

struggle continues

Posted by StrugglingGuy - 16 May 2010 14:39

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from a high to a low-

So after a shabbos where I made harchakos from mstrbtion and erotic lit as well as davened what i felt were good tefillos, i fell twice in a short span; once last night and once this morning. Right after the falls, i felt that since the urge and the yh were so immensely powerful, i felt powerless and concluded there is nothing i could have done this time other than ms\*\*bt... I didnt have remorse basically; I chalked it up to the YH.

the yezter hara seems to have so much patience that even if i go a week clean (which is what i had) the urge can come at any moment...

help appreciated...thanks guys.

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Re: struggle continues

Posted by StrugglingGuy - 20 Sep 2010 19:53

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Thanks everyone!

I had a battle last night and won (with Hashem's help)....

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Re: struggle continues

Posted by StrugglingGuy - 27 Sep 2010 15:24

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2 times on succos- once in the succa.

not much else to be said. I have been davening that Hashem should remove the lust completely, but I now know that when the lust is there, I tend to fall. So Powerful.

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Re: struggle continues

Posted by desperate\_teddybear - 27 Sep 2010 17:48

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yes it's powerful but we know Someone who is a heck of a lot more powerful than It.

i find it helps tremendously, when i am lying in bed and fighting a losing battle with temptation to just call out to Hashem in english: please help me please don't let me do this. please, make me fall asleep right now so i won't fall. Hashem please help me stay pure and Kadosh for You, so i can serve you better.

i daven and daven until i fall asleep.

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Re: struggle continues

Posted by StrugglingGuy - 27 Sep 2010 21:35

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You are 100% right. Sometimes I daven but maybe not enough. Sometimes I dont want to daven, I just want the pleasure.

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Re: struggle continues

Posted by desperate\_teddybear - 27 Sep 2010 21:38

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so say exactly that before you fall. say 'i know i should daven now but i just want to do this i don't want to think about right or wrong.'

the point is to acknowledge what you are about to do before you do it, clearly and verbally, and w/ Hashem in the picture.

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Re: struggle continues

Posted by kutan - 27 Sep 2010 23:05

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[StrugglingGuy wrote on 27 Sep 2010 21:35:](#)

You are 100% right. Sometimes I daven but maybe not enough. Sometimes I dont want to daven, I just want the pleasure.

That is beautifully honest!

A trick the YH has been trying to hide... He desperately tries to hide this one...

your falls can lead to your aliya....

Yup!

learn to focus and remember what it is like to fall. How you feel... AFTERWARD.

like two cents, and that's after being adjusted for inflation.

Learn to keep that feeling... and let it propel you to REALLY **want** to be clean.

Just a thought...

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Re: struggle continues

Posted by worthless - 28 Sep 2010 02:02

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Thank you for this discussion. So many times I have fallen while lying in bed trying to go to sleep. I don't have a solution at all. However I find by guarding my eyes, staying away from all media that might have tempting things on it, and going on this forum every night it seems to help so far. I know I must do the steps properly to get true progress. Hopefully I'll get there. Keep Fighting. I read in R Shalom Arush Bsdei yair that when you clarify some problem you can solve it better. Know well from someone who has over 30 years of this madness that it destroys your brain, destroys your marriage, destroys your ability to properly deal with the world so fight it with all your heart. Your little pleasure will eat you up.

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Re: struggle continues

Posted by kutan - 28 Sep 2010 03:01

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[worthless wrote on 28 Sep 2010 02:02:](#)

Know well from someone who has over 30 years of this madness that it destroys your brain, destroys your marriage, destroys your ability to properly deal with the world so fight it with all your heart. Your little pleasure will eat you up.

Oy... sorry.

Its never too late! Dov is a living example... all the nuttiness he was put through by Hashem was actually for all our benefit... helps him teach the world.

Soon you will be a 12 step Rebbi on GYE (guard has a big advertising campaign in the works, and we will need to absorb 100's of people and help them), and it will only be because of your difficulties that you will be so matzliach in helping people.

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Re: struggle continues

Posted by worthless - 28 Sep 2010 04:26

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I was just trying to make the point that our yetsah horah convinces us that what we do isn't so bad .As stated on a program on the web site.We'd never eat a ham sandwich,has v shalom or be mechalel shabbos-so we just don't fully respect how bad it is and people normally who know won't go around talking about it.I once went ot an ivy league school .I had my share of difficulties but it is funny that you can trace the begunnangs if my difficulties in facinf life with my increase un masturbation.I now know I was so out of touch with my feelings it was laughable if it wasn't so sad.However it led me to yiddishkeit so baruch hashem.Know ell that this is a silent and hiddden killer .It works slowly inside of you till there is nothing left of you .

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Re: struggle continues

Posted by kutan - 28 Sep 2010 16:01

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Point well taken!

THanks!

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Re: struggle continues

Posted by StrugglingGuy - 05 Oct 2010 17:34

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Thanks everyone.

I am not sure where I am right now though. I had (what I thought was) a very good simchas torah in a small community bringing simcha, etc.

My problem was last night. I didnt get to sleep early enough, which led to waking up really late. Staying in bed is a huge nisayon for me and I went back to sleep. I missed seder. You know what happened next...

I have asked Hashem to remove my lust many many times but it seems that whenever the yetzer hara steps up, I do not and I fall. I dont know if I am actually winning battles (as of know i have an avg of mstrbtng once every 5 days)- **or if the YH just has me on a set cycle**. If it is the latter, I have big issues.

I have meeting in a few hours with a new counselor here at school. I am not sure what we will talk about. I didnt feel bad about anything I did today- this is my problem for today at least.

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Re: struggle continues

Posted by worthless - 06 Oct 2010 03:10

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do you try some of the things mentioned in the gye handbook .Since reading it I have changed the way I go about my day in the following ways.I know this may seem radical to you but after about 48 years of shame I felt I was due for radical.If you get stasrted early It will help you so much earlier.

1)Remove glasses in all public situations(even when I am driving

2)avoicd walking behind women and always be aware to avoic seeing them as much as possible.

3) No more watching movies ,basketball or fooball as there are always some spicey women

4)no more looking at regular magazines,newspapers or radioas they all sometimes will play up the sexual aspect

5Because of my diet I do not take any caffeine,or alchohol ,both I think might stimulate you in the wrong direction.

6)try to get out of the bubble -go on the forum find people to calll that you can be comfortable about these things(eg from gye)

theses things are doing preety good for me maybe they will help you

worth something

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Re: struggle continues

Posted by StrugglingGuy - 06 Oct 2010 20:49

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thanks worth. ill consider your words.

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Re: struggle continues

Posted by StrugglingGuy - 06 Oct 2010 20:57

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Had a very productove meeting yesterday with my new counselor at school. He seems to really understand my issues. We seem to both be analytical thinkers so we philosophized a lot about my struggles: how much progress have I made? Do I consider myself an addict? What is the best way to approach this problem? etc etc.

Only With Hashem's help I will move forward even though I may not see that I am actually moving.

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