

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 - 29 Sep 2022 04:59

Again again.

Im at my breaking point.

wrote a post and got lost.

I've lost all semblance of sanity, mind won't work, just lust.

Im a horrible person, a rasha and gaining weight.

My life is worthless.

Am I an addict? Will that change anything?

It will def help make me feel worse.

I feel beyond all repair.

Im sick and tired of being on this site! God! Get me off Gye! Why am I still here? I'm only worse off than before, sunken lower and have become more compulsive.

I can't function. Something's gotta move because I have a job now and this can't continue. Something's gotta give, would really rather not be alive rn.

Side note is I took on to do for a yartzeit Maseches zavim (inyana deyoma

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Re: Make it to Yeshiva

Posted by eyes - 29 Sep 2022 10:02

Dear Yeshiva Bochur, not just a guy

You are not a rasha, please stop beating yourself up. It will only drag you further.

HHM always told me that if you start beating yourself up the YH has you by his fist and throwing you deeper into the mud.

1. You are an amazing person and an incredible human being. I remember when you joined this website. You were such an inspiration that you helped many with their issues
2. You are going through some challenges right now. You are dealing with them. Don't be so hard on yourself. Relax

We all understand and trust me it's hard. I too feel the same way when I go through that rough period. It is hard to swallow when these bouts occur. I look at myself and say "me I'm into this" it's hard to detach as it is so luring.

You are not alone, we are all with you. Cheering you on the way. We all deal with our own stuff whether we write it here or not. You are not alone. Keep posting.

Just know that without knowing our names, we stand with you. We stand behind you. We are all rooting here for each other.

Please don't give up.

You can do it.

You have done it so many times and were matzliach.

Please hang in there.

With lots of hugs

EYES

edit

just read an article that really hit home

adapted from

www.chabad.org5 Ways to Channel Negative Energy Take every bit of oppression and suffering and elevate it, make it holy

Think of what happens when you experience an intense negative emotion like anger or resentment: You may feel pressure in your head and tension throughout your body. Sometimes, this energy explodes outward, and you yell, bang things or stomp around. Or maybe you're an internalizer and keep negative energy inside: You can't eat, you can't sleep, you can't think straight.

Why do negative emotions generate so much more energy than positive ones? When the milk spills, we may get aggravated and annoyed; on the flip side, we don't feel joy and exhilaration when the milk lands in the glass. We remember stopping at red lights but not sailing through the green signals. We expect things to go right for us most of the time, so we don't notice or pay attention to the good that happens. Our negative emotions are activated only when things don't go the way we think they should.

Very often, our happiest emotions are triggered by relief: finding an important object that was lost or finding out that we don't have a terrible disease after all. The elation of an averted tragedy is greater than the humdrum contentment of daily life. Imagine if we could feel joy with the same intensity as we feel anger and annoyance. We wouldn't need to win a million dollars to feel a surge of glee.

The Divine Plan: Light Out of Darkness

Why did G?d create the world this way, that we experience negative events more intensely than positive ones?

The descent of the soul into this world is a *yerida l'tzorech aliyah*—a descent for the sake of an ascent. Initially, the soul was in the highest possible spiritual world, in communion with the Divine. But G?d sends the soul down below into a world of darkness and pain in order for us to transform it. If we would just go back to the place we were before, there would be no purpose to this journey. There has to be some payoff.

When we take the anger and hurt of the past and do something beautiful with it, we have created light out of the darkness. The greater the negative feeling and pain, the greater the intensity of good that can come out of it. This has been our goal and purpose throughout generations of exile. Take every bit of oppression and suffering and elevate it; make it holy. Refuse to be beaten down by exile; on the contrary, come out the victor.

- *Whenever I'm feeling frustrated or irritated, I attack the dishes. The warm running water soothes me, and the rubbing and scrubbing is a good outlet for nervous energy. As an added bonus, I end up with a clean sink and clean dishes.*
- *I work in a toxic environment with a lot of gossiping, backbiting and overall hostility. I brought a charity box and coins to my office. Whenever a co-worker makes a snippy*

remark, instead of stewing or retaliating, I drop a coin into the box. Slowly, I can feel the negativity being pushed away, and a greater calm and amiability take its place.

- *My 6-year-old thrives on drama. She will do anything to get a rise out of me—kick, pinch, throw something, use bad language. I used to take the bait every time and react with anger. After taking a parent training course, I learned instead to save the most intense response for the good things she does. I cheer like mad for her if she puts away her clothes, clears her dish from the table or plays nicely with her sister. She quickly learned that doing good is a lot more fun and stimulating than being bad.*

Restoring the 'Hey'

We are now in the 10 days of *teshuvah* between Rosh Hashanah and Yom Kippur. [Teshuvah](#) is commonly translated as “repentance,” but is more accurately defined as return or restoration. Our purpose on earth is to restore the *hey* of the Divine name back to its rightful place.

The four-letter Divine name consists of a *yud*, *hey*, *vav* and *hey*. The letter *yud* is a point, representing the essence of the Divine. When G?d created the world, He expanded that essence in all directions, symbolized by the *hey*. The letter [vav](#) represents the downward extension of Divine energy into the lower worlds, and the second *hey* symbolizes its further expansion in the physical universe.

Whenever we do something wrong, we take the Divine energy of the *hey* and use it for negativity, thus trapping the Shechinah (Divine presence) within the force of evil. When we do *teshuvah*, we release the [Shechinah](#) from its exile and restore it to its original source.

But the purpose of the soul coming down into the world is not just to restore the world to the same state in which we found it. We are meant to gain something from it. This is accomplished through a higher form of *teshuvah*, which actually transforms our misdeeds into merits.

How Our Misdeeds Become Merits

Whenever we do wrong, we create distance between ourselves and G?d. When our soul becomes sensitive to this, it evokes in us a profound and intense yearning to be closer to G?d. What was the impetus for this yearning? Our sin. Through that sin, we created a negative energy, which then propelled us forward to reconnect to G?d with greater devotion.

This is the greatest expression of turning something negative, our sins, into mitzvot.

When I lost my job due to a poor performance evaluation, I was devastated. I wanted to curl up into a ball, and wallow in resentment and misery. But I decided to adopt a growth mindset. I enrolled in a course to improve my skills and worked through my emotions with a therapist. I soon landed a new job that was a better fit in every way—better hours, better working conditions and better pay.

Channeling Negative Energy

Negative energy is powerful and can be channeled into useful work. Here are some ways you can transform negative energy into something positive:

1. Spend more time noticing the things that are going right. Before getting annoyed with a friend for not calling you back, think of all the times she did call and was there for you. Instead of raging over a fender-bender, think of all the car trips that concluded safely and uneventfully.
2. When negative emotions build up inside and demand an outlet, discharge that energy by using it to do something positive. Say a prayer. Give a coin to charity. Cook a nourishing meal for a friend who's ill. Using negative energy for positive gain is a great way of seizing control and transforming our most painful emotions.
3. Some people are driven to achieve great things to prove wrong those who had no faith in them, who told them they would not succeed. "I'll show them!" is an example of taking negativity and transforming it for good.
4. The Hebrew word for acceptance is *hishtalmut*, "to be at peace." We can truly be at peace with negative events we experienced when we realize that there was a Divine purpose behind them. Think of some challenges you experienced in your life. Reflect on ways that the challenge helped you grow and become the person you are today.
5. This [Yom Kippur](#), take advantage of a once-yearly opportunity for growth, restoration and renewal. Complete the fast and try to spend at least part of the day at the synagogue in prayer and meditation. Choose one small mitzvah that you can commit to for the coming year. G?d is right there waiting for you.

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Re: Make it to Yeshiva

Posted by retrych - 29 Sep 2022 19:49

As usual, I dont know what to say, except...

I've looked through this thread and you are amazing.

No matter how bad things are now, in your life and in this struggle, I can't believe that Hashem would give up on a neshoma like you. You will get out.

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Re: Make it to Yeshiva

Posted by retrych - 29 Sep 2022 19:54

"mind wont work"

That's a big point, I think. This isn't who you are or your level now. It's what happens when your mind is al gone. It will pass. Just hold on to what you can, like Sholomo Hamelech ruling over his staff, and when things clear down you can use that and get right back up

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Re: Make it to Yeshiva

Posted by shkoyach - 29 Sep 2022 21:29

[YeshivaGuy wrote:](#)

"YeshivaGuy"

Im a horrible person, a rasha and gaining weight.

My life is worthless.

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I feel beyond all repair.

Dear YeshivaGuy, I only recently joined GYE. Ive been reading through your posts all the way since the beginning. I am ssssssssoooooooooooooooooo inspired by your strength with everything you're going through. WOW! You've been through so much, yet you're still fighting! You have not given up! INCREDIBLE! You should know I was tearing up while reading about your journey and seeing your perseverance, am tearing up now when Im writing to you. One thing is clear, all of the nasty descriptions you wrote about yourself, that you are "horrible, a rasha, worthless, beyond repair" ... those are ALL the FURTHEST FROM THE TRUTH!! Youre going through such hard struggles, and your not giving up, still pushing on day by day. Just the opposite of what you wrote! That means you are INCREDIBLE!, A TZADIK! YOU ARE WORTH MILLIONS AND MILLIONS TO US - ALL YOUR FRIENDS AND SUPPORTERS WHO YOU INSPIRE, AND TO HASHEM TOO! HASHEM LOOVVESS YOU!!! THERE IS STILL TONS OF HOPE FOR YOU!!! Dear YeshivaGuy, Plleeeeeaaseee!! Don't give up! Your journey is so incredibly impressive, to me, and it is clear that it is for all the many people who admire you on GYE! You are a HERO! Everyone else here who is fighting, we are also HEROES!! Please, YeshivaGuy, Continue to fight on, day by day, minute by minute, there is light just around the corner, tomorrow is another day, things will improve! There is so many of us who are blown over by the strides you are making in this fight. Stay FAR AWAY from the bridge!! CONTINUE TO PERSEVERE! PLEEEAASSEE! FOR US! FOR YOU!! YOU CAN DO IT!!! HANG IN THERE!!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 30 Sep 2022 04:11

Horrible day2day. Sick not feeling well, sore throat bad cold. Pushed to Go2 work etc.

Going to Israel after shabbos. Super not down, feeling horrible in every way.

Meant to sleep 3 hours ago. Instead tried seeing bad vids. Didn't even have taiva, didn't want it, just did it cuz compelled. Idk maybe I'm stam addicted to electronics? Idk but I'm always on this phone and it's horrible on so many levels.

No idea what's flying. I need a detox pronto but I don't know how

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Re: Make it to Yeshiva

Posted by OivedElokim - 30 Sep 2022 17:01

Nothing helpful to say. Sending love, hoping things get better soon!

A gut Shabbos,

OivedElokim

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 03 Oct 2022 22:57

Made it to Eretz Yisrael for the Yomim Tovim bh.

Had a tzad maybe the plane would crash or something since I'm not zoche...

Of course I got a pat down at security.

I then went to the bathroom where I was crying for awhile. Super horrible.

Made the flight.

I'm joining some mishpocha at a super intense place for Yom Kippur, not sure why or if I can handle it. Super duper litvish too..

But I stand by the decision for some reason.

Being in Eretz Yisrael feels like standing in front of Hashem mamash. Once we landed I was just forced to look Him in the eye...

A lot more to discuss.

I want to be clean. Not sure how I will be.

Either way I hope to not bug out and just focus on a general teshuva.

Managed to go to mikva Erev r"'h. After the airport incident though I don't think I can, especially since Eretz Yisrael mikvas tend to be more "heimesh."

We'll see, I feel bad since I have tumas keri, but on the other hand I risk destroying everything.

For some reason fam I'm at is having seminary girls for meals, idk why...

Also not excited to tell all my chareidi close family that I work, gonna be quite embarrassing. They always expected me to be this big talmid chacham...

Anyway, g'mar chasima tova! And if anyone knows of a private/less "heimesh" mikva around here please PM me.

YeshivaGuy

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Re: Make it to Yeshiva

Posted by committed_togrowth - 03 Oct 2022 23:09

I am sure that Hashem returned your gaze with love and affection, and that He is happy is son is home. Regarding working, what could be more important that working to support the eventual beautiful family you will have? The career you will build will go towards making sure your kids can be educated and well fed, and that you can provide your wife and children security and comfort. I can think of few holier things than that. Wishing you a connected Yom Kippur and that you find yourself a bit of headspace and healing.

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Re: Make it to Yeshiva

Posted by Vehkam - 03 Oct 2022 23:33

[YeshivaGuy wrote on 03 Oct 2022 22:57:](#)

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Had a tzad maybe the plane would crash or something since I'm not zoche...

Of course I got a pat down at security.

I then went to the bathroom where I was crying for awhile. Super horrible.

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Also not excited to tell all my chareidi close family that I work, gonna be quite embarrassing. They always expected me to be this big talmid chacham...

Anyway, g'mar chasima tova! And if anyone knows of a private/less "heimesh" mikva around here please PM me.

YeshivaGuy

if you find the davening too intense, take a break. Keep in mind that depending on what you can handle, sometimes walking out of shul for a bit is a bigger mitzvah then staying in. Just the knowledge that you are not "stuck" in the davening should make it easier.

best wishes for a gmar chasima tova

vehkam

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 08 Oct 2022 22:57

Being around so many Jews here in E"Y is soo difficult for Shmiras Eynayim.

Been having tons of taiva.

I especially feel a deep need to be with a woman, would love to start shidduchim already...

Had this talk with my sister about it, discussed what my "core values" are which kinda put me in an existential crisis of sorts since last Thursday...

Also my sis mentioned today that this girl she had thought of for me (who I have been pretty into) she doesn't think is "what I'm looking for" so feeling bad, it's funny though cuz I can't marry the whole world...

Been pushing myself to do minyanim since y'k as it's one of my two kabolos.

The other one is going back to my kosher phone in USA and using the iPhone as my laptop rather than having both a laptop and an iPhone...

I feel such a longing to explore and accomplish here in E"Y, to travel to all these places etc but yet I'm being held back from fear. Havent been back here since Yeshiva 3 years ago and so I'm looking for something but something internal holds me back...

Anyway, I hope to go do some research in a city tomorrow so that's def tons of fun for me. Hope I can wake up early enough.

Also I'm still clean Baruch HaShem. Really need to be mechazeik in looking around on the streeets though, supermarkets etc as there's a lot of young couples where I'm at...

Also, we're having these seminary girls for every single meal. I got no idea what in GD's name I'm gonna so (and obv one of them is the girl I liked sister)...

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Re: Make it to Yeshiva

Posted by jackthejew - 11 Oct 2022 17:40

[YeshivaGuy wrote on 08 Oct 2022 22:57:](#)

Being around so many Jews here in E"Y is soo difficult for Shmiras Eynayim.

Been having tons of taiva.

I especially feel a deep need to be with a woman, would love to start shidduchim already...

I have also felt that being around Jews here in EY makes the struggle harder because it feels more accessable and possible that I can "make something out of it" C"V

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 12 Oct 2022 06:03

Up till like 4:30AM last night dealing with taiva.. Madterbated.

didn't watch porn though. Keeping the number thing for that. Going around to tons of gedoilim in Bnei brak today (got connections), I really didn't wanna masterbate cuz then they'll see it on my forehead...

Now I gotta get goin to Bnei Brak exhausted and tamei...

Gut moed I suppose

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Re: Make it to Yeshiva

Posted by committed_togrowth - 12 Oct 2022 19:43

Hi Yeshivaguy I feel your pain, but please do not look at yourself as tamei! I don't even mean in the sense of tumas keri. You as a person are very very tahor and you are not walking around with a stain on yourself. When others look at you I am sure they see a very sweet and connected person trying their best to grow. Please try to look at yourself with that same compassion and understanding.

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