

Where am I standing in this world??

Posted by arlu164 - 09 Oct 2012 21:28

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Hi GYE community,

I'm not the kind of open person who usually talks/writes about my personal life and never mind about such personal issues.

I'm a frum Chasidishe Yingerman, happily married with 2 kids, who is Kovea Itim Batorah of about 3h a day. I don't really have an issue when going on the street... But somehow my Yetzer Horah always gets me! I manage to keep clean for just about 2-3 weeks then somehow get lost on the Internet..., either by finding new ways to get past k9 filter or with a new Smartphone... he

My question to you guys is: Am I addicted or do I just have to face the Yeitzer Hoarh??

I feel this is my major Nisayon in life, which really puts me in doubt "Where am I standing in this world?!" halevei I could just get rid of it!! Now that I have found you all, I hope to change forever.

Looking forward hearing from someone who has been/is in a similar position to mine.

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Re: Where am I standing in this world??

Posted by Machshovo Tova - 11 Oct 2012 16:31

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[dov wrote on 11 Oct 2012 16:14:](#)

just always finds new ways... and then it goes all the way >

Aye caramba! Thanks so much, I'll correct it now...I hardly ever edit my posts, you are ruining my record. Ha! :'(

You are indeed a "Great Guy". As I once heard of a Yerushalmi that says: Some Tanna or

Amora once sent his disciple to another Tanna/Amora, with the following message: I am sending you a Gavra Rabba (= great guy). His gadlus is that he can say 'I don't know'.

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Re: Where am I standing in this world??

Posted by me3 - 11 Oct 2012 16:50

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[nederman wrote on 11 Oct 2012 16:24:](#)

P.S. I dont know where that Yerushalmi is located (

Why does it bother you if someone holds the view that powerless does not exist?

Why does it bother you if someone holds the view that powerless does exist?

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Re: Where am I standing in this world??

Posted by arlu164 - 12 Oct 2012 13:45

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Guys, I'm back and thanks for all your comments!!

However reading those lines isn't really answering my question. So to rephrase:

As you all know step number one is: to admit the problem. Am I addicted?? Is it "just" a Yetzer

Hora??

I don't watch \*\*\*\* to get away from stress, pressure... neither do I look at it often, but somehow the Yetzer Hora just always finds a loop hole to bring me down ? and then I really tumble down, that is what's bothering me!

So how do I get out of it?

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Re: Where am I standing in this world??

Posted by Machshovo Tova - 12 Oct 2012 14:03

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A simple logical approach would be to study the GYE handbook which is geared to dealing with different levels of severity in these issues. Start with level one. If - after really working on it for a while - you do not see improvement, try level two. And so on, until you find your place. But you need to give it all you got. If you will look for loopholes and excuses, you'll surely find them. As Chazal teach us (Yoma 38b): If one seeks to defile himself, the doors will be opened for him. If one seeks to purify himself, he will be assisted.

We daven for your success, but as Chazal teach us (see Rashi Breishis 21:17), the afflicted person's tefilla is better and will be answered more promptly.

Hatzlacha rabbah - and remember, Rome was not built overnight. Recovery is a process. The main thing is that you should be heading in the right direction.

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Re: Where am I standing in this world??

Posted by Dov - 12 Oct 2012 17:56

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Amen to that!

Not being normal, it's hard for me to give you reliable advice about your struggle. But I have seen so much success among the people who follow the advice of Rav Tzvi-Elimelech of Lizhensk in his tzet'l koton, (#13). He writes there (and he is not even speaking to addicts!) to find a close, trusted friend, and to reveal openly and *without holding anything back* (those are his own words I am translating) all the stupid and goofy lust, resentment, jealousy, and self-centeredly-fearful thoughts that plague me today. And to consistently *maintain* that relationship so that I do not see this business as 'vanquishing the y"h' and 'graduating' - but as practicing real, clean living with the help of Hashem and His servants.

Remember: having hirhurim is not an issur. That's natural. It is harboring them that is an issur, and that causes trouble for us, spiritually and physically.

Does that help?

Hatzlocha!

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Re: Where am I standing in this world??  
Posted by Dov - 30 Nov 2012 18:53

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[arlu164 wrote on 12 Oct 2012 13:45:](#)

Guys, I'm back and thanks for all your comments!!

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As you all know step number one is: to admit the problem. Am I addicted?? Is it "just" a Yetzer Hora??

I don't watch \*\*\*\* to get away from stress, pressure... neither do I look at it often, but somehow the Yetzer Hora just always finds a loop hole to bring me down ? and then I really tumble down, that is what's bothering me!

So how do I get out of it?

When you say "really tumble down," do you mean you look at a lot of porn, or very bad porn, or do you mean that you masturbate yourself, or that you use a prostitute? Or do you mean something else?

It will help if you get clearer here, chaver.

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