

WILL SUCCEED BE

Posted by will Succeed Beh - 08 Dec 2016 18:59

Hi

Here is my story, I'm from a normal Heimishe Family, good loving parents,

When i was i young boy i came to notice that there is some differences in body between male & female, so i started fantasizing about revealing them, then i found some catalogues and devoured them to find some hints, that was basically it. Till one day when i was in Yeshiva Ketane i found a phone (a simple stupid phone) and i found that by browsing a bit i could find some interesting things..., didn't get to far then as the phone had a under 18 safeguard block, but enough to make me realise that with any phone with using a bit of your head you can find what you want, you just have to find your way around, after a few days my parents noticed it (from extra charges on the phone bill) they asked someone to speak to me and he did, but didnt help to much for my newfound ideas.

About a year later i found another phone this time it was a Blackberry and within a few minutes i was exposed to the worst pictures, that i didnt even dream that there is.

Afterwards i went of to Yeshiva Gedola in Israel, at first everything was ok, but slowly the old habits came back, but i didnt have a phone so it basically stayed in my mind, about 1 1/2 years into Yeshiva Gedola i started to masturbate till then interesting enough (B"H) i never did it!

Then one Bein Hazmanim when going back to Yeshiva i took with me a phone, in the Beginning i only played games with it, after that i bought a sim card and...

Then i got married to a beautiful nice young girl was extremely happy, i got settled and it seemed that everything was ok, but deep inside it still bubbled - it was never fixed.

Bout two years after my Chasuna i started again @ first just making sure to see some things by mistake (in a *kosher internet caffe*) then i got laptop for some work, i made sure to install a good filter. But then it started with movies, i got hooked up on an actor went on searching for more movies and in the same time i started to look for loopholes in the filter, sure enough i found some, i started to search for porn (which i can say was quite hard to find with a filter), after some time i took off the filter, started viewing porn and started masturbating 1st time since my Chasuna (2 1/2 ys), then started the cycle of putting back the filter - taking it off.....

Then i found GYE by an ad on the yeshiva world news site, i started of with the 90 days chart, it helped for a while, then fell back down tried again and fell again, till i realised i need something more,

So im starting Beh the TaPHSiC Method.

BE"H WE WILL SUCCEED

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Re: WILL SUCCEED BE

Posted by cordnoy - 19 Dec 2016 14:41

[will Succeed Beh wrote on 19 Dec 2016 13:54:](#)

[Singularity wrote on 19 Dec 2016 09:19:](#)

[will Succeed Beh wrote on 15 Dec 2016 19:04:](#)

[Singularity wrote on 15 Dec 2016 11:45:](#)

The 3-second rule is a good relieving factor. I haven't really achieved it myself. But it gives you 3 seconds if you happen to glance (NOT a heter to glance), but to look, APPRECIATE, then look away.

Appreciate? Yes, Hashem has put lots of natural beauty into this world. It's a Chessed. Just like a guy walking down a block of very fancy houses may admire the architecture and stunning design.

But when he craves the house for himself and will stop at nothing to get it, it becomes a bit dangerous.

Strong point,

Just there is a big difference between houses and women, Houses there is no problem looking on it and enjoying it (craving is - Lo Sachmod), But looking at a women a enjoying looking is a problem of - Lo Sosuru.

True. True....

Are male Gynaecologists being *oiver lo Sasuru*? Still don't understand how that can be allowed
>.>

If not (in an halachic sense), then we'll need to find the *geder* of the *issur. Sasuru...* a stronger *lashon* than *sis'Taklu*.

The *Geder* is quit clear, looking at a women is not forbidden (there is a *midas hachasidus* - **not** a *chasidishe minhag*), not to look at all, but the Isur Min Hatorah is to look & analyse or look for enjoyment.

Thats as far as i know, please correct me if incorrect!

Il generally do not get involved in such discussions, but when you pasken about lookin' at a woman, are you referrin' to one dressed or undressed? Are you referring to a livin' one?

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 19 Dec 2016 14:51

What i mean is looking as of seeing, not looking on purpose, when seeing an undressed women i think the first look isnt the problem, the 2nd look, the stare and the thoughts after is.

Again i am not a *Posek* and do not pretend to be. if anyone knows different ill be happy to hear!

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Re: WILL SUCCEED BE
Posted by cordnoy - 19 Dec 2016 14:56

[will Succeed Beh wrote on 19 Dec 2016 14:51:](#)

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Seems to me that's wrong.

Undressed..... The first look IS a problem. There might be cases where it was unavoidable, but one is forbidden to look in the first place.

Warning: Spoiler!

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 19 Dec 2016 15:01

[cordnoy wrote on 19 Dec 2016 14:56:](#)

[will Succeed Beh wrote on 19 Dec 2016 14:51:](#)

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Undressed..... The first look IS a problem. There might be cases where it was unavoidable, but one is forbidden to look in the first place.

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You are right, as Chazal say one should not go to a place where he could get to see inappropriate things.

But lets say you walk down the street and you see an a *Pritzoh Meriba al Haomed* have you sinned? you couldnt have known that she would apear!

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Re: WILL SUCCEED BE

Posted by cordnoy - 19 Dec 2016 15:04

[will Succeed Beh wrote on 19 Dec 2016 15:01:](#)

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You are right, as Chazal say one should not go to a place where he could get to see inappropriate things.

But lets say you walk down the street and you see an a *Pritzoh Meriba al Haomed* have you sinned? you couldnt have known that she would appear!

Please read what I wrote above.

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Re: WILL SUCCEED BE
Posted by Singularity - 19 Dec 2016 15:09

BEH: Depends on you. Does looking in an analytical, raw sense make you lust? I know it would for me. So I steer clear.

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 19 Dec 2016 15:21

It for sure depends on everyone's personal position.

But there is Raw hard Halocho as well. i once heard/saw a difference between Histakles and Reiyeh (???????\????) not sure what it was, and trying to work it out:flushed:, maybe i am mistaken!

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Re: WILL SUCCEED BE
Posted by YidFromMonsey - 19 Dec 2016 20:03

[HayomYom wrote on 15 Dec 2016 15:16:](#)

[Singularity wrote on 15 Dec 2016 11:45:](#)

[will Succeed Beh wrote on 15 Dec 2016 11:08:](#)

15 DAYS

?? ????

Half the CLEAN KISLEV Project! B"h

Mazeltov!!! I'm so proud of you. Keep shining!

I like that CLEAN KISLEV idea. Keep it up and you'll soon have a Lichtigeh Chanukah - ???????
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Heard of ODAAT, heard of OMAAT, heard of OSAAT, even heard OTAAT, never heard of

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Re: WILL SUCCEED BE
Posted by YidFromMonsey - 19 Dec 2016 20:22

[will Succeed Beh wrote on 19 Dec 2016 15:21:](#)

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But there is Raw hard Halocho as well. i once heard/saw a difference between Histakles and Reiyeh (???????\????) not sure what it was, and trying to work it out:flushed:, maybe i am mistaken!

I second that, ???? is many times unavoidable, by the time you know that you should not look you've already seen it, ??????? on the other hand is when you gaze at something and that usually is avoidable.

Once heard from a rav that what we say in krias shima ??? ??????... "?????" ???????, means that you shouldn't go after that which comes "after" your eyes, your eyes see something unintentionally - that's on God, what Hashem wants from us is not to take that second look, that which comes "after" your eyes have already seen something, that second look usually belongs more in the gazing category and that's ???????.

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Re: WILL SUCCEED BE
Posted by will Succeed Beh - 20 Dec 2016 14:04

Hi a YidFinMonsey

Thanks

Looks like your having a week preparation to Chanuka, Thats amazing!

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Re: WILL SUCCEED BE
Posted by YidFromMonsey - 20 Dec 2016 14:29

[will Succeed Beh wrote on 20 Dec 2016 14:04:](#)

Hi a YidFinMonsey

Thanks

Looks like your having a week preparation to Chanuka, Thats amazing!

In my world there's no preparation for anything, I'm trying to be sober today for today only, not

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Re: WILL SUCCEED BE

Posted by will Succeed Beh - 20 Dec 2016 14:31

[YidFromMonsey wrote on 20 Dec 2016 14:29:](#)

[will Succeed Beh wrote on 20 Dec 2016 14:04:](#)
for yesterday and not for tomorrow

Hi a YidFinMonsey

Thanks

Looks like your having a week preparation to Chanuka, Thats amazing!

In my world there's no preparation for anything, I'm trying to be sober today for today only, not

Yes! but you can have a longer term goal in your head as well for additional push & satisfaction.

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Re: WILL SUCCEED BE
Posted by Shlomo24 - 20 Dec 2016 17:21

Yeah, one can work on long-term goals on a day-to-day basis. There's a difference between a goal and a plan, and even plans are fine sometimes. I know a sober guy who's an event planner, how the heck is he supposed to do that without planning? My long-term goal is to have a family, I'm working towards that on a day-to-day basis by working the 12 steps and doing what I need to do to stay sober.

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