

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 workingmyprogram - 13 Oct 2020 04:46

Do you enjoy exercise? When I first got sober, exercise was critical. The Biale rebbe actually recommended it to me when I confided in him what I was going through. You feel great afterwards and relieves a lot of stress. Made the struggle much much easier.

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Re: Make it to Yeshiva
Posted by i-man - 13 Oct 2020 04:59

[YeshivaGuy wrote on 13 Oct 2020 01:28:](#)

[wilnevergiveup wrote on 12 Oct 2020 05:27:](#)

What are you planning on keeping yourself busy with until Yeshiva starts?

This is the question.

Im gonna make Esrog vodka, but that doesn't take so long.

Thinkin of other stuff.

The thing is that I need something meaningful.

I can't be ???? pointless distractions. It just gets me depressed.

Thats my struggle with the concept of "keeping myself busy"

I need a meaningful outlet.

All suggestions are welcome and appreciated

I have an idea for you , now that you have shown that it's possible to succeed in very difficult circumstances, reach out to some of the guys here who are in a similar situation,you have no idea what a boost it could be for someone, and you may even make some friends .

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 13 Oct 2020 05:41

[i-man wrote on 13 Oct 2020 04:59:](#)

[YeshivaGuy wrote on 13 Oct 2020 01:28:](#)

[wilnevergiveup wrote on 12 Oct 2020 05:27:](#)

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Now this is some great advice!

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 13 Oct 2020 08:33

[YeshivaGuy wrote on 13 Oct 2020 01:16:](#)

Pretty stressed.

Felt empty today. I feel like I just wasted time.

So hard to not be in a Makom Aliya.

The Yetzer wants to build off this and make me masterbate, go online etc, after all, I had such an empty and pointless day with barely any learning, and everyone around me is just so stressed out- driving me nuts.

I'm not giving in, but it still feels superhuman,

feels like I'm fighting absolutely everything-defying nature.

Which is so difficult.

Feels like I'm restraining a lion on a leash.

Anyway folks, thnx for hearing me out.

Hatzlocha!

I want to address this point as it is something that I struggle with as well.

I want you to really ask yourself "did I really have a bad day?"

If you answer yes then ask yourself why, give yourself the whole shebang and then write it down (I write it on a google docs sheet) and **FORGET ABOUT IT**. You don't have to worry, if you ever want to remember, that's why you wrote it down, so just forget about it.

Now ask yourself, amid your awful day was there anything that you did do well? There is always something, did you wake up on time, did you daven, if you woke up late and still davened that an accomplishment too. were you kind, did you help someone out, did you make someone feel good. I can go on and on I am sure the list is quite long.

Focus on all the good that you do and try to build on them.

Aaaah, so why do we feel like losers?

This is the million dollar question and the answer is, well I don't really know the answer for every situation but I will suggest an answer that you may relate to.

When we make goals for ourselves, we tend to set goals based on what we feel the most guilty about, instead of what we will actually grow from.

This creates expectations for yourself and when these expectations are not met we feel like a failure.

We have to learn what to expect from ourselves and what not to but especially we need to learn to set the correct goals.

For example, two days before Succos I spent most of the day working on the succah and helping my wife in the kitchen with little time to learn or do some of the other things that I had planned.

I felt awful, I had planned on having a four hour first seder, learn my mussar, do my workout and finish a project that I was working on and I didn't get to any of those.

My whole day was a mess, I was stressed that I didn't get to all those things and I was stressed about having to take care of the things that I had to take care of because they were preventing me from reaching my goals.

After the day was over I sat down and said to myself wow what a bad day, if the rest of bein

hazemanim goes like this, I'm done for.

Then I realized that I can still change my goals retroactively. I said, listen here, today your goals are to daven before the zman, learn twenty minutes, finish building the succah, help my wife when she needs me and read Dr. Seuss books to my 2 year old so that my wife can work.

Wow! What an accomplishing day, and I even accomplished my goals!

I had Covid19 over Yom Kippur (and I am not the only one) and was stuck at home. My Rav told me, "you know Hashem doesn't want you to serve him on your terms, he want's you to serve him on his terms. Hashem want's you to show him that you can have a great Yom Kippur at home too."

Life is like a ladder, one rung at a time. If you stay on the same rung the entire time, you will fail to understand the point of the ladder and eventually just climb down, but if you try to take a giant leap and hopefully you will catch on somewhere on top you will end up in the same place and with far more pain too.

Reaching too high isn't growth, it's suicide. Of course you want to climb the tallest ladder, but you still got to climb it one ring at a time.

I decided that I was going to daven at a certain minyan during the last week of bein hazemanim that I thought was reasonable for me but in the end I never made it there. Today I thought, I have two options, either I could continue to push and maybe I will feel like a loser or maybe I will win, or I could daven in a different minyan that there is nothing wrong with other than the fact that it wasn't in the plan.

Today I davened with a minyan and yesterday I davened at home, which one was better?

People spend all their lives feeling unaccomplished, not because they don't accomplish, rather because they don't live up to their own expectations.

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Re: Make it to Yeshiva

Posted by Rebuild613 - 13 Oct 2020 09:42

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Re: Make it to Yeshiva

Posted by Captain - 13 Oct 2020 14:51

Or try learning Perek Chelek. I was really struggling with my learning for a few days and I realized I just needed to take it easier for a short time. I starting learning this perek (it's the last perek in sanhedrin) and it's very interesting. All about times of moshiach and other agadta.

Also masechta sotah is a great masechta to learn during bein hazmanim. It's about 80% agadta. Many of the famous ones and many of the not famous ones.

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Re: Make it to Yeshiva

Posted by BHYY - 13 Oct 2020 15:42

Chelek is easy?? Geshmak, yes. I did it with an Artscroll.

I highly recommend learning Maseches Tamid, I did it during summer Bein Hazmanim and it's tremendous. All this info about the beis hamikdosh and the avoda. Maseches Middos is also a good idea.

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Re: Make it to Yeshiva

Posted by Captain - 13 Oct 2020 16:19

Well I was learning Eruvin before lol. So it's much easier. Haha.

But it does move pretty fast, though for some of the psukim it helps to have an english

translation. Sefaria is good enough for this. And if I don't understand everything, that's okay.

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Re: Make it to Yeshiva

Posted by i-man - 13 Oct 2020 18:38

Forget about "Make it to yeshiva " looks like Yeshiva made it to you ..

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 13 Oct 2020 20:34

[YeshivaGuy wrote on 13 Oct 2020 01:28:](#)

[wilnevergiveup wrote on 12 Oct 2020 05:27:](#)

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Why don't you make a batch of beer?

It takes at least a whole day plus time for research.

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Re: Make it to Yeshiva

Posted by Markz - 13 Oct 2020 21:28

[wilnevergiveup wrote on 13 Oct 2020 20:34:](#)

[YeshivaGuy wrote on 13 Oct 2020 01:28:](#)

[wilnevergiveup wrote on 12 Oct 2020 05:27:](#)

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Re: Make it to Yeshiva

Posted by Grant400 - 13 Oct 2020 22:39

[quote="Markz" post=356112 date=1602624489 catid=19]

[quote="wilnevergiveup: post]Why don't you make a batch of beer?

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I think it's "beer"-ly an issue, and its a fine idea, make a different kind and the "Coor" problem is resolved, and Yeshiva guy proved he's not a S(t)am Adam(s), and there's only one way to sum up his October...Fest! He has a "stella"r record!

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Re: Make it to Yeshiva

Posted by Grant400 - 13 Oct 2020 22:43

[Markz wrote on 13 Oct 2020 21:28:](#)

[wilnevergiveup wrote on 13 Oct 2020 20:34:](#)

[YeshivaGuy wrote on 13 Oct 2020 01:28:](#)

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Re: Make it to Yeshiva

Posted by Gevura Shebyesod - 14 Oct 2020 02:23

[Grant400 wrote on 13 Oct 2020 22:43:](#)

[Markz wrote on 13 Oct 2020 21:28:](#)

[wilnevergiveup wrote on 13 Oct 2020 20:34:](#)

[YeshivaGuy wrote on 13 Oct 2020 01:28:](#)

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Great one, Bud! You "lite" our way and make us "weiser".

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