

Chizzuk Needed

Posted by simchastorah - 04 Nov 2024 10:39

Shalom to all the courageous members of GYE, who deal with this nisayon that so many struggle with, bravely admitting to their issues and doing everything that they can to overcome it. I had a different thread in the past, but have not been active on it for a long time. I have been struggling recently and what I have tried has not helped. I have a filter, accountability with HHM, and have delved deeply into my inner life to try and understand the roots of my struggle. I daven passionately to Hashem in every way I know how to help me, but alas I find myself falling again and again.

My hisbonenus for today is to be mischazek in the emuna that Hashem has infinite koach and He can overcome my yetzer no problem. And ??? ?????? ????????. And that any voice in my head that tells me I'm bound to fail, ????? ??? ??? ??????. As some explain the the ??? ????? is this thought itself, that I don't have the power to overcome the yetzer.

Yesterday I fell three times and by the end of the day I felt like I was living in hell. I finished a productive and meaningful morning seder and walked home davening to Hashem to help me not to fall. By the time I got home I felt that I had the chizzuk I needed to not fall. Even with being mchuzak I fell and wasted much precious time throughout the day trying to find cracks in my filter to squeeze out whatever filthy content I could.

But ????? ??????? and I am absolutely committed to not being ???????.

I am committing bli neder to posting here every day until I have 30 days clean from porn and masturbation.

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 05:16

Day 74 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 11:40

I want to share a thought that I find very powerful which I recently shared with someone here in the chat and realized I had never shared here.

According to halacha we are required to be in darkness when we engage in intimacy. This tells us that the true nature of the intimate act *can not* be perceived using the sense of sight. If we are seeing it, we are seeing a lie. Only when we're not seeing it can we possibly perceive it correctly.

So those of us who have spent time gazing at images of this act have taught ourselves to relate to it in a way which is by definition misguided. This is in addition to the well known lies of porn - the fact that she'll never be that excited to please, there's no real physical intimacy without emotional intimacy, your wife probably won't look like that etc. In addition to all that, the very fact that you are *seeing it at all* means you're seeing a lie. Because the truth of intimacy is obscured by the very sight of it.

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Re: Chizzuk Needed

Posted by tzitzis dude - 16 Jan 2025 14:11

[simchastorah wrote on 16 Jan 2025 05:16:](#)

Day 74 "?"?

Can I get in on the action?

Something like ???? ??? ???

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 14:17

As long as you dont say ?? ??? ???...

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Re: Chizzuk Needed

Posted by tzitzis dude - 16 Jan 2025 14:31

[simchastorah wrote on 16 Jan 2025 14:17:](#)

As long as you dont say ?? ??? ???...

Tbh, my first thought was along the lines of ?... ?? ??? ???, but I don't think we want you saying "Enough of this stuff!".

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Re: Chizzuk Needed

Posted by chosemyshem - 16 Jan 2025 15:03

[simchastorah wrote on 16 Jan 2025 11:40:](#)

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emotional intimacy, your wife probably won't look like that etc. In addition to all that, the very fact that you are *seeing it at all* means you're seeing a lie. Because the truth of intimacy is obscured by the very sight of it.

That's a deep idea. Need to let that digest a little.

My initial reaction though is I'd need a source for the idea that intimacy is something that can't be seen. I believe the gemara's reason given is that you may see something unattractive with her and transgress v'ahavta l'reiacha komocha. Which still tells us that *seeing* intimacy will always have the possibility of seeing something imperfect and being disgusted, but *experiencing/feeling* intimacy does not have that possibility. I think (though it's possible they just limited the danger as much as they could without shattering the intimacy).

Tzarich iyun.

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 15:38

[chosemyschem wrote on 16 Jan 2025 15:03:](#)

[simchastorah wrote on 16 Jan 2025 11:40:](#)

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Tzarich iyun.

You make a valid point. I can't bring a perfect mkor for it, it's more "what I hear" in the halacha if you know what I mean.

However ??? ?????? is not the only ???. The ?? also says that ????? is a lack of kedusha. Why? Why not do it with the lights on full of holy thoughts?

Also ??? ??? whatever the ??? chazal revealed to us that the ratzon Hashem is that it should be done in the dark. If we take as a ????? ????? that the experience of sight is significantly different, and not just in the fact that you are less inclined to see ?????, we have to ask ourselves, why does this experience have to be in the dark? ??????" but I can't say it's ?????.

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Re: Chizzuk Needed

Posted by BenHashemBH - 16 Jan 2025 16:47

Interesting discussion points.

Then why not during the day but in a dark room? (not paskening any halachos)

Seems there is more to it than just seeing. An aspect of tznius, me thinks, regarding the setting
- not just the seeing.

Kol Tov

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 16:49

[BenHashemBH wrote on 16 Jan 2025 16:47:](#)

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Kol Tov

During the day in a dark room is indeed mutar

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Re: Chizzuk Needed

Posted by iyh2023 - 16 Jan 2025 17:21

[simchastorah wrote on 16 Jan 2025 16:49:](#)

During the day in a dark room is indeed mutar

Although you may be right, since this is a public space and anyone can be reading this discussion, I find it important to point out that although "During the day" may be permitted, it is definitely not recommended. So if you find your self in a situation that you feel would require doing it by day, the proper thing to do, would be to talk to your LOR.

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 17:28

Why is during the day definitely not recommended? Other than in a bright room "?" ????? ????

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 17:29

Sure hope I didnt start a controversy over here. Very not interested in that.

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Re: Chizzuk Needed

Posted by iyh2023 - 16 Jan 2025 17:37

[simchastorah wrote on 16 Jan 2025 17:29:](#)

Sure hope I didnt start a controversy over here. Very not interested in that.

Sorry dude, you open a door you shut it

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Re: Chizzuk Needed

Posted by iyh2023 - 16 Jan 2025 18:19

I can not give you sources, as I do not know them, what I can share is first hand experience.

I was told by a very prominent member of the GYE community, who has helped hundreds of individuals, to ask a Rav regarding this very topic.

I spoke to my Rav, and did not get a clean off the bat yes, we discussed the issue we where having at length and only after that did he advise us on the proper way and conditions.

Again, I'm not saying it's flat out prohibited, just like the rest of the physical intimacy parsha in halacha, there are lots of different nuances, customs and traditions.

P.S. I believe that this is addressed in Kabablah and other Torah works, if some one out there knows of them please be so kind and share them!

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