

It's a never ending cycle

Posted by Attempt to change - 26 Jun 2017 19:30

Hello everyone!

I'm a yeshiva bochur in Israel and I've been struggling with masturbation and porn since I was a teenager. I come from a regular American religious background and I came to Israel and simple fell in love with Torah and Judaism. As a teenager I would engage in risky behavior with girls but I never sacrificed my virginity. The summer of last year found me in a deep hole. I had an iPhone and I had the temptations of a raging teenager with a ton of desires to fulfill. I was a casual porn watcher as a teenager and I wanted to take it to the next level again because I guess I missed my high school years with girls. I downloaded a few dating apps and I started to get involved with girls weekly and having sexual contact. I still maintained my virginity although risking it on countless occasions. Came Elul and I wanted to change again so I got an old iPhone with limited access to these apps. I was clean until Pesach. When I came back to Israel, I was raging again with temptation. I had a new iPhone and got involved in the apps again. I started seeing women and last week I got an apartment and I invited a girl over. That night I lost my virginity to much regret. The next morning the girl left and I invited another girl because I seemingly felt I already did the worst so I might as well just go all the way now. We slept together all morning and parted ways. On the way back to yeshiva I felt that my life is just hopeless, there's nothing to be done anymore about it. I just will simply give into this temptation and let it be because I tried before and it failed numerous times. I met the girl again a few days later and we did it in a bathroom. I just felt deeply engrossed in my desires to even put a second thought as to what I'm doing right now. Above that, I got back into porn to fulfill my desires when I'm not sleeping with women. At this point, as I'm still engrossed in my desires, I just feel there's no hope and I'll just continue this destructive behavior. I simply don't know who to turn to because it's obviously shameful to approach a rebbe or friend about it.

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Re: It's a never ending cycle

Posted by sheleg - 28 Jun 2017 00:22

Cordnoy,,,,,

Mr sheleg says not yet.

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Re: It's a never ending cycle

Posted by Markz - 28 Jun 2017 00:53

[sheleg wrote on 28 Jun 2017 00:22:](#)

Cordnoy,,,,

Mr sheleg says not yet.

I am having to much fun posting on this forum.

It may be 2 months late, but the snow is gonna melt very soon if you keep going on like this having fun at the expense of the recovery fun

By the way, are you in college or Yeshiva or already semi retired?

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Re: It's a never ending cycle

Posted by Workingguy - 28 Jun 2017 01:04

[sheleg wrote on 28 Jun 2017 00:22:](#)

Cordnoy,,,,

Mr sheleg says not yet.

Mr Sheleg,

It is no big deal to poke fun and cause Trouble (sorry Trouble) where people are working hard and you're writing silly posts in broken English that seem to just want to stir the pot. If you're serious people might take you seriously, but it doesn't seem that you are. Every single person on this forum can be a clown like you if they so choose- with jokes about sex and prostitutes and the like, making light of everything. But if your jokes cause even one person to take this issue more lightly.....oy vey.

I am having to much fun posting on this forum.

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Re: It's a never ending cycle

Posted by sheleg - 28 Jun 2017 04:20

Workingguy,,,,

I Sense the anger in your post and I am not going to reply.

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Re: It's a never ending cycle

Posted by sheleg - 28 Jun 2017 04:41

From a secular point of view i Understand why a lust addict shouldn't get married till he

recovers.

But the issue seems different from a spiritual point of view.

I think the wedding canopy itself strengthens the groom and gives him more powers to overpower his yitzro.

First of all we know that a groom is forgiven for all his sins under the chupa and it's much easier to break the klipos (shells) of impurity when one is free of sin.

the bride circles the groom under the wedding canopy for symbolically she is protecting him from the forbidden.

So in a sense the groom sanctifies the bride with a wedding ring and in turn the bride sanctifies him with her presence.

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Re: It's a never ending cycle

Posted by MayanHamisgaber - 28 Jun 2017 09:04

Dear Sheleg

While I respect and understand where you are coming from as I too thought this, still I disagree now as even after my wedding nothing changed I still had my lusts....and she did not appreciate them one bit....

?As for the symbolisms they are cute and maybe there is "some" truth to them but no-one I have spoken to has said this let alone said that it has helped them in anyway

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Re: It's a never ending cycle

Posted by ehrliche.bochur - 28 Jun 2017 09:11

[sheleg wrote on 27 Jun 2017 20:26:](#)

My advice to you is get married.

Maybe your bride can fulfill your desires to such an extent that you will no longer seek what is forbidden.

Other then that you need to move to an area that doesn't have many secular Jewish girls around.

i doubt a gentile girl will mess with a boy wearing a yarmulke .

So your safer being around them.

You wrong about that

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Re: It's a never ending cycle

Posted by ehrliche.bochur - 28 Jun 2017 09:15

[sheleg wrote on 27 Jun 2017 20:26:](#)

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You wrong about that:see_no_evil: shikses flirt with me on subway. Maybe I seem like very friendly nice guy:see_no_evil: Girls will make conversation by me and ask questions, A girl asked can she touch my payos before. I explain to her it's not possible because I'm shomer negia. Kippe don't keep away gentle girls

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Re: It's a never ending cycle

Posted by ehrliche.bochur - 28 Jun 2017 09:25

[sheleg wrote on 27 Jun 2017 20:26:](#)

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Re: It's a never ending cycle

Posted by ehrliche.bochur - 28 Jun 2017 09:30

[Attempt to change wrote on 26 Jun 2017 19:30:](#)

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You wrong about that

It is good for us to wait until marriage. I understand for some people waiting is difficult. If you have difficulty that you can't stop. Please be safe. There is so many diseases and you can make mamzer. What happens if you get disease? How you will get married and explain to your kalla you have disease or child? A bochur I knew got STD by girl (herpis). To many bochurim meet with girls and prostitutes and now they have disease. I heard this stories to many times because we don't learn about this. It is not worth few minutes of lust for lifetime of disease

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Re: It's a never ending cycle

Posted by bb0212 - 28 Jun 2017 13:19

[sheleg wrote on 28 Jun 2017 00:22:](#)

I am having to much fun posting on this forum.

For the past couple of days, I've been wondering if you're being serious or if you're just trolling. Now it's pretty clear to me that you're trolling.

Many people come to GYE to work on themselves. Some might come here for other reasons, perhaps some people just want to read how other people go through pain. But trolling people on a forum like this is just plain wrong. Go to elsewhere if you want to troll.

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Re: It's a never ending cycle

Posted by Workingguy - 28 Jun 2017 16:26

[bb0212 wrote on 28 Jun 2017 13:19:](#)

[sheleg wrote on 28 Jun 2017 00:22:](#)

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He said on his read that he's not trolling, so maybe that was just a defense mechanism.

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Re: It's a never ending cycle

Posted by Hashem Help Me - 29 Jun 2017 02:57

Please forgive me if I have the facts wrong. This thread was started by a suffering individual (Attempt To Change) who reached out for help. The oilam responded beautifully and advised he speak to a rebbi about the situation he is in. Mike gave him chizuk sharing how others have made it. Then we all got sidetracked and allowed this thread to be hijacked by an individual whose motives are not clear. Although we must wish that individual the best and assist him as much as possible, I humbly suggest that we not allow Attempt To Change, who courageously and desperately reached out for help to be lost in the shuffle. For all we know, he was scared away from the forum..... Sheleg, feel free to continue your opinions/advice/mussar/hashkofa on your own thread - and know we are really here to help you too if you are genuinely interested in being part of our (colorful) family. Please forgive me if I have hurt your feelings in any way, or if I have simply misunderstood your posts.

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Re: It's a never ending cycle

Posted by Markz - 29 Jun 2017 03:02

Thanks HHM for keeping the headlights on focus ;-)

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