

Just joined

Posted by Helpmrstop22 - 29 Apr 2014 01:52

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Hi!

I'm a yeshiva bochur that's been

Struggling for a bit with masturbation.

B'h pornography isn't a issue for me.

It's just the desire to masturbate.

Everytime I fall I just get so upset at myself.

I'm at the point of giving up. I just

Heard a pshat which didn't allow

Me to give up. It says that when the Jews

Left Egypt they were at the

Mem Tes (49 th) level of tumah

The question is it says that the Jews were involved

In all sorts of forbidden relationships and disgusting

Acts so what nun (50 th) level of tumah be like?

So I heard nun is yeiush when you give up.

I'm almost there I'm disgusted at myself and have been thinking for

A while now that I gotta join and start 90 clean days

I just started I hope god gives me the strength to pull through.

Thank you for having such a wonderful site

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Re: Just joined

Posted by unanumun - 29 Apr 2014 17:48

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Maybe investing in some interesting books to read to sleep. there are so many good books in all different styles in the Sefarim stores. they can be a good distraction. I often read until I fall asleep with the book open. (my phone has a flashlight app that goes off on it's own every so often, so once I fall asleep it just stays off)

as far as getting up in the morning, I truly wish i knew how to do that. I have been struggling with that for years. sometimes having something meaningful to get up for in the morning helps. but I can't figure out anything for that matter. I was thinking recently maybe we should open up a waking up on time forum and have a 90 day challenge for that as well as a way to discuss what works and doesn't like we do for these things

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Re: Just joined

Posted by TehillimZugger - 29 Apr 2014 17:49

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Yisgaber koari laamod baboker v'yikra kriyas shema baerev.

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Re: Just joined

Posted by Helpmrstop22 - 30 Apr 2014 00:08

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Thank you all!!

It's not so much the physical waking up I b'h have no issue with that. It's just that in the morning the taivah is so strong it's very hard to abstain.

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Re: Just joined

Posted by Helpmrstop22 - 30 Apr 2014 00:12

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I don't have any rebbe that I would feel close enough to talk to about these issues

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Re: Just joined

Posted by Machshovo Tova - 30 Apr 2014 00:53

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[Helpmrstop22 wrote:](#)

...My hardest times that I really need major siyata dishmaya is when I get into bed at night and getting out bed in the morning. I'm very scared of those 2 times. Any tips on those 2 specific times would be appreciated.

There's a special tefila that deals with these 2 specific times:

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It's your daily (or nightly) opportunity to petition your loving father for that extra siyata dishmaya.

As they say in the heilige 12 steps: "We admitted that we were powerless... We came to believe that a power greater than ourselves could restore us to sanity. We made a decision to turn our will and our lives over to the care of God as we

understood Him..."

Hatzlacha (and welcome!),

MT

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Re: Just joined

Posted by TehillimZugger - 30 Apr 2014 01:43

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MT?!

TWELVE STEPS?

MT?!

HEILIGE TWELVE STEPS?!

MOSHIACH! MOSHIACH!

IT'S ALL RIGHT, YOU CAN COME!!!

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Re: Just joined

Posted by kilochalu - 30 Apr 2014 02:06

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welcome

work on shma and really talk to Hashem when you say modeh ani

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Re: Just joined

Posted by Machshovo Tova - 30 Apr 2014 02:12

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[TehillimZugger wrote:](#)

MT?!

TWELVE STEPS?

MT?!

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HEILIGE TWELVE STEPS?!

...

I learned from our good friend Dov - he uses (lehavdil) Chazal/Mussar/Chassidus when it serves his purpose. As they say: "Az men darf dem goniff, nemt men em arup fin di tliya".

(Calm down - and don't expect to see me at your SA meeting - I wear a paper bag.)

MT

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Re: Just joined

Posted by SIB101854 - 30 Apr 2014 04:56

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Helpmrstop22 wrote:

"My hardest times that I really need major siyata dishmaya is when I get into bed at night and getting out bed in the morning. I'm very scared of those 2 times. Any tips on those 2 specific times would be appreciated."

I sleep on my back because of a medical issue. That was for me a very vulnerable position and a possible trigger, This is my seder for getting ready to sleep and getting up-which seems to be working so far- When I wake up, I go and wash negel vaser, say Birchos HaShachar, and get dressed. I close the door to the room where our computer is, and go and back dressed as quickly as possible, learn a little at home, go to a chavrusa and daven Shacharis. At night, after I tak a shower and get dressed as quickly as possible, I say Krias Shema, I get into into bed, and keep my hands on top of the blanket, say good night to my Eshes Chayil, and think of the Nusach of Shemoneh Esreh. I think that like in any other aspect of living a life committed to Torah, you have to have a seder-like in so many other aspects of Mitzvos and Avodas HaShem.

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Re: Just joined

Posted by dms1234 - 30 Apr 2014 06:19

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WELCOME!!!!

I also have problems at night. I sleep on my right side but honestly i always couldn't fall asleep so i fell. After awhile i just decided to choose not to fall. So Keep in there!!!!

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Re: Just joined

Posted by dd - 01 May 2014 11:25

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[Helpmrstop22 wrote:](#)

maybe learn with him the halacha sader you are planning.

a bit late but not to late WELCOME!!!

keep on posting and shtieging!!!

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Re: Just joined

Posted by shivisi - 01 May 2014 11:59

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[Helpmrstop22 wrote:](#)

[dd wrote:](#)

maybe learn with him the halacha sader you are planning.

**SHIVISI Responds:**

Reb Helpmrstop22- I would be more than happy to learn with you, either Halacha (of your choice) or any other topic that you prefer.

But if your interest is based on the assumption that I am a "Talmid Chochom" than I must say it would be a "mekach Tous".

If youre still interested you can email me at: [she.v.c26@gmail.com](mailto:she.v.c26@gmail.com)

Hatzlacha

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Re: Just joined

Posted by Helpmrstop22 - 01 May 2014 22:12

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This site is amazing!!

Going on day 3 today. Started yeshiva. So it's a little easier. But I'm always alert as the y'h has his ways

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Re: Just joined

Posted by gibbor120 - 02 May 2014 21:08

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Belated WELCOME! I've been out of the loop lately.

Is the rest of the day fine? Are you stressed, lonely, depressed? Or is it simply raw tayva?

Usually compulsive behavior has other factors besides tayva.

Have you checked out the tools on this site, the handbook etc, The part for newcomers. There's lots of good info there.

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