

New comer

Posted by Shareiyosher25 - 22 Jun 2016 22:53

Hi I am new to GYI. I am a kollel guy with married with 2 kids. B"h me and my wife have a happy marriage and good schoolmates bayis. I am also considered one of the best guys in the kollel I learn in. I love to learn and attend shiurim. Yet I find when I'm stressed out or on nights my wife is away, she's a nurse I watch things I shouldn't. Not porn but things that aren't very appropriate as it gives me sort of a relaxing sensation and obviously my wife's not home making things hard. I've struggled with this for a couple of years now when I would feel stress as a way of releasing tension. Looking for advice

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Re: New comer

Posted by Karl Marx - 22 Jun 2016 23:35

Noch a Yungerman!!

We just need a ketzos to register and this place is gonna have a echte chalos

My real username is Markz, I had to change it just for this week for my schoolmates bayis.

SVKOT!!!

shteig veiter keep on trucking

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Re: New comer

Posted by Happy Guy - 23 Jun 2016 00:04

[Karl Marx wrote on 22 Jun 2016 23:35:](#)

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SVKOT!!!

shteig veiter keep on trucking

Um, wouldn't Groucho or Harpo have worked?

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Re: New comer

Posted by cordnoy - 23 Jun 2016 00:31

Welcome,

You should be able to find good stuff here.

B'hatzlachah

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Re: New comer

Posted by BenTorah.BaalHabayis - 23 Jun 2016 03:31

Welcome!

You've come to a good place. You are fortunate to have come to GYE when you're still at a relatively mild stage of involvement with inappropriate stuff. As you may know, the nature of these struggles is that overtime people no longer find the stuff they're involved with to be stimulating or providing them with the good feeling they're seeking. At that point they will often

push their limits a little bit, and slowly but surely what was once unthinkable becomes thinkable and more. So you definitely want to catch yourself now and not let it evolve.

There's no shame in coming on here as a Kollel Guy. (I'm a fellow half day Kollel Guy) These struggles can affect anyone. Just recently someone claiming to be a Mashgiach in a Yeshiva came on here. What you will learn is that you are not "bad" but simply a man who hasn't yet learned how to deal with what is otherwise a normal drive.

If you can tell us more about the particulars of your struggle people may be able to give you more specific advice.

For one, I would ask if you struggle with Shmiras Einayim in general or is it limited to surfing the Web when your wife is away? (You are under no obligation to answer me, of course.)

Hatzlacha and keep posting!

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Re: New comer

Posted by Shareiyosher25 - 23 Jun 2016 17:32

It's pretty much when my wife is a way or I'm going through a stressful time. Otherwise I think I'm just like everyother man who obviously has a sexy drive but can pretty much keep it under control and avoid looking at things I shouldn't be.....just one more note, although I'm learning in kollel I grew up in home with a television and had a nice amount of exposure(not porn).

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Re: New comer

Posted by gibbor120 - 24 Jun 2016 18:38

Welcome! A healthy outlet could help. A good book, excercise, call a friend. A good project around the house. Find something else that helps you relieve stress.

Stress and boredom are 2 very common triggers. Finding a good substitute should help.

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