

In dire need of help!

Posted by shomerhabrit - 12 Feb 2010 04:59

Hello. I am joining this forum to ask its members for help. I am on a clean streak of 17 days but am having a harder time controlling myself each day. Can anybody offer me support or advice so i can go on with being shomer habrit? thank you very much.

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Re: In dire need of help!

Posted by briut - 18 Feb 2010 16:38

[shomerhabrit wrote on 12 Feb 2010 20:20:](#)

in college i am constantly around females my age and this leads to inappropriate thoughts.

Well, I'm not sure how the GUY/SSA issues would be any tougher than this. "At least I don't have this one," as one commenter said.

Shall we start a poll of which sexual hangups are the most challenging? Wow....

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Re: In dire need of help!

Posted by trying123 - 18 Feb 2010 16:58

[Briut wrote on 18 Feb 2010 16:38:](#)

[shomerhabrit wrote on 12 Feb 2010 20:20:](#)

in college i am constantly around females my age and this leads to inappropriate thoughts.

Well, I'm not sure how the GUY/SSA issues would be any tougher than this. "At least I don't have this one," as one commenter said.

Shall we start a poll of which sexual hangups are the most challenging? Wow....

My intention was not to rate one against the other...

I know that all difficulties are painful and can be overcome with the right approach...

I deal with a lot of stuff and I was just happy that I have one less thing to deal with...

I will be more mindful of how my words are understood...

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Re: In dire need of help!

Posted by Ineedhelp!! - 18 Feb 2010 17:16

I was not saying which is harder either. I was saying that lust coupled with SSA issues is worse than just lust. I was making a joke and obviously an immature, inappropriate and insensitive one. Sorry Briut and whoever else I may have offended....

Not my intention to belittle such a serious issue...

-Yiddle

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Re: In dire need of help!

Posted by trying123 - 18 Feb 2010 17:31

Dear R' Briut Please see my PM...

I actually had a period in High School within which I was experiencing a SSA, I was young and frightened....

I remember crying a lot about it... I was living with a very abusive family (i.e. MY OWN family) It was all incredibly painful...

For Bais Medresh (Post High School) I switched Yeshivas, partially to avoid being around the object of my attraction...

Not sure why, but over the next 2-3 years It changed... now it's gone...

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Re: In dire need of help!

Posted by imtrying25 - 18 Feb 2010 18:47

[trying123 wrote on 18 Feb 2010 17:31:](#)

Dear R' Briut Please see my PM...

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For Bais Medresh (Post High School) I switched Yeshivas, partially to avoid being around the object of my attraction...

Not sure why, but over the next 2-3 years It changed... now it's gone...

Baruch hashem for that!!! And before you know it this aspect of the fight will be easier as well!!!

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Re: In dire need of help!

Posted by aryehtahor - 18 Feb 2010 20:23

Dear Shomer Habrit,

Welcome. It sounds like we are in very similar life situations, trying to stay yashar through college and being surrounded by untznius women, and grappling with boredom and procrastination (common symptoms of being in college). I also struggled with the iPhone and I see you've been directed to the instructions I wrote for getting rid of total internet access on it.

Perhaps we could gain strength by giving each other chizuk about our particular situations? I am on day 30-ish now but it's getting harder. Feel free to PM me if you need chizuk and remember : take life one day at a time!

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Re: In dire need of help!

Posted by silentbattle - 18 Feb 2010 23:02

one day at a time - always good advice!

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Re: In dire need of help!

Posted by imtrying25 - 18 Feb 2010 23:12

[silentbattle wrote on 18 Feb 2010 23:02:](#)

one day at a time - always good advice!

Only if we understand the true meaning of the line!

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Re: In dire need of help!

Posted by trying123 - 18 Feb 2010 23:40

Your thingy is all about One day... any relation to the song?

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Re: In dire need of help!

Posted by imtrying25 - 18 Feb 2010 23:44

:D :D :D

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Re: In dire need of help!

Posted by trying123 - 18 Feb 2010 23:54

Oh the bottom part is the song...

I was looking at the top

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