

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 YeshivaGuy - 22 Feb 2022 17:41

[Hashem Help Me wrote on 22 Feb 2022 17:37:](#)

Ignore it completely and don't look next time.... Keep up your incredible actions!

Don't look where? I didn't see anything bad, I just had the taiva. You mean I shouldn't look what I'm urinating?

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 22 Feb 2022 18:32

Correct. Don't look in the bathroom - it will just make you nervous.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 23 Feb 2022 10:29

Bh 7 days clean.

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Re: Make it to Yeshiva

Posted by Yosefhamevakesh - 23 Feb 2022 14:14

Keep it up! You're amazing!!!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 24 Feb 2022 00:29

8 Days Clean, Bh.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 25 Feb 2022 07:44

Made some big mistakes tonight.

I've been thinking of starting to listen to music again after stopping it for a few years since it causes emotion which is painful.

But when I got the ability I got tik toc as well. (Though im against it since I don't wanna support communist china...)

Saw some girls dancing. Listened to kol isha and a little erotica.

Later tonight I had a lot of taiva to masterbate.

This is where I made a crucial mistake. I thought to myself that if I would masterbate I should at least see bad stuff too.

This is a bad cheshbon because negatives only equal positives in math.

So I saw bad things on internet.

Not b'chlall porn grade but I'm lumping everything together.

Then masterbated.

I used music as a pretext for kol isha/erotica which aroused me and instead of cutting my losses, I increased them.

And even when I got to the point where I was able to ejaculate, I kept watching since I felt I might as well, though I didn't feel like I particularly "needed" it.

Learning from this and moving on.

A lot of yesodos.

I'm happy to at least now know that I can and WANT to be clean, as it has been many months since I have had such a desire.

And I'll note that over the course of the last 574 days since starting this thread, I've been cumulatively clean for 529 of them.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 25 Feb 2022 19:41

Just had a massive trauma trigger.

Sent me into full rage...

Dealt with it in the best way I can at this point.

Big pressure to take it out on porn/masterbation, but using instead a better way of expressing the deep pain and fury from past trauma.

May Gd heal me fast.

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Re: Make it to Yeshiva

Posted by Vehkam - 25 Feb 2022 20:06

So sorry for your pain.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Mar 2022 06:32

3 days clean. Bh.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 04 Mar 2022 07:29

New count is for any moving picture- including gifs,clips etc.

Not for masterbating.

Looking to chip away at the compulsion of seeing stimuli when aroused.

Splitting up masterbating and this.

Goal is to be clean for 10 days.

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 04 Mar 2022 12:17

That is an excellent goal buddy. Practically speaking there are a number of major differences between masturbation and Internet/phone shmutz. The obvious one is that our penises are connected to us 24/7, and is with us in every private location. Often one is aroused subconsciously while spaced out, or wakes up very triggered. The nisayon is more constant and hard to avoid. Internet/phone on the other hand involves having to access something outside of ourselves that is not connected to us physically. Time and effort are sometimes necessary and

one can leave these devices elsewhere when going to the restroom, or going into bed or other private locations.

Secondly, your ultimate goal is iyh to have a beautiful married life b'ezras Hashem. A wife who finds her husband masturbating may be disgusted, but most probably will be able to swallow it. A wife who finds her husband watching pornography or calling sex lines will invariably feel cheated on and her confidence in the marriage can chas v'shalom be shattered.

Lastly, watching/calling pornography is toxic. One is again and again brainwashed that sex is a selfish act, and one's future wife will at most be his kosher masturbating tool. He will try to manipulate his wife to reenact what he saw online, which will often cause her to freeze up in bed. Besides the complete corrupting of the bracha Hashem gave us called sexuality, the guy will unfortunately not even enjoy the experience after a while. Masturbation on the other hand, unless accompanied by hyperfocused fantasies, avoids that poison.

?In no way am i trying to say it is ok to masturbate. (The goal is to cut that out too.) And for the heavy lusters, my advice may not be so appropriate. However for many of us anxious types, it can be beneficial to separate these two different challenges. In addition, by not watching pornography, the overwhelmingness of the urge to masturbate also begins to diminish. Hatzlocha buddy!

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Re: Make it to Yeshiva

Posted by 5Uu80*cdwB#^ - 04 Mar 2022 14:00

[Hashem Help Me wrote on 04 Mar 2022 12:17:](#)

Lastly, watching/calling pornography is toxic. One is again and again brainwashed that sex is a selfish act, and one's future wife will at most be his kosher masturbating tool. He will try to manipulate his wife to reenact what he saw online, which will often cause her to freeze up in bed. Besides the complete corrupting of the bracha Hashem gave us called sexuality, the guy will unfortunately not even enjoy the experience after a while. Masturbation on the other hand, unless accompanied by hyperfocused fantasies, avoids that poison.

This is a masterpiece, Hashem Help Me. Thank you for putting this into words so beautifully. There is so much to be learned from every single sentence in this paragraph (not to the exclusion of the other paragraphs).

Especially piercing is the line "and one's future wife will at most be his kosher masturbating tool." That mamash shakes me to my core.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 13 Mar 2022 15:22

Don't wanna write this, I will but shorthand.

Been going to a pharmacy for awhile. There's a pretty pharmacist who knows me, flirtatious etc.

I always fantasized of being with her, asking her out- would be too easy.

Spoke once I go to a gym, she said I should check out her gym and wanted to send me a link with a free few days, so last week she took out her phone and took down my number, called me so I got it.

I asked what time she goes and we made up to meet there at a certain time.

I said I'll let her know what day works for me...

I came back to Yeshiva. This was a day after.

I can easily steer this wherever I want. She has an apartment, wouldn't be too hard especially since I'm way too smooth, idk why or what I'm supposed to do with that gift of mine, but I'm a great talker, speaker, communicator.....

Erev Shabbos I went back and forth, sent a message which would escalate but then deleted it, masterbated then decided to delete her number.

Its just a lot to deal with. I really want it- I want to feel like a free man who women are attracted to. But this could go downhill very very very fast.

And what worries me more is that I know once I cross this red line then it will be, GD forbid, a nisayon when married as well. And that's not what I need in my life.

Its too much to deal with though. I was horribly triggered on Friday of past trauma, without getting into details, but a guy tapped my shoulder while showering at the Mikva...

Im still in immense pain from that trigger, and dealing with this. Though now I don't have her number. Idk, things are just nuts.

Didnt tell anyone at first, not even my therapist, cuz I was 100% committed to doing this and not being deterred. I did tell a close friend of mine over breakfast though on friday.

Am I making this into too big of a deal? Like maybe it wouldn't be so bad to hang with a pharmacist? Is it out of the ordinary? Open to hear y'all thoughts.

Im just in so much pain. I came back to Yeshiva a few days ago to try making it work, then this happen, then the Mikva trauma trigger nearly put me into cardiac arrest to say the LEAST.

Im also not convinced that I don't wanna hang with her and go downhill, it's exciting. Now I cut everything off but I'm going back to get a prescription in a day or two so idk...

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Markz - 13 Mar 2022 16:05

YG, Whatever you do, know that we are here for you!

If you need any prescriptions filled, come to us first we have good discounts!

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