

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 wilnevergiveup - 03 Jan 2021 12:19

[YeshivaGuy wrote on 03 Jan 2021 05:50:](#)

So I went out with a friend and who Bh wasn't busy.

Got pizza and went bowling.

Was abit hard though cuz the lane next to us had a few drunk guys and girls doing very inappropriate things.....

I wish I could say I held back at looking, it was insane..

(The classic Yeshivish guy thing to say would be that these people were being disgusting and that Bh "v'hivdilanu min hato'im." **While taking second and third glances when he thinks no one is looking (because they are also glued...)**...

But honestly, I was jealous. I know it's sad that a Ben Melech felt jealous of peasants. But that's how I felt. And I still kinda feel like that...)

But Bh got out my energy, ready to go to sleep and shteig bezras Hashem.

What exactly are you jealous of? I don't mean that as mussar or masgiachish, I mean it as a serous question.

Sometimes, when we are in the thick of things, we have a hard time thinking intellectually and act and think impulsively. This translates into not just issues of shmiras einayim but for us to actually think that we really want something that we actually despise. It's a trick that the Y"H has to get us to do/act/think etc. without using our intellect.

I am not saying that it's not a struggle, nor that it's not difficult to look away, what I am saying is to try to identify what exactly is it that you are jealous of.

Give it a name, is it freedom, or a life of pleasure, or whatever, then, when you figure out what is is that they have that you don't figure out if that is actually something that you want.

Sorry if this doesn't speak to you, this is something that I am working through myself and I found this to be helpful. It's not meant to change the lust, it's to take it off our minds and to take away the false allure. Feel free to ignore me if you wish.

All the best,

Wlinevergiveup.

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Re: Make it to Yeshiva

Posted by Lou - 03 Jan 2021 21:38

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I can identify somewhat with this. Not so much with the jealousy, as much as wishing I can naturally be revolted by such lowlives. However, I am not revolted and if anything I am attracted .BH, it doesn't go further than attraction, but I just wish I could naturally be disgusted by it.

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Re: Make it to Yeshiva

Posted by Lou - 03 Jan 2021 21:40

[YeshivaGuy wrote on 03 Jan 2021 05:36:](#)

[Lou wrote on 03 Jan 2021 05:18:](#)

[YeshivaGuy wrote on 01 Jan 2021 19:56:](#)

[Lou wrote on 01 Jan 2021 07:37:](#)

You really have beautiful writings. You should have some of them published. Maybe in a magazine or something. They are not too explicit for the public, but bring out all the good points.

Thanks so much, I really appreciate it.

I have around 40 or so similar poems, I'd like to publish them some day.

I think it's good and my friends do to, but u never know if others will appreciate it...

Nit sure how/where to publish. If to make a separate kuntres? Start a blog? Start sending them

I am sure the magazines would be thrilled with it as 90% of poems come from females. It would show a new perspective.

U think I should be worried bout copyright?

What type of Copyright issue could there be?

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 04 Jan 2021 00:06

[Lou wrote on 03 Jan 2021 21:40:](#)

[YeshivaGuy wrote on 03 Jan 2021 05:36:](#)

[Lou wrote on 03 Jan 2021 05:18:](#)

[YeshivaGuy wrote on 01 Jan 2021 19:56:](#)

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Nit sure how/where to publish. If to make a separate kuntres? Start a blog? Start sending them

to Mishpocha magazine?

I am sure the magazines would be thrilled with it as 90% of poems come from females. It would show a new perspective.

U think I should be worried bout copyright?

What type of Copyright issue could there be?

I probably used the wrong word.

Im saying, is there a concern of someone stealing my stuff and claiming ownership?

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 04 Jan 2021 02:52

I keep sleeping in etc...

Today I got out of bed at 2pm.

Why? I was awake earlier and I could've gone to shachris etc. so why?

Because I have a Yetzer Hara and I've been giving into this taiva.

The midda of Atzlus has taken hold in my life.

If I had a low self esteem etc then it wouldn't bother me so much. But I really beleive in myself that I can become a Big Talmud Chacham and Oved HaShem.

And that's what bothers me, that I'm not pushing harder. Not enough Mesirus Nefesh...

Every single time I attempt to get better to get back on track, I just fall back down.

So what's the mahalach?

Lechora, to keep going forward. Idk...

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Re: Make it to Yeshiva

Posted by Gevura Shebyesod - 04 Jan 2021 04:35

Current streak: 119 days

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Re: Make it to Yeshiva

Posted by Zedj - 04 Jan 2021 05:06

[YeshivaGuy wrote on 04 Jan 2021 02:52:](#)

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You know your place, you know where you wanna go....half the problem solved!

Now let's start putting the rest of the peices together!

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Re: Make it to Yeshiva

Posted by Lou - 04 Jan 2021 05:15

[YeshivaGuy wrote on 04 Jan 2021 02:52:](#)

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I have noticed over the years,that sometimes when I was doing particularly well regarding the Shmiras Einayim etc issues,other areas such as Davening with Kavana or getting angry would be shvach. The Yetzer Harah knows who it is worth fighting with. He sees he is losing one battle,so he attacks from the other side. Just keep showing him that you are in charge,not him!

Chazak vematz!

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Re: Make it to Yeshiva

Posted by wilnevergiveup - 04 Jan 2021 05:39

[YeshivaGuy wrote on 04 Jan 2021 02:52:](#)

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So what's the mahalach?

Not to get into a whole debate here but low self esteem is exactly that. people with low self esteem usually have master plans for their future and believe they have potential but feel like they are not worthy in the moment. Trust me, this is my life, I feel like I really can learn well, I imagine myself handeling with my Rosh Yeshiva, yet I never actually do, because I think I will be "found out" that I am really not as good as he thought I was etc. For some reason, in the moment we forget all the grand plans we had for ourselves.

It's hard to say what the eitzah is as it can vary but there are two mehalchim depending on where you find yourself.

I once heard from a rebbe of mine that when struggling to find cheshek (for someone who usually has it) do the motions that you would normally do and don't beat yourself up if you don't learn or daven the way you are supposed to. Try to just show up and be proud of just showing up and doing the motions and it will iy"H pass. This can be called mesiras nefesh if you want but the point is not to go totally against your will, rather to prevent it from getting worse while at the same time holding on to the potential to getting back into it.

The other mehalech (they can be done at the same time) is not to overthink things. A different Rebbe once told me that in yeshiva, when you want to do something and are start second guessing yourself, just do what came to your mind first and be confident. Don't think too much just do it and move on. This helps you not overthink everything.

As long as you are still in yeshiva, you can be confident that if you just go with the flow you will end up in a pretty good place (not to minimize trying harder but you know that you are in good hands). You don't have to think too much, just go with the flow and you will shteig. My Rosh Yeshivah always tells me "Ploiny, you have to stop thinking!"

So to sum it up, yes the mehalech is to keep moving forward, it seems like you figured this out yourself already but just make sure not to much, go with the flow and IY"H things will fall into place.

P.S. This is the story of my life (I wrote about it on my thread and a few other places) life has it's ups and downs, bit the bigger the challenge the bigger the thrill. It's like surfing, the only fun part is the wave, the bigger the wave the bigger the thrill.

Ride them waves!

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Re: Make it to Yeshiva

Posted by BHYY - 04 Jan 2021 14:31

[YeshivaGuy wrote on 03 Jan 2021 05:50:](#)

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(The classic Yeshivish guy thing to say would be that these people were being disgusting and that Bh "v'hivdilanu min hato'im."

But honestly, I was jealous. I know it's sad that a Ben Melech felt jealous of peasants. But that's how I felt. And I still kinda feel like that...)

But Bh got out my energy, ready to go to sleep and shteig bezras Hashem.

B"H! You are a healthy functioning male!

Allow me to share a mehalech that has worked really well for me. There's a story that's been going around about a wealthy businessman who commuted to NYC everyday. He wasn't happy with the billboards and other pritzus he was seeing so he made himself a deal. Every time he looked away he would put aside a dollar. After sometime he had amassed a tremendous amount of dollars and bought himself a beautiful silver menorah. Can you imagine the Simcha he has every Chanukah when he lights that menorah? Or just a regular day when he sees it in his break front? He is reminded of the zechsuim that got him that beautiful menorah. I am going to write more in detail on my thread but I thought, why can't I do that too? I'm not a wealthy businessman but I can afford a few dollars. So I started. Every time I look away from someone in the street or a billboard or every half hour that I refrain from masturbating when I have an urge I put aside a dollar. They add up really quickly. There are many different ways you can adapt this method, you can save up for something like the menorah or there are mentors here on GYE that will match your savings to give you an even bigger push. I saw a tremendous change in myself because you are in essence training yourself to have a reaction to look away from such things but you don't even notice because it's a fun game-like situation.

Anyways, just thought I'd share what works for me.

Hatzlocha!

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Jan 2021 01:22

Baruch HaShem, today I shlepped my body out of bed for Shachris.

I fought every fiber of my guf and Bh been goin well thus far

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Jan 2021 01:26

[wilnevergiveup wrote on 04 Jan 2021 05:39:](#)

[YeshivaGuy wrote on 04 Jan 2021 02:52:](#)

If I had a low self esteem etc then it wouldn't bother me so much. But I really beleive in myself that I can become a Big Talmud Chacham and Oved HaShem.

And that's what bothers me, that I'm not pushing harder. Not enough Mesirus Nefesh...

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So what's the mahalach?

Not to get into a whole debate here but low self esteem is exactly that. people with low self esteem usually have master plans for their future and believe they have potential but feel like they are not worthy in the moment.

I understand and appreciate what ur saying, but I don't think going to shachris is such a "grand plan."

I think it's healthy to expect some Mesirus Nefesh from oneself.

In modern society there's such a focus on taking it easy, (like their "tachlis" is to retire and play golf all day eating apple sauce! etc etc.) and definitely one shouldn't be obsessed and freak out.

But l'maaseh, there's a reason why America hasn't produced the Gedolei Yisrael that we have in Israel/ in previous generations.

This whole "take it easy" mentality is good, nice, and it has a place, but l'maase, we have chiyuvim and a tachlis HaChayim.

Obviously if one is getting anxiety etc, then it's a bad thing.

But I think poshut, that an Emesdike "She'eefa l'Gadlus" is a very positive and essential part of becoming an Eved Hashem

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Re: Make it to Yeshiva

Posted by YeshivaGuy - 05 Jan 2021 02:39

I definitely do have an aspect of low self esteem.

But I beleive shtark, that "She'eefa l'Gadlus" is essential for true Aliya in Avodas HaShem.

And I don't think all expectations are bad...

cuz I'm sure ur not against She'eefa.

So if you can elaborate, that would be appreciated

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Re: Make it to Yeshiva

Posted by mggsbms - 05 Jan 2021 03:02

[YeshivaGuy wrote on 05 Jan 2021 01:26:](#)

[wilnevergiveup wrote on 04 Jan 2021 05:39:](#)

[YeshivaGuy wrote on 04 Jan 2021 02:52:](#)

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But I think poshut, that an Emesdike "She'eefa l'Gadlus" is a very positive and essential part of becoming an Eved Hashem

For debate sake..Is there a difference between being a true "eved hashem" and "sheifa legadlus"? isn't being a true eved hashem the ultimate gadlus?

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