

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 Grant400 - 24 Dec 2020 20:04

[Grant400 wrote on 24 Dec 2020 19:48:](#)

[Zedj wrote on 24 Dec 2020 19:43:](#)

Is it possible to ever stop objectifying?

There was a whole discussion about how to accomplish that last summer. I don't remember which thread it was in. Gonna try to find it. Does anyone remember?

I found it, I bumped it up. It's called "My problem". (Introduction category).

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 24 Dec 2020 22:07

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She was very nice, and was attractive.

Naturally, in my head I'm like "she wants to have sex with me. I should get her number/flirt with her..."

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Re: Make it to Yeshiva

Posted by Looking_to_improve - 24 Dec 2020 23:41

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Perhaps when describing a situation which you struggled in, maybe try spare the details. I didn't find it triggering, but I think your goal should be to try change your mentality like you said, not to suppress your feelings of lust. If you are recalling the details of the situation, a few days later, it may be bringing up more lust within you, which you are trying to suppress, it sounds like you might still be pondering, maybe fantasising about the situation to a degree.

If you were on a diet going into the same restaurant, trying to avoid a certain food, maybe you would say they had a food I'm avoiding, and I did a good/bad job in the moment, I would think

this would be a good mindset to stick to the diet. If I describe the smell and the aroma, the icing on the cake, or how the meat sizzled etc. a few days later, it kind of sounds like I want to stick to the diet, yet I'm still recalling the exact thing that's likely to make me want to eat the food more.

Your a great poster, we won't lose out if you leave out a couple of details, but you may gain by not keeping it on your mind for as long.

It's also entirely possible that you are able to analyse your thoughts throughout the day without it causing feelings of lust within you.

I don't think I've conveyed my point so clearly. If I didn't, I can try elaborate some other time.

Warning: Spoiler!

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Re: Make it to Yeshiva
Posted by Lou - 25 Dec 2020 00:29

[Looking to improve wrote on 24 Dec 2020 23:41:](#)

[YeshivaGuy wrote on 24 Dec 2020 22:07:](#)

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Sefer Shaar Ellul by R Wagshall says exactly that regarding doing Teshuva on inyanei

nashim/arayos etc. Sometimes better not to recall the whole scene, just do a teshuva klalliyas.

However, without any Daas Torah at all I would like to venture to say that posting on GYE can be in a different category and sometimes does need more details than other situations. Maybe? This seems to be what I have been hearing from those more experienced at Teshuva on this Inyan more than me.

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So very true! This often seems to get confused on the forums here. There is an addiction issue,a lust problem and they must be dealt with. However,there also is the normal healthy male that is here too!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 25 Dec 2020 00:44

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[YeshivaGuy wrote on 24 Dec 2020 22:07:](#)

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Thanks, I appreciate it.

I just wouldn't wanna think this way on a date, and especially once I'm married bezras Hashem.

But maybe I shouldn't worry too much about the future and work more on the present...

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 25 Dec 2020 00:49

[Looking to improve wrote on 24 Dec 2020 23:41:](#)

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Got it, shkoyach

I included more details cuz I was pained by the situation.

I was sitting with a friend of mine who was more modern and he wasn't fazed, and me, the more Yeshivish guy who's chosen to live more sheltered, is having all these thoughts and going nuts...

He's like hanging with girls, but I'm in Yeshiva staying away..

I don't regret my decision. But it's difficult sometimes...

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Re: Make it to Yeshiva

Posted by mggsbms - 25 Dec 2020 01:02

[YeshivaGuy wrote on 25 Dec 2020 00:49:](#)

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[YeshivaGuy wrote on 24 Dec 2020 22:07:](#)

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He's probably desensitized, not something to want to emulate.

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Re: Make it to Yeshiva

Posted by Markz - 25 Dec 2020 01:09

[mggsbms wrote on 25 Dec 2020 01:02:](#)

[YeshivaGuy wrote on 25 Dec 2020 00:49:](#)

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That's right.

He's the one that's sheltered living in the dark.

You're a Free man!

Granted it's tough being free. It's cheaper and easier to stay in prison. But is it a life we want to live for 1 minute?

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Re: Make it to Yeshiva

Posted by i-man - 25 Dec 2020 01:36

I would simply say that you are a high value target to the yetzer horah , no need to look too deeply .

Regarding dating whoever you marry is very lucky .

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Re: Make it to Yeshiva

Posted by Ish MiGrodno - 25 Dec 2020 05:08

Yeshiva Guy,

1) I fully support writing details, as it gives others chizuk (that they are not the only crazy ones). Additionally, when I articulate my thoughts, they oftentimes become externalized and not cooped up (Nevertheless, this does not diminish the need to remain vigilant of potential triggers).

2) Not sure I am convinced that your friend did not have similar thoughts. While I agree to the notion that some are desensitized, the fact remains that a healthy male is a healthy male.

3) I must reiterate what i-man said - that due to your gadlus, you are super high on the yetzer hara priority list, so you can reframe the whole matzav L'Shvach. And yes, while you may experience a hirhur here and there while dating, I promise you that the one who gets a yes from you - will be a super lucky girl!

Kol Tuv, brother.

I.M.G.

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 26 Dec 2020 23:57

Gut vuch,

For whatever reason, I ended up staying at home over Shabbos.

Was fine, had some hirhurim, but generally good bh.

Driving back to Yeshiva tonight, but just found out my tire is a shtikl flat, so could use some chizuk there before driving...

All in all, the last few days home have been well as far as b'Inyanei Shmiras Eynayim/Bris.

I was zoche to do a particular mitzva for which I had come back for, and though there's more to be done, I can try doing it from Yeshiva.

I won't be posting about why I came home, if you really wanna know, u can PM me.

Had some feelings of emptiness, questioning the life I've chosen...

But it's prob cuz I've been out of Yeshiva.

Thank you all for the chizuk and support!

YeshivaGuy

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