

Make it to Yeshiva

Posted by YeshivaGuy - 04 Aug 2020 05:33

Hi everyone,

First I want to say that I am humbled and honored to be in the presence of such Giborei Koach, true warriors of Hakadosh Baruch Hu.

I bh am not addicted to pornography.

I haven't been on a porn website.

But I'm getting close, and I'm here to gain chizuk not to fall into it.

Once I return to Yeshiva I'm safe, but as long as I'm home I'm in danger, and bh I haven't fallen into pornography. However it's the next step, chalila.

I bh am running a camp, so I started keeping busy, so bh have only been nichshal once in the last 3 weeks.

i want to just express my gratitude to all of you, and my great admiration for each and every one of you.

My Yetzer tries telling me "comon, porn can't be that bad, it's just the word that sounds scary" or like "it can't be so different than YouTube videos"

So I'm here to gain that chizuk.

thank you!

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Re: Make it to Yeshiva

Posted by Shteeble - 13 May 2021 07:02

Met with a new spyciatrist, Baruch HaShem it was amazing. Really understood me etc.

She put me on a new medication and said I can return to Yeshiva (was maybe a tzad to stay home to be watched).

Im optimistic Baruch HaShem.

This is a journey and will take time to find the right treatment/mahalach and B'ezras HaShem we'll have Siyata Dishmaya.

Thank you all,

YeshivaGuy

I actually went to google and searched what is spyciatrist. Thought that was a new one i never heard of.

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Re: Make it to Yeshiva

Posted by Shteeble - 13 May 2021 07:05

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YeshivaGuy

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Re: Make it to Yeshiva

Posted by Shteeble - 13 May 2021 07:06

[YeshivaGuy wrote on 13 May 2021 04:05:](#)

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Thank you all,

YeshivaGuy

I actually went to google and searched what is spyciatrist. Thought that was a new one i never heard of.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 14 May 2021 14:02

Returning to Yeshiva now. Held back from Masterbating last night. First time holding back in awhile.

I have an off Shabbos next Shabbos so will see y'all then.

Hatzlocha guys, and thanks so much for the support.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 21 May 2021 19:50

Had a great 7 days clean with tough battles and big wins.

Long story, a lot to discuss, but bkitzur was nichshal.

Anyway, still feeling shver, hoping that this new medication will help. I have another appointment with psychiatrist next week.

I'm home now for the off Shabbos.

B'kitzur I masterbated again this morning.

Had to do with being up until 5am cuz this new medicine keeps me up and I ran out of melatonin..

A lot to discuss. I made an agreement with HHM of the terms of the off Shabbos, with a \$100 knas for contacting any non immediate family member that's a female, sleeping in room with any device besides my kosher phone, and using an unfiltered device.

Without that agreement I 100% would have used unfiltered device last night, I would have slept in room with device in room, and would have tried contacting a female.

So I am happy that bh I have kept thus far to the terms, though Imaaseh I did masterbate this morning.

Theres something else which caused me to come to fall, but not for the public forum.

I wish the chevra here continued Hatzlocha and I reaffirm my commitment to this journey on the path towards Kedusha v'Tahara.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 23 May 2021 15:08

Worked very hard to keep clean last night.

And fell this morning.

Fed up with this stuff.

Goodbye and goodluck.

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Re: Make it to Yeshiva

Posted by Gevura Shebyesod - 23 May 2021 16:41

Don't give up. Every time you hold back is worth tons. You can get back to where you were before, and more.

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Re: Make it to Yeshiva

Posted by DavidT - 23 May 2021 17:02

[YeshivaGuy wrote on 23 May 2021 15:08:](#)

Worked very hard to keep clean last night.

And fell this morning.

Fed up with this stuff.

Goodbye and goodluck.

After a setback it's natural to be very harsh on yourself, and call yourself a fool or a hopeless loser. You may feel that talking that way to yourself will help you "get the message", and avoid setbacks in the future. However, studies have shown that this type of self-criticism backfires badly. These crushing negative thoughts after a setback are what we hint to when we ask Hashem to "*Remove Satan from before us and after us.*"

You'll get much better results if you channel your negative energy after a setback into creating or revising your plan. Being compassionate to yourself, and talking to yourself as you would to someone you care about, leads to more motivation and improved self-control. Instead of blaming your personality for a slip, blame your plan (or lack of one). Realize that you need a better plan to cope with the situation that led to the lapse.

I know you've heard this many time, but it's a good idea to repeat it ... When you set a large goal like quitting P&M for good, it can sound like an insurmountable task, particularly in the beginning. So instead of saying to yourself, "I'll never be able to use P&M again," adopt the mindset that you're just going to take "one day at a time." Adopting this mindset means that when you wake up each morning, you're only trying to stay clean for that day. Before you know it, days will turn into weeks, weeks into months, and months into years.

We hope to hear great news from you! (small achievements are also great news)

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Re: Make it to Yeshiva

Posted by BHYY - 23 May 2021 18:40

[YeshivaGuy wrote on 23 May 2021 15:08:](#)

Worked very hard to keep clean ***last night***.

And fell ***this morning***.

Fed up with this stuff.

Goodbye and goodluck.

What do the 2 have to do with each other?

You were a hero last night!

So you hit a speed bump this morning, that doesn't undo last night! Believe me, I know your situation. I live it too, unfiltered access everywhere I turn. But we have to throw the perfectionism out the window and rejoice with small victories.

Break out the good stuff.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 24 May 2021 01:58

Was just at a vort, and there were quite a lot of pretty girls etc.

I was almost perfect with Shmiras Eynayim.

Passing a girl in hallway I looked forward.

A bunch of pretty girls on the street. No look, just walking forward.

Even when I knew they were "looking at me" while walking, I payed mamash no attention.

The vort was in bottom of a shul. After saying Mazel Tov and dancing a shtikl I went upstairs and learnt.

In the past I would hang around and stare stare stare...

How did I have the strength to do this?

Not sure, it was poshut in my mind to get out of there (couldn't leave cuz was with my parents and b'chlall not near home).

Before entering the hall I davend for siyata dishmaya...

It's easy in these situations to be paraded by my mother to show off her "chasan buchar," at which point I'd see the women on other side of mechitza.

But bh I persevered.

And actually, a big shadchan told me as I was walking back outside that when "she sees me

she sees the shechina."

Definitely a gross exaggeration, maybe it was the color of my tie.

Byt either way, it made me feel good and maybe HaShem was trying to tell me I still have shaychus to Kedusha.

But who knows...

Hatzlocha

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 24 May 2021 04:59

Fell now again.

Why? Honestly, stam. Just stam a habit at this point.

Anyway, onwards.

I have an appointment Mon Night and return to Yeshiva tues morn.

Returning to structure should help bezras Hashem.

Gotta stay positive and daven.

Gn

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Re: Make it to Yeshiva

Posted by Looking_to_improve - 24 May 2021 10:25

[YeshivaGuy wrote on 24 May 2021 01:58:](#)

And actually, a big shadchan told me as I was walking back outside that when "she sees me she sees the shechina."

Definitely a gross exaggeration, maybe it was the color of my tie.

Maybe it was your shemiras einaim, or maybe your anivus

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 24 May 2021 22:07

Buddy, you made a deal and BH are keeping the deal excellently. The agreement was purposely not about masturbation. Instead of knocking yourself down about masturbation, walk with your head held high that BH you have passed nisayon after nisayon regarding shmiras einaim, unsafe devices, etc.!! You have kept your gedarim in a way that other bochurim can only wish for. Especially since enough wise people have "diagnosed" that at this stage, the masturbation is an anxiety issue, more than it being a kedusha issue, let yourself live! Iyh the day will come that you will have more menuchas hanefesh, and then the masturbation will b'ezras Hashem stop too. And it will stop to the extent that even if once in a while you will experience severe stress, you will iyh stay clean.

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Re: Make it to Yeshiva

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b'ezras Hashem stop too. And it will stop to the extent that even if once in a while you will experience severe stress, you will iyh stay clean.

Amen, thank you.

I will admit though that I have not been perfect in not using devices.

There were a bunch of times when I almost used the computer for shmutz but then remembered the deal.

But yesterday in the morning I forgot the deal and went on YouTube for abit.

I think that constitutes violating the deal and will bezras Hashem pay the knas when I can.

Unless you think differently, but I feel I did violate it.

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