

Need Chizuk

Posted by koltorah3 - 20 Jul 2015 19:59

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i am 25 years old and married with a kid. I love my wife and would never want to hurt her. Since I was a teenager I struggled with pornography and always had fantasies of meeting a prostitute. From ages 21-23 I went like 5 times to a prostitute, never had sex just other stuff. It was a struggle with who I thought I really was. I was one of the best learners in my shiur, really tried to be a good eved Hashem and I even wanted to be a Rebbe. I thought I could beat this struggle to really meet my potential. My relationship with my father has been rocky. He was not exactly easy on me and fought with my mother a lot and this stressed me out. We still continue to have a rocky relationship.

After I got married things were good and I entered a Semicha program but my past straggles and desires came back to me. I have been on and off looking at porn the past 2 years and then today I was so stressed out from a issue with my father that today I went to a place, didn't have sex or anything but did stuff.

I feel very down and depressed. I want these struggles to be over already. I need a person to talk too and help me.

I don't want to give up my dream of becoming a Rebbe and being a role model but if this continues I know I can't. I want a helping hand , I need someone to tell me all is not lost and I can turn it around. Please help me. thank you

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Re: Need Chizuk

Posted by koltorah3 - 21 Jul 2015 11:09

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Yea I totally relate to your hesitation about going to a Rebbe but a true Rebbe would never be judgmental and would only want to help you become better

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Re: Need Chizuk

Posted by TalmidChaim - 21 Jul 2015 13:12

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Welcome! You have an impressive spiritual resume, for sure. And an obvious humility about yourself, which is only more impressive. You won't find better teachers for this issue than the

guys here. Don't hesitate to lean on us for anything, and remember, much of this about relinquishing your inclination to control this addiction.

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Re: Need Chizuk

Posted by lamplighter - 21 Jul 2015 13:29

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hey welcome to you!

i just want to share a vort i read in the handbook that really touched me.

"The Lechevitcher Rebbe (a student of R' Shlomo of Karlin) once went as far as to say that even if a person just killed someone and the knife is still dripping with blood, and he feels unable to stand up and daven Mincha (the afternoon service) with all his strength and heart, then he has not yet tasted from the waters of Chassidus!"

dont worry about the past the iker is what is in front of you , thinking about it will only make it worse.

read articles here and there you will see how helpful it is!

i personally grew a lot by reading stuff in here!

never give up!!!!!!

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Re: Need Chizuk

Posted by AlexEliezer - 21 Jul 2015 13:36

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Welcome KT3!

Your intro post is beautiful.

This stuff is different than a stam yetzer horah.

For many of us it's an addiction.

The approach is different.

Fighting doesn't work for most of us. At least not head-on fighting.

What works is avoidance and surrender.

Avoidance means we refuse to take that first look, or entertain that first thought.

How to not entertain a thought? That's where surrender comes in.

These thoughts are precious to us. They are our precious drug -- lust.

But we can surrender the thoughts and the accompanying lust to Hashem.

How? By saying it:

RBS"O, I am powerless over lust and my life has become unmanageable.

Only You can restore me to sanity.

I turn my life and my lust over to Your care and ask You

to please heal me from this illness of lust. Take my lust.

I don't want to lust.

I only want You and a relationship with You, Your Torah, and an appropriate, loving, giving relationship with my aishes chayil.

Please take my lust.

Thought came back? Say it again and again. Mean it.

It's also very helpful (critical really) not to look at women.

Much hatzlocha!

Alex

[RBS"O = Ribbono Shel Olam]

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Re: Need Chizuk

Posted by gibbor120 - 21 Jul 2015 17:35

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[abd297 wrote:](#)

I am scared of opening up to my rebbi because of the strong persona that I have built up. I don't want to jeopardize that relationship and ruin my reputation or even my life as I know it. Thanks to the forums and the great members of GYE, I am hoping to open up to my rebbi at the start of this coming year.

According to GYE minhag I hereby quote myself:

[guardyoureyes.com/forum/19-Introduce-Yourself/129022-Shalom-Aleichem#129596](http://guardyoureyes.com/forum/19-Introduce-Yourself/129022-Shalom-Aleichem#129596)

[gibbor120 wrote:](#)

As a perfectionist, I need to learn to "let go". "let" Hashem be in control and not feel that I need to micromanage my life. There is someone in the driver's seat and it's not me. When I try to grab the wheel, the car veers off the road, and all sorts of bad things start to happen. I need to believe that I am precious to Hashem no matter what - he loves me unconditionally. I need to be comfortable in my own skin.

One major way of accomplishing this is to open up to real friends and tell them about my weaknesses. Deep down I don't think people will like me if they know about my shortcomings. It's not true though. I try to portray a 'perfect' **image**, but I am so much happier when I can accept my 'imperfect' **reality**. Seeing that others can accept my imperfect self helps a ton!

I may have heard this from Dr Sorotzkin beshem a gadol, that in order for a person to be a great Jew, he must first be happy to just be a regular Jew.

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Hatzlacha Rabba! Have a *great* Shabbos! (first be happy to have a *good* Shabbos

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Re: Need Chizuk

Posted by gibbor120 - 21 Jul 2015 17:37

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Here's another self-quote from long ago: [guardyoureyes.com/forum/4-On-the-Way-to-90-Days/132169-Re-Home-of-Gibbor120#132169](http://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/132169-Re-Home-of-Gibbor120#132169)

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Re: Need Chizuk

Posted by abd297 - 22 Jul 2015 00:10

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Thank you again, gibbor. You are spot on about my perfectionism issues. I have been struggling with them for a while and they are really holding me back. Thanks for the chizuk.

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Re: Need Chizuk

Posted by dd - 22 Jul 2015 07:30

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Welcome Koltorah3!!!

What a beautiful first post and continuing thread.

I don't have much to add to what my dear friends already posted.

Just wanted to wish you Hatzlacha Rabba!!!

Remember to Keep On Posting!!!!

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Re: Need Chizuk

Posted by gibbor120 - 24 Jul 2015 19:22

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[abd297 wrote:](#)

Thank you again, gibbor. You are spot on about my perfectionism issues. I have been struggling with them for a while and they are really holding me back. Thanks for the chizuk. Have you checked out Dr. Sorotzkin? I have a link in my signature.

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