

My struggles with kedushah

Posted by tzaddikvikam13 - 13 Oct 2024 18:26

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I've gotten off to a nice start, right now I am starting my seventh clean week.

I'm going to be continuing my journey from where I left off in my last thread under Introduce Yourself over here.

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Re: My struggles with kedushah

Posted by chosemyshem - 22 Nov 2024 17:57

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[tzaddikvikam13 wrote on 22 Nov 2024 17:52:](#)

Have been having a very rough time in yeshiva, very often I'm craving for a release without having any sort of healthy outlet.

Sometimes I have a taavah to let the stress out with m, haven't given in once the entire zman.

Right now holding by almost 4 weeks, last fall was Shabbos parshas bereishis (spellcheck disagrees, insists that it was Shabbos pashas burnishes.)

First. That's amazing! Kudos to you.

Second. This is definitely shailas chacham chatzi teretz. Find an outlet!

20 minutes of daily exercise is very healthy, and a lot of people have found exercise very helpful. I'd also recommend finding some daily responsibility in yeshiva you can do. This will help in multiple ways, but is a longer schmooze than I have time for right now though.

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Re: My struggles with kedushah

Posted by tzaddikvikam13 - 22 Nov 2024 18:43

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I've talked too many chachamim, so far don't have any eitzos.

The problem isn't that I don't have any outlets.

The problem is that none of my outlets are enough against what I'm dealing with.

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Re: My struggles with kedushah  
Posted by hopefulposek - 22 Nov 2024 18:58

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[chosemyschem wrote on 22 Nov 2024 17:57:](#)

[tzaddikvikam13 wrote on 22 Nov 2024 17:52:](#)

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I also found exercise very helpful but not enough by itself, I gained more by working on not needing the release and having exciting projects that occupied my time and mental and emotional energy. Also like the idea of accepting achrayos in the yeshiva.

hatzlacha

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Re: My struggles with kedushah  
Posted by vehkam - 22 Nov 2024 19:54

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[tzaddikvikam13 wrote on 22 Nov 2024 18:43:](#)

I've talked too many chachamim, so far don't have any eitzos.

The problem isn't that I don't have any outlets.

The problem is that none of my outlets are enough against what I'm dealing with.

Have you read the book The Battle of the Generation? Once you develop an excitement for the effort you are putting in to overcome it may make the wins more invigorating and may make the urges seem less powerful.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 22 Nov 2024 19:57

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[tzaddikvikam13 wrote on 22 Nov 2024 17:52:](#)

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**Sometimes I have a taavah to let the stress out with m, haven't given in once the entire zman.**

Right now holding by almost 4 weeks, last fall was Shabbos parshas bereishis (spellcheck disagrees, insists that it was Shabbos pashas burnishes.)

Most of the time, even when I'm craving an unhealthy release, I dont have any urges, and if I do, they're usually pretty weak.

But it still is the main trigger of urges when in yeshiva.

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Re: My struggles with kedushah  
Posted by Muttel - 22 Nov 2024 20:01

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Sounds difficult....

Stay strong brother, we believe in you!

Muttel

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Re: My struggles with kedushah  
Posted by jollylemur95 - 24 Nov 2024 19:25

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I am definitely not holding by giving eitzos yet. All I can say is I am amazed at your self control!

HHM told me a story that someone came to the steipler z"l struggling with these issues. When he heard that even occasionally holds him self back, the Steipler said "I want to kiss the hand that held back from doing it" You have held yourself back for 26 days!!!! I can only imagine what the Steipler would say about you!! I'm blown away, brother!! Hatzlacha!!

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 25 Nov 2024 19:38

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Trucking...

And off shabbos is coming.

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Re: My struggles with kedushah  
Posted by vehkam - 25 Nov 2024 19:46

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Be proactive. Can you get on the phone with a chaver here to brainstorm?

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 25 Nov 2024 19:50

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I should, but I keep pushing it off.

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Re: My struggles with kedushah  
Posted by vehkam - 25 Nov 2024 19:55

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If you can push yourself to do it, you will thank yourself afterwards. I am here three years and I don't recall anyone regretting making that move (even if it seems scary to do...)

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Re: My struggles with kedushah  
Posted by chosemyshem - 26 Nov 2024 22:07

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[tzaddikvikam13 wrote on 22 Nov 2024 18:43:](#)

I've talked too many chachamim, so far don't have any eitzos.

The problem isn't that I don't have any outlets.

**The problem is that none of my outlets are enough against what I'm dealing with.**

This line stuck in my head.

Forgive me for asking, but are you dealing with anything beyond "normal" problems?

A big issue for bochrin in general is the plain old lack of a life. Don't get me wrong. Yeshiva is beautiful and amazing. But many bochrin (myself included back in the day) are trying to do well in yeshiva, but they are also kinda waiting for the next stage in life (marriage, college, bein hazmanim, summer zman, purim, elul zman, camp, a better chavrusa for second seder, the phone to ring or the rain to go, etc. etc. etc. ad nauseum). So they have hobbies and outlets, but of course those can't compensate for a general lack of connection to the life they are living. So problems and urges get magnified.

This is why I suggested taking on a role in yeshiva. In addition to keeping you busy and motivated, it will make yeshiva a greater part of your life. For me personally, my worst times in yeshiva were when I was feeling completely disconnected from yeshiva (and those were baaaaad times). The best times were when I was in a small place and felt like an important and necessary part of yeshiva. That made me feel connected, it made yeshiva into part of my life.

This is a feeling that can be inculcated. You can work on this. R' Aharon Lopiansky's new book may be helpful - understanding the goals, purpose, and structural framework of being in yeshiva will help you make yeshiva into a life. A role in the yeshiva will certainly help. But it's fundamentally an attitude you can cultivate.

Honestly, I don't know what's going on in your life. And this is a general rant that's been building up, so I apologize if it's misguided for your situation. But becoming more connected to your life (which right now is the life of being a yeshiva bochur) can only help.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 28 Nov 2024 00:23

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[chosemyschem wrote on 26 Nov 2024 22:07:](#)

[tzaddikvikam13 wrote on 22 Nov 2024 18:43:](#)

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Forgive me for asking, but are you dealing with anything beyond "normal" problems?

Depends on how you define 'normal problems'.

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Re: My struggles with kedushah  
Posted by tzaddikvikam13 - 03 Dec 2024 08:08

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Boruch Hashem, I didn't have any nisyonos shabbos afternoon, didn't have any falls over the off shabbos.

Had some urges in the past few days to m, didn't give on.

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