

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 - 14 Oct 2020 03:41

Thank you all for your outpouring of ideas and advice.

Ill take a look at the beer idea and possibly look into the other learning options.

I did some minchas chinuch, which was geshmak and different...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 14 Oct 2020 03:48

So I got taiva tonight to masterbate tonight.

b'ezras Hashem I'll win.

37 days clean and not stopping now.

All of your support truly means so so much to me and keeps me going.

Thank You!

We'll be in touch this evening if any struggles arise.

Shkoyach

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Re: Make it to Yeshiva

Posted by Ihavestrength - 14 Oct 2020 04:48

[wilnevergiveup wrote on 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.

Thanks for sharing this well-articulated thought! I can definitely relate and this outlook has generally has been my motto. I actually have this discussion about gradual vs. rapid change with my father pretty often. I usually come down on the side of gradual change. However, there are times I think for more rapid change. I think this usually can only happen when we have a strong and intrinsic motivation to make that specific change. So not when it's simply based on guilt or our expectations for ourselves. For example, if someone really believes that he will have more hatzlacha in shidduchim for example if he learns shiur x, and having hatzlacha is important to him, he may indeed find that he will be able to make the more rapid change, though

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 14 Oct 2020 05:20

[Gevura Shebyesod wrote on 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:](#)

[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

Why don't you make a batch of beer?

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

He had enough Corona.

Any other ideas?

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!

Grant

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

Oh my goodness, if only I would have known what that would cause...

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Re: Make it to Yeshiva

Posted by Im Tevakshena Kakasef - 14 Oct 2020 10:08

[wilnevergiveup wrote on 14 Oct 2020 05:20:](#)

[Gevura Shebyesod wrote on 14 Oct 2020 02:23:](#)

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

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

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It's hard to explain puns to kleptomaniacs because they always take things literally

Did you hear about the guy whose whole left side was cut off? He's all right now.

My book fell on my head. I only have my-shelf to blame.

@Yeshivaguy, sorry for hijacking your thread, but he totally asked for it...

On a more serious note, really glad to see you're learning and keeping busy. Keep it up!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 15 Oct 2020 19:10

Had a dream last night that was touching my "ever" etc and a girl (I know and like) was trying to get me in a room with her alone...

In the dream I was almost motzei zera but held back cuz I said "I'm 38 days clean"

BH was just a dream and I wasn't actually touching my "ever" like that...

But was rough.

And now def got tons of taiva, but I wanna make it to day 40!!

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Re: Make it to Yeshiva

Posted by Captain - 15 Oct 2020 19:17

Hang in there! You're gonna make it to day 40 and also "make it to yeshiva" again! Wouldn't it be great to start yeshiva on a 40 day streak? (I hope your yeshiva is able to open.)

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 15 Oct 2020 19:38

You will! you got this! keep strong!

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Re: Make it to Yeshiva

Posted by Markz - 15 Oct 2020 20:07

[YeshivaGuy wrote on 15 Oct 2020 19:10:](#)

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“Addicts” don’t dream about it.

“Non Addicts” dream about it when awake.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 15 Oct 2020 20:11

[Markz wrote on 15 Oct 2020 20:07:](#)

[YeshivaGuy wrote on 15 Oct 2020 19:10:](#)

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“Addicts” don’t dream about it.

“Non Addicts” dream about it when awake.

I'm not following...

No one dreams of doing issurim?

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 15 Oct 2020 20:18

Your dreams are completely normal and especially for someone breaking free. Actually a good sign. Will try to post soon to explain. Meanwhile just forget about it and move on.

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Re: Make it to Yeshiva

Posted by Markz - 15 Oct 2020 20:21

Oish these Yeshiva Boys need rashi to understand a post!

Warning: Spoiler!

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Re: Make it to Yeshiva

Posted by Grant400 - 15 Oct 2020 23:06

[YeshivaGuy wrote on 15 Oct 2020 19:10:](#)

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[Grant400 wrote on 30 Jul 2020 21:58:](#)

[Searchin345 wrote on 30 Jul 2020 21:47:](#)

Ok 10 days in. So, something strange happened last night. I had a dream (yes, on tisha b’av) that I was on the computer and there was a tab which I forgot to close. I checked what it was, and... you guessed it. So I started watching what was already open in front of me. After a few moments I realized was in the middle of this 90 day thing, so I closed it. I felt bad because I wasn’t sure if it was considered like a broke my streak. I woke up relieved that it was just a dream.

This was very strange to me. I am not sure if I ever had a dream like that before. At least even in my dream I ended up closing it. Has this happened to anyone before?

Very very normal! There's actually a different thread from a while ago (I tried to find it but was unsuccessful) with the same story. I've known it to happen to people who quit smoking, they'll have a dream that they smoked and wake up in a panic. We dream about what we think about during the day. So looks like you are doing pretty good!

Here's a post from a while ago. It shows that not breaking your streak is extremely important to you and on your mind constantly. Kol hakavod!

Grant

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 15 Oct 2020 23:22

When one brings on a wet (or dry, but erotic) dream by heavy lusting during the day, he is responsible for it. In your case the opposite is true. You have BH consciously decided to stop lusting, touching, etc. You spend your days productively. Meanwhile the subconscious (nefesh ha'behamis) is missing "the fix". "When am i getting that thrilling release again?" It starts to realize that the conscious mind has decided "it's over buddy; no more of that garbage". So when it is in charge - when you are asleep or very spaced out (sometimes even during shemona esray) - it digs up images from the past that were seared on the brain by hyperfocused pornography watching and hyperfocused fantasizing while masturbating. I think guys that have these vivid dreams should be told mazel tov - being that they have reached the level that the subconscious has realized you are determined to stay clean. In your particular case you had the s'yatta d'shmaya that it was not actually a wet dream, which is a nice thing. It is completely normal for guys breaking free to have these dreams and spaced out erections. Eventually they will b'ezras Hashem recede. As an aside I predict that b'ezras Hashem you will iyh have one very fortunate wife; you are straightening out your brain before starting to date.....

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