

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 odyossefchai - 16 Jan 2025 21:03

I would imagine that if a person is going to have lots of bad thoughts and feel frustrated, he absolutely should be with his wife by day. That much is mefurash in rambam and Sh"A.

Additionally, maybe you are denying yourself the pleasure by trying to be too holy and that's never a good thing.

If you aren't on a high madreigah and it's just gonna make you upset, holding back isn't good.

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Re: Chizzuk Needed

Posted by simchastorah - 16 Jan 2025 21:14

From now on 12 oclock noon on the button (unless there's clouds, then we'll wait till they pass)

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Re: Chizzuk Needed

Posted by youknowwho - 16 Jan 2025 22:08

[simchastorah wrote on 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.**

If you don't mind me saying it, and I don't mean it in a hurtful way chaver, (I enjoy your

) but I would prefer sticking to the reasons that Halacha explicitly mention and not learn something entirely new into it.

thoughtful thoughts

I do understand why a guy should not be singularly focused on his wife's body. A darkened room helps so that he should not see her imperfections.

But why do we need to strip the act of sexual intimacy from one of it's core elements? How does seeing your wife's body, the beauty and femininity that God put there for this purpose, somehow make intimacy a lie?

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Re: Chizzuk Needed

Posted by chosemyshem - 16 Jan 2025 22:44

[youknowwho wrote on 16 Jan 2025 22:08:](#)

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

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That's actually not the Pshat at all, according to many Meforshim. Some Meforshim explain that he acted as if a demon possessed him in his intensity so as not to entertain thoughts of other women. Others said he did it fast, doesn't mean that he didn't enjoy the beauty and femininity. (Other people admit that they have a hard time knowing what it means, if you're supposed to be making your wife feel good..., so maybe it's a Shvereh Chazal that needs more work)

Here's a more important point- A **hanhaga** that brought is Shulchan Aruch is NOT necessarily "straight Halacha". It can also be a Hanhaga of Midas Chassidus that's been included for us to know about, (if we can figure out what it means), and perhaps aspire to, for those of us for whom it's applicable.

For another example, the Mechabeir in Siman 156 says that everyone should go to work every day. He also writes that when you work, you should make your Melocha Aray and Your Torah Kiva. Even though this is **mefurash in Shulchan Aruch** I haven't seen people obsess about the fact that they are not being Mikayeim this "strict Halacha" that clearly stated in Shulchan Aruch....

People need to get a proper sense of the hierarchy of what Hanhaga that is cited in Seforim is actually talking to them and what is not. And what is a Din and what is an Inyan and what is a Madreiga. There's a BIG difference.

I'm not suggesting that a person should randomly pick and choose. I'm suggesting listening to good people who can guide you.

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Re: Chizzuk Needed

Posted by cande - 17 Jan 2025 01:22

[chosemyschem wrote on 16 Jan 2025 22:44:](#)

I mean, if we're being mdakdek to go with straight halacha you should be **acting as if you were possessed by a demon and not enjoying any beauty and femininity at all.**

FAKE news.

statements like this is what made me go OTD and triggers us all, to hate judaism and love Porn.

please see ????" and ?????? ?????? that explain it to mean do it ??? ????? not ??? your penis, but of course ENJOY ect,

its just like eating on shabbat ?????? ??? ?????

is this so hard to understand??

if this is not good enough for you look @ the ?????? ????" on that ??' (some gemaros censored it out)

if thats not good enough

Damn it!

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Re: Chizzuk Needed

Posted by Hashem Help Me - 17 Jan 2025 04:31

I wish that instead of this being debated on the forum, we could have a conference call to discuss this. There is so much to say on this topic, and everyone here has made extremely valid points. And as usual when dealing with the written word, so much of some people's writings end up being misunderstood. I firmly believe and have witnessed time and again, that when guys use and enjoy the bedroom properly, they are healed from pornography's seeming inexorable pull and attraction. As yidden, one of our jobs in this world is to uplift all inyanei gashmius. (see Shem MiShmuel Parshas Balak - V'agarshenu min ha'aretz for a beautiful presentation of this). When an individual learns how to apply that concept to this very physical inyan - **even to the very small degree that guys like us are able to do** - much of what is being discussed here simply falls into place.

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Re: Chizzuk Needed

Posted by chaimoigen - 17 Jan 2025 05:01

[Hashem Help Me wrote on 17 Jan 2025 04:31:](#)

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Bolded the most important line, I think.

Wish you'd set up such a conference call, please.

There's a critical issue that keeps coming up. There are people who have been taught or

somehow got the impression that according to Halcha or Chassidus, they're **not supposed to enjoy** the bedroom, even focussing on intimacy etc, or at very least it's unholy and lowly.

And the situation that develops from that leads them down the wrong path. Becuase the only way of finding "enjoyment" that they discover is through improper channels, and they feel guilty and wrong about it all anyways, and if any enjoyment is lowly and unclean then hey...

Some education with **positivity** about how its good, healthy, right, and fine to **enjoy** bedroom life with your wife (in the right context) can change so much....

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Re: Chizzuk Needed

Posted by cande - 17 Jan 2025 05:13

[Hashem Help Me wrote on 17 Jan 2025 04:31:](#)

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i would like to add

even guys that are not married they need to know that jewish marriage is IS ENJOYABLE ect.... and its worth to hold out and not mess it up

it helps alot with the strugggle

if there under the impression that jewish marriage sucks not enjoyable not fun

they throw in the towel, and try to get in as much enjoyment as possible

before they get stuck in a sexless boring, no looking, no touching non enjoying marriage.

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Re: Chizzuk Needed

Posted by simchastorah - 17 Jan 2025 06:57

Day 75 "?"?

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Re: Chizzuk Needed

Posted by simchastorah - 17 Jan 2025 07:06

To be entirely honest I actually thought I was saying something obvious and self evident. I see many see it quite differently.

Addressing candes post I will say that I feel that intimacy for me has improved exponentially and is way more enjoyable when I focus on the primus of the connection. I'm not sure whether that's something that could be conveyed to non married guys who are excitedly waiting to try out all the lessons they've learnt on the internet, but the fact is that sex in the dark with a focus on connection is a million times more satisfying.

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Re: Chizzuk Needed

Posted by tzitzis dude - 17 Jan 2025 07:11

[simchastorah wrote on 17 Jan 2025 06:57:](#)

Day 75 "?"?

Can we say "???? ??????" on a living dude?

Warning: Spoiler!

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Re: Chizzuk Needed

Posted by cande - 17 Jan 2025 12:15

[simchastorah wrote on 17 Jan 2025 07:06:](#)

I actually tell single guys that i speak with that i enjoy sex immensely - it's just NOT the sex they've been brainwashed with online.

and explain them what it is

and no, dont tell them sex is i the **Pitch-black**

cande'

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Re: Chizzuk Needed

Posted by cande - 17 Jan 2025 12:24

[simchastorah wrote on 17 Jan 2025 07:06:](#)

Addressing cande's post I will say that I feel that intimacy for me has improved exponentially and is way more enjoyable when I focus on the primus of the connection. **I'm not sure whether that's something that could be conveyed to non married guys who are excitedly waiting to try out all the lessons they've learnt on the internet**, but the fact is that sex in the dark with a focus on connection is a million times more satisfying.

HHM - I actually tell single guys that i speak with that i enjoy sex immensely - it's just NOT the

sex they've been brainwashed with online.

and explain them what it is

?"?

and no, dont tell them sex is is the **Pitch-black spooky house.**

cande'

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