

A bochur that needs HELP!

Posted by onetimetomany - 20 Apr 2010 08:19

Hi I'm a bochur in yeshiva. I discovered p**n and ma****on at the age of eleven. At first I didn't realize that it was such a bad thing. But as I started getting older and learning more I realized how bad it was. I then tried to stop but by then it was too late I was already hooked on. When I went to yeshiva for mesivta and yeshiva gedola (which is where I am now) I was mostly able to control myself. The problem was vacation. Always when I went home I would have a fall. Sometimes it was horrible. Always b4 I would go home I would make a hachlata that nothing bad would happen and for the first days I was able to control myself (wasn't alone when I used the computer.....) But then always I fell. Now with summer vacation coming up I want to truly end this addiction for good. Any tips on how to carry on my hachlatas and remain clean when I'm home?

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Re: A bochur that needs HELP!

Posted by nederman - 23 Apr 2010 21:56

[onetimetomany wrote on 23 Apr 2010 09:28:](#)

But what amazes me is that 2 months of work can be destroyed in a couple of days. It's weird because in yeshiva I don't usually have a problem (because not my own comp..... Learning all day) but then when I go home suddenly it's like the 2 months roll up into one day and always no matter how much I prepare I fall. What I need is like a preset list of conditions which I won't cross (like not bringing the computer alone to my room.....) If anyone knows any good ways then plzzzz help me. P.s what's the general opinions about tv shows and movies?

Preparation doesn't help. You need to do teshuva for lude thoughts. Try it. If you can't remember to do it each time, then consider making a neder, maybe for thirty days, to try it out. That stays with you wherever you go. But I think most people hope to get by without confessing under their breath a thousand times a day ..

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Re: A bochur that needs HELP!

Posted by onetimetomany - 02 Jul 2010 06:00

HELP!!!!!! its me again> sriry i didnt post for 2 months> basically the whole zman in yeshiva i was doing good. i even went for 64 days clean without looking at any shmutz>>>> then i came home and im here for the whole summer so when i came home i said to myself that this time im going to be clean at home also. the about a week ago i fell. i was alone with the computer and my yetzer harah ot the best off me afte like a 2 hour back and forth> then 3 days ago i fell again but this time i didnt put up such a big fight. teh worst off all was yestaeray that 2 times in one day i couldnt stop myself, and then right now i fell again> y is it that now every time its just easier and easier. its like i have good intentions the whole day but then when the real test comes then i just collapse. HASHEM PLEASE HELP ME SOON... i need some help and some advice to helpme out> please im begging u just help. i want to have a clean and geshmake summer

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Re: A bochur that needs HELP!

Posted by Holy Yid - 02 Jul 2010 20:24

Hi I have been there also.

Step one: IT IS NOT A CRISIS!!!

Step two: IT IS NOT A CRISIS!!!!!!!!!!!!

Step three: IT IS NOT A CRISIS !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Step four: Stay calm, don't get worked up

Have you asked your parents to put a filter on the web? If not why not? I had a very hard time with asking my parents I thought they would for sure figure me out but when I did ask they put one and suspected nothing.

Also think about making sure you limit you time online. Find ways to distract yourself. Have a partner who you email each time you go online and when you get off.

Make sure you do things daily that make you feel accomplished. also exercising is very important also. I will IM you my email address and we can gchat when I am around.

I am rooting for you

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