

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 Captain - 27 Nov 2020 14:11

Wow! I've found this the hardest challenge to overcome, when you feel that Hashem doesn't want you chas veshalom. (Especially during times when I was struggling badly with depression.) It's amazing that you didn't fall for the Yetzer Hora's lies! Keep it up!

Something that helps me motivate myself when this happen is what I heard from Rabbi Shafier: TThe Gemara Chagiga says that Acher was a tzaddik who went off the derech and he actually heard a Bas Kol, a heavenly voice that said that Hashem didn't want him any more. And even that was not the truth. Hashem did want him, and he could have come back, and his avodah would have mattered. So when my yetzer hora whispers his own "bas kol" into my ear, as hard as it is not to believe it, it's not true! Hashem wants us!

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Re: Make it to Yeshiva
Posted by Hashem Help Me - 29 Nov 2020 04:03

[YeshivaGuy wrote on 27 Nov 2020 06:53:](#)

I hope there's toeles in these posts besides feeding my ego.

Ha! Ha! You really don't realize the chizuk you are giving so many of us here?! I gues you are

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Re: Make it to Yeshiva
Posted by YeshivaGuy - 29 Nov 2020 06:58

Super Shver Shabbos.

Slept through Shachris/Mussaf.

Ate Seuda then took a nap and had a dream of me masterbating twice (and not so clean hirhurim before falling asleep).

Then woke up to see I missed mincha and it was past shkia.

Ate seudas shlishis even though it was past the zman.

And then, davend two maarivs and learnt for 3 hours chazering shiur. Baruch HaShem.

I keep falling and then Bh getting back up.

But I'd really like to stop all this falling!

I waste so so so much time. Oy! I know I'm "doing fine"- but I wanna be a Talmud Chacham and a Masmid. I want to be 100% Shakua in Torah and Yiras Shamayim.

I don't wanna be "fine."

Made a Chavrusa with a friend during dinner to keep me from bittul zman/taiva (dinner is always prime Yetzer time).

Bezras HaShem all will work out.

Tons of Taiva now to masterbate.

Tryin to just make it to day 90, I hear that's all it takes to shecht the Yetzer Hara! (Sarcasm).

Not sure what the big fuss of 90 is about, but I'll go with it...

In Response to @HHM

I guess guys can get chizuk. But it's hard to imagine people actually care about some random guy fighting his Yetzer Hara.

It's hard enough they got their own to deal with.

But anyway, at least I gain from this, and if others gain as well, then great.

Gn guys!

YeshivaGuy

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Re: Make it to Yeshiva

Posted by Zedj - 29 Nov 2020 08:45

We all have a common goal.

The goal is to live a holy and g-dly life.

The way I see it, it's extremely hard and difficult to win the war by oneself.

1 nefesh habehamis vs 1 nefesh elokus is an equal fight, however 1 nefesh habehamis vs 2 nefesh elokus

Will never be an equal fight.

(The g-dly soul will combine with another g-dly soul, however the animal soul will never combine with another animal soul because there is no achdus)

We are in it together.

So no, you are not some "random guy",

We are all connected because we all come from the same g-dly source.

Wishing you

to 90 days and above!

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 29 Nov 2020 12:28

[YeshivaGuy wrote on 29 Nov 2020 06:58:](#)

In Response to @HHM

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Gn guys!

YeshivaGuy

You are not a "random guy". You are a highly inspirational role model. You also write very well - and with complete honesty. You share your embarrassing moments, and get across the message that being vulnerable is normal and ok. Your wife will iyh be a most fortunate person. Hatzlocha buddy.

P.S. In my humble opinion, you are "past 90" - meaning you have a clear understanding about the urges/triggers, the lack of it being a "need", and you have strategies how to deflect the taiva. Welcome to the post 90 life of every healthy adult male yid. This nisayon will iyh be with you for

many healthy years b'eZRas Hashem - just now you do not need to be overwhelmed by it or fear it - just keep doing what you are doing. Bli ayin hora you will develop more and more menuchas hanefesh as time moves along and the habits become distant memories. It is a slow but solid process b'eZRas Hashem.

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Re: Make it to Yeshiva

Posted by Grant400 - 29 Nov 2020 18:28

[YeshivaGuy wrote on 29 Nov 2020 06:58:](#)

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Gn guys!

YeshivaGuy

I know exactly how you feel. It's the story of my life. It's complete radicalism. It can be used for good or for bad. We want the world and are actually motivated too, but we set the goals to high in the initial phases. Then we fall short of our self imposed sky high goals and we feel like failures. So we give up and do all the things you did on shabbos. Then we finally button up and learn 3 hours straight and placate ourselves with a reinforcement of our original plans to become a gadol during this zeman. We are either flying high or down in the dumps.

Day in day out. Month after month, year after year. We keep focusing on the peak of the mountain without paying attention to the small steps that are the only way to reach the summit.

No one accomplishes something big overnight. Practically no one ever accomplished something worth mentioning without previous failures and hiccups in the road. We can't get discouraged and frustrated every time we feel like we aren't on the path to success this very moment and throw in the towel.

The key is to use the concept of ODAAT in everything in life. Yes the goal is to know sha"s and be a masmid, but that is done through an accumulation of smaller goals. Amudim, bletter, an hour, and another hour. These are many small successes and not just a means to a larger goal. We must focus in that shiur, seder, and day.

This way one small failure (which are inevitable) isn't a derailment of you life plans. Not everyday seems like you are challenging a tremendously insurmountable goal that keeps on leading to frustration. Today you are only accomplishing for today. That's it.

So we gotta try to internalize that each tefilah and each (hour of) seder is it's own goal and incredible success. Frustration and disappointment never once led to success.

Grant

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 30 Nov 2020 05:13

The Yetzer's asking "So its been 84 days, when will u be done? What's the end goal? A person goes on a diet and once they lose the weight they're off the diet. I understand ur neshama needs some cleaning, but when can u get off this "diet"?"

I think I'm viewing this all wrong, if someone can enlighten me...

Thanks

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 30 Nov 2020 05:46

[YeshivaGuy wrote on 30 Nov 2020 05:13:](#)

The Yetzer's asking "So its been 84 days, when will u be done? What's the end goal? A person goes on a diet and once they lose the weight they're off the diet. I understand ur neshama needs some cleaning, but when can u get off this "diet"?"

I think I'm viewing this all wrong, if someone can enlighten me...

Thanks

I don't know if you've ever dieted but that's *not* how it works!

while after losing weight you can start introducing more food, if you revert back to your old eating habits, you will be back to your old weight in no time at all.

Unless you are losing weight to fit into that wedding dress that G-d forbid what would happen if you don't wear, anyone who want's to keep their weight off need to make a lifestyle change. Eating only until satisfied, not using food as a fix for emotions, and eating healthy are some of the things that any good diet incorporates.

The end goal is a lifestyle change, changing what we want and what to what we need and understanding that anything that we don't need is optional. You can tell the Y"H that this is the goal, to put him on the back burner (it could be a hot one as long as it's in the back...). The goal is not just to lose the weight but to keep it off.

You are a real inspiration! Keep it up!

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 30 Nov 2020 12:18

[YeshivaGuy wrote on 30 Nov 2020 05:13:](#)

The Yetzer's asking "So its been 84 days, when will u be done? What's the end goal? A person goes on a diet and once they lose the weight they're off the diet. I understand ur neshama needs some cleaning, but when can u get off this "diet"?"

I think I'm viewing this all wrong, if someone can enlighten me...

Thanks

At some point - for an average GYE chose 90 days - a person starts to realize that this nisayon is not the monster he thought it was. As opposed to being overwhelmed and full of yi'ush like when you started out, you realize that although there will be challenging times, BH you have learned many techniques how to get past them. You also have destroyed the big fat lie that had you (and many of us) convinced that there is no real life without frequent ejaculation. For the rest of your iyh long and healthy life you will have to be one step ahead of this scourge. You will have to consider and plan when there are changes in schedule, vacation destinations and plans, simcha situations, etc. You are now in the same boat as many dear yidden of various madreigos who are **all** facing this yetzer hara on a frequent basis. Welcome to the club of normal guys buddy.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 01 Dec 2020 19:16

I don't get it.

I just wanna nap for abit before mincha.

Get into bed and now tons and tons of taiva.

And I need to consciously not touch my "ever."

Will I ever be able to nap in peace?

My heart's pounding etc. God! I just wanna nap so I can learn second Seder!

Cmon! Am I some sick maniac?

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Re: Make it to Yeshiva

Posted by Zedj - 01 Dec 2020 20:28

I went through the same thing.

Here is a riddle: what gets hungrier the more it's fed?

Hopefully you will get your mind off the situation ??..

But on a serious note, it's a really tough situation to be in, maybe try "rideing the wave" and try to relax yourself.

It took me along time to stop.

Keep it up

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 01 Dec 2020 20:41

Amazingly, that's what I did.

I breathed in and out and calmed down.

Bh

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Re: Make it to Yeshiva

Posted by Hashem Help Me - 02 Dec 2020 03:59

[YeshivaGuy wrote on 01 Dec 2020 19:16:](#)

I don't get it.

Get into bed and now tons and tons of taiva.

And I need to consciously not touch my "ever."

Will I ever be able to nap in peace?

Oh man, how many times did i dread going to bed from fear of masturbating, fantasizing....
There were times i simply stayed up for **hours** to avoid that absolute gehehenom. And back then
there was noone to talk to!

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Re: Make it to Yeshiva

Posted by 90dys - 02 Dec 2020 07:47

You are a ridiculous hero! And posting your struggles here not only is a form of deflating and releasing your taavah, but also serves the lofty purpose of strengthening others who are in a similar predicament.

Keep up your amazing work, brother!

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