

hello

Posted by helpme! - 21 Sep 2011 08:31

sigh...sigh....nu....nu....if only

I started masturbating when i was 8 years old. i went to a so called orthodox jewish day school were we learnt at age 10 that it was normal. The way i found out it was assur was when a goy told me at the age of 16 that he heard from a rabbi that it is assur. from that point on, i have been on a constant inner battle with myself.

Today i am 25, so-to-speak religious (im actually a "chasidshe rabbi" with a black hat jacket and beard), married with children. I seem to always fall back into the pornography, especially when my wife isnt around. Today, my wife had to leave early to work and i was supposed to give a shiur in a yeshiva. Instead, after she left home i went on the internet and fell twice, one after the other. this is it. i have to change myself. Last time my wife went to work early the same thing happened! And i promised myself that this is never going to happen again! But i keep falling and keep promising myself but nothing seems to ever work!!! I have to find another way, and i hope this is it.

I tried to start up my own 90-day chart but im not revieving the confirmation email so im just getting more and more and more frustrated....i feel like the whole day has been one big waste

One thing is for sure, we are filtering the internet TODAY (g-d willing)

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Re: hello

Posted by Gevura Shebyesod - 31 Oct 2011 23:47

WTG!!!!!!

Keep On Trucking!!!!

And get that filter, a computer without a filter is like a truck without brakes.

Gevura!

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Re: hello

Posted by alexeliezer - 01 Nov 2011 17:28

HAPPY 40th!!

No reason to ever go back. Just remember, one day at a time.

Likin' your success!

Alex

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Re: hello

Posted by Hashem Yaasfeni - 01 Nov 2011 20:04

[Me3 wrote on 04 Oct 2011 14:16:](#)

Completely unrelated regarding the story you brought down I remember seeing that a mikre layla on Yom Kippur (where it was not brought on by improper thoughts) is actually a good siman.

Ha ha was that a joke !!! good siman...???!!

Ahem....., but seriously..... no question I do believe that first the YH tries to get us to fail/ fall and then uses that failure as an excuse to make us depressed, fail again, into a vicious cycle.... so just forget about it and move on. Now i get the KOT !!!!

I have to agree as well what a treasure this site is !! I sooo regret not having found it before....years ago I would be a happy man today...or happier. I am happy now...

Shalom my dear brothers...love you all

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Re: hello

Posted by Gevura Shebyesod - 01 Nov 2011 20:15

See Mishne Brura Siman Tof-Reish-Tes-Vov (615) Se'if Beis and what he writes on the bottom.

Here's a link to see it online:

<http://www.hebrewbooks.org/pdfpager.aspx?req=14166&st=&pgnum=158&hilite=>

And yes, Atzvus is one of the YH's most potent weapons!

Gevura!

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Re: hello

Posted by bardichev - 01 Nov 2011 20:18

simcha is the secret

learn torah with simcha!!!!!!!!!!

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Re: hello

Posted by gibbor120 - 01 Nov 2011 20:21

Keri on YK is a good or bad siman depending if you make it through the year, i think. I once saw (in piskei teshuvos) that this is ONLY if no improper histaklus or hirhurim caused it. Today, we can assume it came from one of those and the whole thing would not apply. I beleive he said even if the histaklus and hirhurim were a couple of weeks ago.

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Re: hello

Posted by Gevura Shebyesod - 01 Nov 2011 20:34

[gibbor120 wrote on 01 Nov 2011 20:21:](#)

Keri on YK is a good or bad siman depending if you make it through the year, i think. I once saw (in piskei teshuvos) that this is ONLY if no improper histaklus or hirhurim caused it. Today, we can assume it came from one of those and the whole thing would not apply. I beleive he said even if the histaklus and hirhurim were a couple of weeks ago.

See the Mishne Brura I linked above.

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Re: hello

Posted by helpme! - 07 Nov 2011 18:38

I heard that the whole thing about it being a good siman is only for a person who is completely above that whole inyan

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Re: hello

Posted by helpme! - 07 Nov 2011 18:50

ok.....on thursday night i fell again because of youtube (something 'holy' had brought me to youtube and for some reason a so-called 'related video' ruined by track...

but i finally got k9 filter today...the filter gabbai has my code.

I have a question.

i feel so connected to this inyan that i dont feel there is anything wrong with it. i mean i know its wrong in a makif-dike way but i feel like i want to keep going c'v but still be a chasidishe yid, etc, etc. its like the famous statement that once you do a sin more than once it already becomes for you like a heter. there are times, obviously, were i feel that i dont want to do this but there are times when i feel like i want to eg now that we got the k9 i spent about 30 minutes entering all different websites to see if perhaps, just perhaps they left something out by accident. :-[then, of sometimes i dont feel that the lust is an inner yetzer horo attacking me. sometimes i feel like the lust is ME. And its just annoying that one of the commandments is not to do zero levatalo. VERY ANNOYING. i know what im writing sounds funny and childish, even when i look at it i think to myself 'what kind of idiot is writing this???' but whatever thats the way i feel about it. sometimes. how do i stop? how do i feel that this is a yetzer horo and NOT ME even at the time of a nisayon. i mean its not just like one nisayon and thats it. its an ongoing nisayon until who knows when. and its almost as if i have to fight against me.

welll, i happen to be thinking outloud and i think i have a counterargument against myself...: thats avodas hashem. its a war against ourselves. so HASHEM should win and we should lose, like it says in Tanya. And then we reveal that our TRUE inner selves which is HIDDEN by what

we feel as ME has only one ratzon: to do what hashem wants!

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Re: hello

Posted by gibbor120 - 07 Nov 2011 19:18

Have you had enough? Are you ready for recovery? Check out the Dov Quotes link in my signiture. Hatzlacha!

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Re: hello

Posted by alexeliezer - 07 Nov 2011 20:00

[helpme! wrote on 07 Nov 2011 18:50:](#)

how do i feel that this is a yetzer horo and NOT ME even at the time of a nisayon. i mean its not just like one nisayon and thats it. its an ongoing nisayon until who knows when. and its almost as if i have to fight against me.

Don't feel, just do. Guard your eyes, guard your mind. We're all numb from the aveira. We just have to do this because we know it's destroying us.

Don't fight. Turn your lust over to Hashem. Turn the fight over to Hashem. Daven a lot.

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Re: hello

Posted by obormottel - 07 Nov 2011 20:28

[helpme! wrote on 07 Nov 2011 18:50:](#)

sometimes i feel like the lust is ME. And its just annoying that one of the commandments is not to do zero levatalo. VERY ANNOYING. i know what im writing sounds funny and childish,

That's not funny, but it is extremely immature and childish, which is exactly why I used to feel the way you're describing: but I wannaaaaaaa look, it's not faaaaaaaair, it's annoying, I'm having such a good time, and some stupid commendment has to ruin it for me.

I guess the only answer to that is, like Gibbor put it, have you had enough? Are you ready to grow up? Or do you need to waste many more years of your life, worshipping body parts and ejaculating on your lap? No one can make this choice for you, but help is available. With G-d's help, you will grow up.

Hatzlocho.

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Re: hello

Posted by helpme! - 09 Nov 2011 09:21

fell again. i hate being smart sometimes. i found something that the k9 doesnt pick up. at not stam it was after a whole technical way of accessing a certain website. i think im crazy.

i just heard the audio clip about the telescope, it explains me completely... :-[. what a day. the worst thing is that it takes away from my time! i have wasted 3 hours (including an hour after the incident looking at the website and feeling sorry for myself).

Maybe i need to join a 12-step program or speak on the phone with a therapist. the thing is right now ive lost so much time today now its just absoultey crazy....i cant believe how much i still have to do and its already 12pm! now im starting my day! :-[:-[:-[:-[:-[:-[

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