

I'm new and need help

Posted by spjab3 - 09 Mar 2012 06:21

I have a problem. For the past three years I have stumbled here and there on the internet. I thought that after I would go to eretz yisroel things would change but unfortunately I don't have the will power to fight through it. I have succeeded in fighting off the yetzer harah a few times but it eventually it gets me. I have installed a filter and am hoping on making some progress to control myself.

Besides having a filter does anyone have any advice on how to build up the self-control to stay away from the shmutz on the internet and how to control one's self when certain things walk around in the streets. (especially in the summer time)?

Thank you and I really hope this will help me become a better eved Hashem.

=====

=====

Re: I'm new and need help

Posted by the.guard - 09 Mar 2012 14:37

You've come to the right place. Please see our "[First Time Here](#)" page for 10 initial suggestions to help you get started on your journey to a NEW YOU.

=====

=====

Re: I'm new and need help

Posted by gibbor120 - 09 Mar 2012 16:09

WELCOME torahyid! Yes, read the handbooks and stick around. I particularly like dov's stuff which you can find in the dov "quotes" link in my signature. You are in the right place, stick around! We're here to help one another.

=====

=====

Re: I'm new and need help

Posted by ezra ashbourne - 10 Mar 2012 21:44

Hi TorahYid,

i am also very new here. from experience, moving country, even to eretz yisroel, doesn't always help. it's like moving the mess from one side of the room to the other.

being here really helps me i can feel the support of everybody here in the forum.

i think that the mere fact that we struggle and don't give up is a great thing in H' eyes.

Good luck- we are with you, brother!

Ezra

=====

Re: I'm new and need help

Posted by mechazek - 10 Mar 2012 22:52

welcome torah yid. I do not have any ideas for you, but keep on talking try to write out what you are thinking about and be honest. Hatzloachah

=====

Re: I'm new and need help

Posted by ontheedgeman - 11 Mar 2012 01:02

the answer is a riddle based on the way you stated your problem. Your problem is that you think this is about your self, and applying your self to overcome an issue of lack of willpower.

No one here has succeeded based on the self. There is no self, Ayn self, rak Ayn Sof.

Only a true connection with H" will solve your problem. That is the work. Now study.

=====

Re: I'm new and need help

Posted by alexeliezer - 11 Mar 2012 03:11

The first step is to be honest with yourself about the extent of your challenge.

You've "stumbled here and there." Is it getting worse? Have you tried to stop but can't? Are you also hooked on mast*? Inappropriate thoughts, fantasies?

Practical advice for "how to control one's self when certain things walk around in the streets (especially in the summer time)?" --

Feed it and it's hungry. Starve it and it's satisfied. The way to control your eyes in the summertime is to control them in the wintertime. Don't look at women. Period. Not their faces, their hair, their arms, their nails, or their sneakers. Not ugly ones and not pretty ones. Not live, not in the newspaper, not on the internet. Tznius or otherwise. Pinch yourself hard when you catch yourself looking.

The best way to stay away from shmutz on the internet is to stay off the internet altogether. The Y"H isn't going to tell you "Torahyid, go look at p**n." He's going to tell you to look at some benign site. Once you're comfortable and alone at the computer, he'll slide you right to where he wants you. So if you must get on, commit to using only a computer where someone else can see what you're doing. Otherwise know you're in trouble from the moment you sit down. Be honest with yourself. If you can't fight it, then you're only hope is to *avoid it entirely*.

But if it's more than here and there, if it's a growing pattern, then you may be addicted. For that you'll need a recovery plan, which requires a bit more work. It's well worth it though. Living in active addiction isn't living. But you can reclaim your life, your mind, your sanity. That's where I am.

Welcome!

Alex

=====

=====

Re: I'm new and need help

Posted by obormottel - 11 Mar 2012 06:26

Welcome, brother. Keeping my eyes under control has been and still is one of my hardest battles. It is also the most rewarding one.

Start with identifying your problem a little more specifically, and you will be able to find lots of tolls on this site to get well again.

Stick around.

=====

Re: I'm new and need help

Posted by Hashem Yaasfeni - 12 Mar 2012 21:16

IMHO after many years, the best way is to be busy with work make money, or if you are in yeshiva keep your free times busy. the biggest trouble is when we are bored and not busy... keep busy doing things, make money and learning. if you think making money is an aveiroh maybe its your yetzer Horah talking.

Better to make money than to pretend you can learn 24 hrs 7 and be falling into the pits....

Torah Im melacha !!

=====