

brand new here...

Posted by regularbachur - 04 May 2011 18:52

Hey everyone! I feel like everyone on this site is my new family! I came across this site completely by mistake a couple weeks ago, and just yesterday gathered up the courage to register and get a little involved. Lemme back up a little bit. I'm a 22 yr old yeshiva bachur, went to and still go to top mainstream yeshivas. I've struggled with masturbation for many years, I think since 9th grade. In high school, there was never really any available internet for me, so I got my hands on a magazine here and there, but the porn aspect wasn't TOO bad. Once I left high school, I went away to yeshiva, and in Eretz Yisrael, I grew tremendously in my spirituality. The masturbation, however, for the most part continued. Granted, I was angry at myself for it, and there were times that I fought, sometimes being successful for a few weeks at a time, but ultimately always fell again. And once you fall, it's back to square one. The porn also got worse, because I discovered my grandmother has unfiltered internet, so I went over often during bein hazmanim to "do work." I went back to E"Y for yeshiva, and got another short streak or two, but continued. I recently came back to america for yeshiva, to start dating, and for a while it was good. I told myself I can't masturbate while I'm dating, it'll kill my marriage. After I broke up with the first girl, which went for a while, I felt like I hadn't fallen in a long time. I had a phone with internet, enough said. I've been very down the last few weeks, telling myself I'm not good enough to get married if I can't control myself-meanwhile, I really really wanna get married! With complete siyata dishmaya, I came across this site a week or two ago. I ignored it, as it just made me feel guilty. As it happens, a few days ago, I randomly walked into a seforim store and they were playing a shiur from R' yosef viener about internet addiction. I got inspired and said, that's it I must stop masturbating! Yesterday I was completely clean. Today is day #2! I'm really hoping I'm done, once and for all!

=====

=====

Re: brand new here...

Posted by laagvokeles - 10 May 2011 20:07

muz men zogen since u quote moshiach tanya and simcha that u are from chabad ;D ;D

=====

=====

Re: brand new here...

Posted by Kedusha - 10 May 2011 20:13

My opinion:

Women and men should not be interacting unnecessarily, and when they must interact, it should be in a respectful but reserved manner.

This young lady wanted to do the Mitzvah of giving Tzedakah. However, that created the need for her to interact with SS, and then she felt obligated to smile at him, which is not acting "reserved." I think it would have been a greater Zechus to give the Tzedakah under circumstances that did not have such downside.

=====

Re: brand new here...

Posted by heuni memass - 10 May 2011 20:18

Kedusha is always around when we need Kedusha!

=====

Re: brand new here...

Posted by laagvokeles - 10 May 2011 20:20

kedusha wrote : I think it would have been a greater Zechus to give the Tzedakah under circumstances that did not have such downside"

100%

(she is also a am haaretz cause no need for pushka..... but probably she knows how to bake and cook, so its fine...)

=====

Re: brand new here...

Posted by Serene smile - 10 May 2011 20:31

Anyway guys, it's ok now, she's away & I'm enjoying reading these posts. Here is one Torah which helps me every moment of my life.. "The mishna says "any fish with scales has fins". (On the flip side, a fish with fins might not have scales). 'Fins' indicate the positive mitvas: 'action related' activities we do as we navigate through the day (like having fins to get us around). Scales are a 'protective shield' on a fish, similar to our 365 lo ta'aseh which we protect ourselves from. Internally we also make a 'protective shield' against activities contrary to the Torah. We may indeed become 'BIG PEOPLE' in the world; DOING a lot because of our fins which get us around... But With no 'scales' of protection however, we are immediately lured into the deadly habits of the world foreign to a yiddishe neshoma: We're not kosher, like a whale or dolphin that has ONLY fins but no scales (like Maddoff or ex-gov Spritzer: Jews with lots of 'fins' and accomplishments but with no 'scales' of protection against the lo sa'aseh). Our holy Mishna tells us clearly in TORAS EMES: "EVERY FISH WITH SCALES HAS FINS!". Every time we avoid looking where we shouldn't look, and avoid thinking even 1 less machshava zara (i.e. we use our 'scales' of protection), EVEN IF THE PAIN IS SO GREAT BY NOT LOOKING, we automatically are growing (with our ruchnius 'fins') closer to Hashem. We won't see 'how', and we don't need to know 'how', but Torah paskens that by 'staying away', we automatically are growing. Torah defines reality and paskens so.

We automatically have both fins AND scales, which makes us 'kosher'. We may feel ONLY PAIN by not looking at the 'triggers' at first, and we may not understand how, but we automatically are growing.

We make the scales, then automatically we get fins! Wow! What a blessed system Hashem has made for us!

Soon too, habit becomes second nature and the pain which dominated at first becomes basically batul B'miut as we learn to see Hashem through the pain, which is transformed into great, great simcha as we can even share about our victories with dear beloved friends.

Hope this is not too long, but I live with this every day.

=====
=====

Re: brand new here...

Posted by Serene smile - 10 May 2011 20:38

And "muz men zogen since u quote moshiach tanya and simcha that u are from chabad ;D ;D
"... U made me smile :-D

=====
=====

Re: brand new here...

Posted by laagvokeles - 10 May 2011 20:58

ill do it again if i can

=====
=====

Re: brand new here...

Posted by regularbachur - 10 May 2011 21:22

I think we can all use a smile once in a while :-)

=====
=====

Re: brand new here...

Posted by Serene smile - 10 May 2011 23:38

I try for once every minute or so (at least in my head for sure)... So far so good :-)

=====
=====

Re: brand new here...

Posted by regularbachur - 11 May 2011 04:23

In that case..... :-)

=====

Re: brand new here...

Posted by Yosef Hatzadik - 11 May 2011 15:30

=====

Re: brand new here...

Posted by Serene smile - 11 May 2011 16:46

Oh, and "Keeping away from negativity" also (and mainly) means keeping away from self doubting, self destructive and depressing thoughts too. And again, the result will be the same: great spiritual growth! (I make light jokes w/friends very often, learn a lot, and think the best of everyone in my life. We're all doing the best we can with what we have. Whatever we think about someone else, we automatically connect it to ourselves... Seeing others as essentially good makes my own mind a comfortable place to be (most of the time :-))

=====

Re: brand new here...

Posted by alexeliezer - 11 May 2011 18:27

RegularBachur: Trigger #1 is certainly more common (and more insidious). I work around many very attractive young women who dress by American professional standards (far from tznius, but not quite trigger #2). This requires constant vigilance and great mental energy. However, it is still much less of a battle than when I indulged in endless compulsive looking and then had to deal with the much stronger battle against the thoughts which followed, and stayed, and tormented me.

When I'm out of the house, I try as much as possible not to look at people at all, unless I must

interact with them. This is a constant struggle, it's natural to look, just out of curiosity. If I'm walking down the street, I'll look up at the last second to an oncoming woman and say hello, so as not to be rude. The less I look around, the less likely I am to confront trigger #2. If she's a bona fide trigger #2 (as assessed from afar), I probably won't look up and say hello.

Another upside of not looking at people too much -- I can appreciate the beauty of nature so much more, which is connecting to the Boreh.

SS: Thanks for the dvar Torah

=====

Re: brand new here...

Posted by Yosef Hatzadik - 11 May 2011 18:41

[alexeliezer wrote on 09 May 2011 19:50:](#)

For trigger #2 I tell myself that it is the Satan in disguise. She's certainly at least his sh'liach.

[ben durdayah wrote on 09 May 2011 20:11:](#)

I doubt that **she** thinks of herself that way.

As bad as some females act or dress, very often on the inside they are downright wholesome. This goes for Yiddishe Techter and LeHavdil those that are not.

Not that this makes things easier if you can't relate to them in that way.

But if you realize that your lust is the problem, then even though we all should avoid triggers of all sorts like the plague -there's no reason to classify people who dress the way they think is appropriate as the Satan's shliach.

Sorry, it just doesn't wash.

E

As good as she may be (or *may not* be), isn't it *Maasei Satan* that put her here, in my field of vision?

=====

=====