

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 5Uu80*cdwB#^ - 20 Feb 2022 18:38

You're a hero and inspiration, YeshivaGuy. Do not let ANYONE push you to start dating before you are confident you are ready. And you are correct: DEFINITELY work through this sugya before marriage. I think 100% of married guys would agree with me on that. Rooting for you!

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Re: Make it to Yeshiva

Posted by hashemyeracheim613 - 21 Feb 2022 02:28

As someone who started dating and then took a break for a year and a half due to anxiety, I can tell you firsthand that it's not easy. People would redt Shidduchim, and I would basically brush them off. It was really weird because I had worked with several Shadchanim, and then I basically ignored them. In the end, it didn't make a difference. The second I re-entered I just called them up and said "Hey I know we kind of fell out of touch, I'm still in Shidduchim, do you by any chance have any ideas?" People are usually blissfully unaware of other's internal issues. This seems to be true in your case as well, as people are inquiring after you. From the few times I've communicated with you, you seem to be a very sociable and likable person. As soon as you jump in, people will happily send you ideas. I know is really stinks to wait, but don't worry about your chances. I'm positive that people are waiting to set you up. As always, I apologize if I made any incorrect assumptions. But from the little bit I know, I believe the above-stated to be true.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 21 Feb 2022 04:15

[hashemyeracheim613 wrote on 21 Feb 2022 02:28:](#)

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Thanks so so much for this, it really helps immensely to hear from someone who's a few steps ahead of where I am now.

I gained a lot from our shmuzin and hopefully could speak more often.

Im glad to see you're doing well, I keep track of your thread.

And it means a lot to have you keeping track of mine.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 21 Feb 2022 04:17

Thank you so much to my good friends Imamate, LionKing, and 5stsov68926) or however your for your comments. It really means a lot to have your support.

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 21 Feb 2022 17:42

Emotional illness is tough because unlike physical illness, there is no outpouring of support and interest, due to the privacy and sensitivity involved. Shabbatons, gifts, chol hamoed trips, spending money, support groups, chessed volunteers etc. are all almost completely absent when a guy is suffering emotionally. That's why it is beautiful that at least you can post here and share some deep feelings and receive some chizuk. Even just sharing your discomfort when someone asks about shidduchim is great - you can get it off your chest - and at the same time see that other intelligent people agree with you! Someone actually tried to make a frum forum system - similar to GYE - for anxiety, depression, etc. but unfortunately it seems to have not "taken off". So, Yeshiva Guy keep posting, and receive some of the validation, chizuk, and care that will iyh be beneficial for you.

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name is pronounced

Re: Make it to Yeshiva

Posted by YeshivaGuy - 21 Feb 2022 18:38

Did some work on a laptop with a filter but not perfect. Now have taiva to see something quick

then masterbate.

For the last 3 months or so I would do it without thinking twice, but I committed to you guys that I'm back in the game so I won't.

Also, if I'm taking this time to grow heal in mental health I'm gonna try healing spiritually too.

Gonna shower, put on tefilin and maybe work out a bit.

5 Days clean.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Avrohom - 22 Feb 2022 03:19

Thank you, YG - you're awesome! And always a breath of fresh - raw and genuine - air.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 22 Feb 2022 03:49

6 days clean.

Have my first chavrusa in probably 4 months in a few min. Nervous and not down to learn but gonna do it.

Gonna be clean tonight too.

Take care,

YeahivaGuy

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Re: Make it to Yeshiva

Posted by YeahivaGuy - 22 Feb 2022 04:52

Ok guys, I did it.

I learnt with a friend on the phone for 45 min and it was very enjoyable.

Hashem opened up my mind and I started having tons of haaros, great kashyos being mechaven to ???? etc.

I haven't experienced such a thing in at least 4 months.

I just can't explain it, the pleasure, like honey dripping from my lips.

I forgot all about it and didn't understand why I had been so infatuated with it.

Its emotional to see how even after running away from Hashem and His Torah for so long, the moment I've returned I've been welcome with open arms by Hashem Yisborach.

This gives me hope. That Hashem, after everything, placed his ratzon in my mind and dwelled upon me.

This gives me hope for a bright future ahead, Gd willing.

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Re: Make it to Yeshiva

Posted by YeahivaGuy - 22 Feb 2022 06:42

Very big taiva now to masterbate.

Hopefully I can hold back and fall asleep.

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Re: Make it to Yeshiva

Posted by 5Uu80*cdwB#^ - 22 Feb 2022 13:13

This has happened to me several times on my journey. See my thread Day 120, for example. It may be EXTREMELY hard to hold yourself back, but you have it in you to even if it takes every fiber of your strength.

At some point on my journey, I began working on trying to enjoy the physical discomfort of staying clean instead of hating it and wanting to "get the deed over with already because it's going to happen anyway" (which, by the way, is not true; it does not have to happen anyway and it is not an inevitability, but different conversation), just like I enjoy the feeling of pushing myself at the gym to my limit even though it's actually painful. You feel geshmak when you are schvitzing at the gym, and you can feel geshmak in the midst of the pain of not masturbating, too, I have found. This mindset helps a lot in all areas of avodas Hashem, but especially in this area. Working on adopting a mindset over time in which you come to enjoy the pain associated with doing what's right (i.e., not masturbating) might help you, too. Stay strong!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 22 Feb 2022 14:07

[YeshivaGuy wrote on 22 Feb 2022 06:42:](#)

Very big taiva now to masterbate.

Hopefully I can hold back and fall asleep.

Held Bach bh. And had the most beautiful dream of me learning a Tosfos...

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Re: Make it to Yeshiva

Posted by 5Uu80*cdwB#^ - 22 Feb 2022 15:12

May you merit to learn many, many tosfos in the merit of your mesiras nefesh!!!

Davening for you , YeshivaGuy!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 22 Feb 2022 17:10

Sorry if this is gross.

Lately often when I urinate, sperm comes out.

Is that normal? Is it because I'm not masterbating?

Like, I had tons of taiva to masterbate but I held back from touching myself etc.

And then I had to urinate and it was sperm...

Been super freaked out, would appreciate an answer.

Thanks

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