

**HELP ME**

Posted by Fb2016fbt - 26 Feb 2016 05:48

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Hey I'm 23 and I was suggested writing my own thread and then that would help me get my self out of the wreck that I am!!!

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Re: HELP ME

Posted by cordnoy - 04 Mar 2016 22:24

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The bochurim from my (litvishe) yeshiva would stay out of the badeken.

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Re: HELP ME

Posted by Fb2016fbt - 06 Mar 2016 02:00

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The Gemara says that the women had a balcony by the simchos beis hashoeva The sifsei Chaim actually has a big shtickle on this how the whole point was kedusha and tahara by the simchos beis

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Re: HELP ME

Posted by Fb2016fbt - 06 Mar 2016 03:16

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Today was clean day number 3 for me. I really feel good about it and from reading other people's forums and thinking of one day having a family and if I would act to whatever level, how that could potentially ruin everything. So the next step is I guess retaining this chizuk? I don't know if it's healthy to be primarily turned off from porn only bec of the future repercussions, or do I need a more balanced approach of why it's b'etzem bad for me-besides the issur aspect bec that hasn't stopped me all these yrs.

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Re: HELP ME

Posted by markz - 06 Mar 2016 03:51

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Please read the 100 day success stories (see the "Free Towing" page) and see what tools have worked

Pls me know if you find anyone that sufficed with chizuk and hashkafa

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Re: HELP ME

Posted by BenTorah.BaalHabayis - 06 Mar 2016 04:04

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[Fb2016fbt wrote on 06 Mar 2016 03:16:](#)

Today was clean day number 3 for me. I really feel good about it and from reading other people's forums and thinking of one day having a family and if I would act to whatever level, how that could potentially ruin everything. So the next step is I guess retaining this chizuk? I don't know if it's healthy to be primarily turned off from porn only bec of the future repercussions, or do I need a more balanced approach of why it's b'etzem bad for me-besides the issur aspect bec that hasn't stopped me all these yrs.

A late weclome, Fb2016fbt (not sure what this User Name is supposed to mean...)! Any attitude or perspective which will hold you back from acting out is wonderful, but of course some are more effective than others.

Along my journey I came to understand the concept of "lust" and that this is the underlying force which drives me to watch porn, so if I can work on not allowing the lust to build up I will have a much easier time staying away from porn. And Iv'e come to realize that not lusting has made my life so much more enjoyable, as the constant craving of something I know anyway I will only be able to get in my fantasies made my life miserable. And so, when I'm walking in the street and there are pretty women to stare at, rather than tell myself not to look because it's assur instead I tell myself that I don't want to look because I will feel so much more content without the constant craving of lust.

I hope this makes some sense to you. For me this has been life altering, and I wish I understood this when I was still in Yeshiva as I wasted some really precious years because of all this lust stuff.

I have talked about this idea a number of times in my thread:

<https://guardyoureyes.com/forum/4-On-the-Way-to-90-Days/271846-Ben-Torahs-90-day-journey-and-beyond>

And I also talked about my experience with attending weddings. I share your sentiments and actually stayed out of the badeikin at my cousin's wedding a few weeks ago. We had a discussion about this on my thread beginning on the bottom of page 2.

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Re: HELP ME

Posted by BenTorah.BaalHabayis - 06 Mar 2016 04:05

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[markz wrote on 03 Mar 2016 20:57:](#)

Ask BenTorah.BaalHabayis what he did at a recent wedding and what sensible guys here advised him

Thanks for the shoutout!

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Re: HELP ME

Posted by Fb2016fbt - 09 Mar 2016 04:04

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It's crazy bec up until today everything that u guys were saying we're tremendous chizuk and I mamash felt good and all the sudden lost myself today and ya know the rest....

i feel it's almost k'eelu I need to focus every single day on these chashuv ideas about why it's horrible and only then I will be matzliach. I even decided that I need to make a Seder out of learning about this inyan and I guess strengjng my resolve not to fall again. I wouldn't even call it taking off a Seder to learn about these things, it will help my entire day if I do it. It's like someone I know that taynahs that if u don't excersize it's bittul Torah bec it will help out ur entire day.

Mir is the ikkur avodah by me bec I'm gonna start shidduchim soon and I defense need to get this under control, or at least somewhat under control, before I need to run a family and am responsible for people besides myself.

Whg do u guys think? Any suggestions?

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Re: HELP ME

Posted by Fb2016fbt - 09 Mar 2016 04:09

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So I had to think of a username and I joint the most aproprate name would be to describe me. So on one hand I'm an ffb, but the way I've acting requires serious teshuva and that would make me into a bt, so the first letters of ffb and bt are fb, then its 2016, and then the remaining letters are fbt, so U get fb2016fbt

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Re: HELP ME

Posted by Yesod - 09 Mar 2016 04:12

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[Fb2016fbt wrote on 09 Mar 2016 04:09:](#)

So I had to think of a username and I joint the most aproprate name would be to describe me. So on one hand I'm an ffb, but the way I've acting requires serious teshuva and that would make me into a bt, so the first letters of ffb and bt are fb, then its 2016, and then the remaining letters are fbt, so U get fb2016fbt

Hey Pal, Falls Happen.

The intent is not to become perfect, it could happen again, but hopefully it will not, but keep at it, you are making progress. Remember, every bit of effort becomes permanent positive change, so keep on depositing.

GD Bless

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Re: HELP ME

Posted by markz - 09 Mar 2016 04:46

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BT From Birth I only wish you well, but for myself learning a lot of Mussar in this didn't help me much

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Re: HELP ME

Posted by Sasha 2 - 09 Mar 2016 08:56

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Keep it up, your doing great!

Its all on the road to recovery, the road isn't flat but has many hills but eventually you will reach your destination.

We all have had falls (actually more than once) but i found that all these falls proved to me that i am NOT in control, you cant imagine how many times I have said to myself that this time I will prove myself that I am in full control and i wont fall, but it happened again and again and again until i realized...

What I have realized from my own personal experiance is that it not the mussar or chizzuk that helped me because i'm not struggling with some sort of small middos problem. Rather I have a real issue and therefore have to deal with it properly.

We are all rooting for you!

Hatzlacha!!

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Re: HELP ME

Posted by Fb2016fbt - 22 Mar 2016 04:04

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I'm holding by day 10, this is big for me. I know to keep my guard up bec usually around nowish is when before I know it I get smacked in the face and fall before I realize it. Anyone have any tips they can throw out at me?

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Re: HELP ME

Posted by Sasha 2 - 22 Mar 2016 10:57

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10 days is big for anyone!!

I'm not sure what exactly causes your "smack in the face before you know it fall", By me its not so instant, so I try to stay away from those things which in the past caused me to fall.

check out these tips [here](#) I've found some of them helpful.

Just keep it going, *one day at a time*

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Re: HELP ME

Posted by markz - 22 Mar 2016 13:19

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[Fb2016fbt wrote:](#)

I'm holding by day 10, this is big for me. I know to keep my guard up bec usually around nowish is when before I know it I get smacked in the face and fall before I realize it. Anyone have any tips they can throw out at me?

10 days is great!!

How in the world did you get here??

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