

Make it to Yeshiva

Posted by YeshivaGuy - 04 Aug 2020 05:33

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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 - 04 Nov 2020 19:22

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Been following the election way way too much...

Trying to realize that even if \*\* ends up, chalila, losing- HaShem remains in control of the world. Of Israel, the economy, and society's stability.

Klall Yisrael has survived and thrived under much harsher situations than what may, chalila, come to rise in the future.

Trying to have that Bitachon.

I really need to commit to disconnecting from the world of politics- of "cause and affect"

and connect to the world of ????? ????? ?? ?????

I hope to plug myself back into that world through continued Shmiras HaBris, Limud HaTorah B'hasmada, and cutting myself off from the toxic subconscious hashkafos that permeates secular society.

May we be zoche

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Nov 2020 01:56

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We're friends here so I'll be honest.

I feel gross, down, and like garbage.

Prob a lot cuz was up till 4am following the election which ruined my day.

Told my friend not to let me download news apps again.

Today was a bust.

Exhausted, edgy, and nervous cuz my lack of Bitachon with the election...

Shver sedarim etc etc

What's the eitzza? You guessed it!

Masterbate?! Bad vids? That will def make me feel better, right?

Nope.

Now I cut off from the politics etc but I'm feeling withdrawal...

I BH was never a guy to watch tv etc for many hours before.

So watching the news last night for 8 hours kinda fried my brain, Ive never had this before...

So ya, that's my current matzav.

Brain fried, tired, feeling apathetic-like I can eat unhealthy or masterbate etc...

But hopefully after a good night rest I'll be fine, and then there's Shabbos...

We also have day 60 coming up bezras Hashem!

I just feel so gloomy, but I guess it makes sense, no?

Shkoyach

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Re: Make it to Yeshiva

Posted by Markz - 05 Nov 2020 02:17

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I looked on the ballot and they had some strange names like Donald and Joe.

Why was YeshivaGuy not one of the candidates on the list? I'd rather have voted for you!!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Nov 2020 03:28

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Thinkin now like what's the big deal? So I'll be nichshal now and then will resume being clean.

After all y'all always say "One Day At A Time"-

Is there actually any significance to cumulative clean days?

I suspect these thoughts come from the Yetzer...

Its just hard to always see things straight.

Its just such an easy way to get pleasure, and after a hard day it's hard to pass up...

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 05 Nov 2020 05:22

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Your honesty will b'ezras Hashem keep you clean. The rest of us bottle it up inside, afraid to share our innermost thoughts. Tension and anxiety mount, and we end up using the eiver as our pacifier... You are a real inspiration.

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Re: Make it to Yeshiva

Posted by Shnitzel and kugel - 05 Nov 2020 06:13

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In short the answer is, that giving in might bring you to slip even more, making it much harder to even start back to "one day at a time".

But mainly, giving in makes it much harder to teach yourself to stay clean for good which is the end goal.

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Re: Make it to Yeshiva

Posted by Captain - 05 Nov 2020 14:27

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"Just one day at a time" is a technique to deal with urges so it doesn't feel overwhelming. It's not an excuse to do what you so desperately wanted not to do just because tomorrow you can do "one day at a time." Plus the focus of one day at a time is not on tomorrow. It's exactly the opposite: it's on today, that you will fight strong today and not worry about tomorrow.

In professional sports, you always hear the coach say when his team is behind 3-0 in a best-of-seven playoff series that the team is going to take it one game at a time. I don't think the coach means that he doesn't care if they lose game 4 because they could win game 5 and win that one game (which wouldn't even happen if they lose game four, but you get the point). And I don't think the coach means that he would sign up for winning game 4 and losing game 5, because "one game at a time" is just a way of focus and motivation but isn't what he really wants.

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Re: Make it to Yeshiva

Posted by Dave M - 05 Nov 2020 15:19

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[YeshivaGuy wrote on 05 Nov 2020 03:28:](#)

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Its just hard to always see things straight.

Its just such an easy way to get pleasure, and after a hard day it's hard to pass up...

The fight is hard. but I'H if you keep fighting and doing what you need to do to protect yourself from nisyonos, eventually it will get easier. Be proud that you are working on this as a bachur. G-d willing you will make it.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Nov 2020 18:27

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[wilnevergiveup wrote on 03 Nov 2020 05:13:](#)

Here is a very important yesod; the "bechira point" doesn't change our nisyonos, just how we react to then. The nisyonos will always be there the question is whether or not it's an option.

Really? I thought Rav Dessler says that once you've "conquered" a madreiga/nisayon then you move on to other greater nisyonos.

Like my nisayon could be to make it to shachris whereas someone else won't have that nisayon and his is having kavana

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 05 Nov 2020 19:35

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[wilnevergiveup wrote on 03 Nov 2020 05:13:](#)

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What Rav Dessler writes is that *bechira* only takes place in the place where we are confused between *emes* and *sheker*. As we grow, the things that we previously thought to be for sure *emes* take on the possibility of being the *sheker* and some of the things that we previously confused as being *emes* we realize are really *sheker*.

This means that what surrounds us doesn't change, we do.

For example, anyone can obtain non kosher food, for some people, it's not even a thought, for some people it never occurred to them not to, and then there are those who struggle with it. This is the concept, there are three levels, the area where you struggle is the area where *bechira* is taking place.

When a person grows and has no struggle for non kosher food anymore, this doesn't mean that he is never challenged with the temptation, rather when he is, it is not an option for him.

In our journey, as we grow, the challenges are still present, women don't suddenly stay at home and women don't suddenly become unattractive. This is not the goal, the goal is to grow to a point where we have the clarity to understand that when the challenge presents itself, it doesn't affect us.

Every step closer, every inch less of an option, every time you are able to say no and realize that this is just not something that you do, your *bechira* point moves along with. The same is true the opposite way, every time we willingly give in, it moves in the opposite direction. This is why it's important to always be fighting because we want to constantly be pushing it in the right direction. When we keep on fighting, the fight becomes easier, previous unwinnable battles become winnable and previous fights become easy wins.

It helps to reflect on how far you have come. Now the Y"H is throwing his best punches, it may feel the same but you have to realize that in the passed it may have only taken a flick to cause the same feeling.

This means that this "flick" and perhaps much more have no affect on you and now you struggle with some of the things that weren't even a battle.

The yesod is, the battle always feels the same, it's always tough, the question is what are you fighting for, who are you fighting against.

Just one *mashsul* some people who work out have a goal to "max out" to push until you cant go anymore.

When I started lifting weights I would max out at about 150 lbs and after a few years I could do more then double that. Now that's a lot more weight but maxing out still feels the same. Today, I could lift 150 lbs and hardly feel it (okay, not anymore...), but back then, that was my max, 300 lbs wasn't even a thought. As you get stronger the numbers move up and up but the workout



still feels the same.

I hope this is clear, I would be happy to clarify further.

All the best,

Wilnevergiveup

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 06 Nov 2020 07:05

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Taiva to masterbate. Not overwhelming, but def gotta actively not focus on it.

Made a few off color jokes today with a friend of mine.

Def not good for me and certainly beneath me.

Anyway, gn goin to sleep.

60 Clean day's Baruch HaShem

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Re: Make it to Yeshiva

Posted by Captain - 06 Nov 2020 13:55

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Made a few off color jokes today with a friend of mine.

Def not good for me and certainly beneath me.

Something I've found is that such jokes and comments really hurt me. Even though it seems not to do things at the moment I make them, it somehow sends ideas of taivah into my subconscious at least a little. And that sometimes causes challenges to be stronger later on. So I admire your resolve in trying to avoid them, and I hope that will reduce the strength of your challenges at least a little. (In a way this is similar to any taivah involvement that we do that's not porn or masturbation, but it leads us in the wrong direction and riles up our temptations at least a little beneath the scenes, or perhaps a lot and in the open. Here it's more subtle but on that subtle level a similar thing happens inside us.)

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 07 Nov 2020 23:58

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Gut vuch,

Shabbos afternoon nap kept waking up "stiff" and taiva to masterbate, didn't, but not sure why it kept happening..,

Anyway now bored motzei Shabbos, taiva to masterbate etc.

Always rough this time of week, gotta hold strong

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 08 Nov 2020 04:44

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[Captain wrote on 06 Nov 2020 13:55:](#)

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Something I've found is that such jokes and comments really hurt me. Even though it seems not to do things at the moment I make them, it somehow sends ideas of taivah into my subconscious at least a little. And that sometimes causes challenges to be stronger later on. So I admire your resolve in trying to avoid them, and I hope that will reduce the strength of your challenges at least a little. (In a way this is similar to any taivah involvement that we do that's not porn or masturbation, but it leads us in the wrong direction and riles up our temptations at least a little beneath the scenes, or perhaps a lot and in the open. Here it's more subtle but on that subtle level a similar thing happens inside us.)

The sforim tell us that the bris halashon is mechuva k'neged (parallel) the bris ha'maor (the eiver). When we keep our mouths clean, we indirectly keep the bris clean too.

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