porn four times in one day, it was one of the worst failiures. Do I deserve to see myself as somone as righteous as him?

"he turned down the hot wife of an Egyptian nobleman"

and you turned down hundreds of, **hot chicks**,

he didnt have access to porn, and you said **NO**, im not gonna watch a fifth time!

please give me a blessing.

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Re: Struggling with Commitment on Quitting.

Posted by ??? ???? ???? ??? - 20 Feb 2024 18:48

[lionfree wrote on 20 Feb 2024 18:01:](#)

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@lionfree

I often think about that myself. Would I turn down Potifar's wife's advances? I hope to never be in that circumstance, but I, intentionally, don't find myself secluded with any woman outside of my female immediate family members.

The Sages said (translation is mine) that "Yosef challenges all who struggle with temptation." He showed us that it is within the realm of possibility to refrain from giving into temptation. It doesn't mean that it's easy, but possible, yes.

To your question, "do I deserve to see myself as someone as righteous as him?" I say, "yes." Yosef is not included in the Sage's list of those who never sinned. Righteous is not the same as perfect or sin-free. We are not born as righteous or wicked. We are born with the will to decide what our actions will be in any given moment. We can choose to do righteous acts or wicked acts. You have chosen to spend time on a college campus--that you described as 'one of the top party schools in the country'--writing about and reaching out for help regarding your struggles with pornography and masturbation. That sounds pretty righteous to me.

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Re: Struggling with Commitment on Quitting.

Posted by youknowwho - 20 Feb 2024 18:52

[lionfree wrote on 20 Feb 2024 18:01:](#)

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times in one day, it was one of the worst failiures. Do I deserve to see myself as somone as righteous as him?

Dear Lion-Free,

"How can I be a HaTzaddik?!"

Seriously?!

You are a Tzaddik because, in my personal *lust infested* view, I see no reason for you you not to indulge in the kind of opportunities that are available to you. I will speak for myself, but I daresay some others here feel the same...

I am relegated to the pitiful reality of perusing **cyber** girl harems solely because of one reason: RISK. FEAR.

I am terrified of losing my family, community, my religious identity.

Yet, for you, it is not only available but encouraged, and what would you have to lose?

I am sadly so far removed from the reasons that drive you to purity that I have a hard time understanding them.

Yes! You are a Tzaddik!!

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Re: Struggling with Commitment on Quitting.
Posted by cordnoy - 20 Feb 2024 19:07

[lionfree wrote on 20 Feb 2024 18:01:](#)

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Personally, all this tzaddik stuff doesn't speak to me, but that's ok.

As far as I'm concerned, you can view yourself (myself) as a sinner or a righteous person, but that has nothin' to do with what I need to do.

So, I ask you: why think of what you deserve or who to be compared to? What kinda life do you wanna live and what do you need to do today to get closer to that path? Some days, you/we will falter; other days, we won't.

Godspeed

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Re: Struggling with Commitment on Quitting.
Posted by chaimoigen - 20 Feb 2024 20:27

[cordnoy wrote on 20 Feb 2024 19:07:](#)

Cordnoy,

though I disagree with you about my previous post (and that's ok), I could t agree with you more. These are the truest words I've read in a while.

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Re: Struggling with Commitment on Quitting.

Posted by chaimoigen - 20 Feb 2024 20:32

[cordnoy wrote on 20 Feb 2024 19:07:](#)

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So, I ask you: why think of what you deserve or who to be compared to?

What kinda life do you wanna live and what do you need to do today to get closer to that path? Some days, you/we will falter; other days, we won't.

Godspeed

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I disagree with you about my earlier post (and that's ok), but I couldn't agree with you more here. These are the truest words I've read in a while.

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Re: Struggling with Commitment on Quitting.

Posted by abieham - 21 Feb 2024 04:48

Hi lionfree. Did you ever consider changing schools? Why be in a place that makes you feel uncomfortable. It must be so hard being told by family members to act out. It's a real shame! How do you respond to their taunts? But it's important to understand what's the real reason you want to stop masturbating is it a religious one or how it makes you feel. It's normal to desire it but know deep down that's it's poison. It's our struggle. But remember take pride in your actions and realize that you're Hashem's child and all these people are in the dark. Be proud!

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