

Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 28 Jan 2021 21:27

---

Hey guys just wanted to get myself out on the forum- I saw a few people say that being on the forum is helpful so I figured I may as well try it out and what better way to get started than to introduce myself?

Im leaving for a yeshiva in Eretz Yisrael this coming Elul and my goal is to have enough control by the time I leave for yeshiva that I can go into yeshiva with a solid sense of control.

Im writing this as i recover from a fall i just had - i had 16 days clean and just fell, and writing this is actually pretty therapeutic. Prior to joining GYE my longest streak was 10 days as of this year (I've gone for 8 weeks longest probably) so GYE has been super helpful - this organization and everyone who helps in any way is truly incredible.

My issues are not so extreme in my opinion- I've never seen porn and dont feel myself being pulled towards that but I do suffer from mzl which almost always stems from embarrassing fantasies. I rarely feel that its impossible for me to stop - I've always had a lot of determination and at first I used to be helpless against my desires but now I almost *choose* to indulge myself but have the willpower to refuse, if that makes sense.

I dont have a filter on my phone but am working up courage to ask my parents for one - I hear netspark is good..

Thats all for now- excited to start being more active on the forum!

Eved Hashem

=====  
=====

Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 11 Feb 2021 02:24

---

Thanks all for the encouragement!

=====

Re: Aiming to be better. Introducing myself :)

Posted by Benoni - 11 Feb 2021 05:03

---

Incredible man! Just know it gives me (and others) a lot of chizuk to hear victories such as this.

May you have the same gevurah to overcome the rest of your nisyonos!

=====

Re: Aiming to be better. Introducing myself :)

Posted by EvedHashem1836 - 12 Feb 2021 04:17

---

11 days!! Going strong!

Quick vort: The frierdiker rebbe was in jail, arrested for the "crime" of spreading Torah in communist russia. The chassidim with him in jail start to lose hope a little and fall slightly in their yiddishkeit.

The Rebbe says: you guys are mamish presented with an opportunity rn to struggle and you should be grateful and seize this opportunity because they don't come around so often! The fact that you have a nisayon is a way to bring you closer to Hashem from your striving to succeed.

As I've said in some previous posts, I think its super important to have a positive outlook on these sort of things - will also hopefully give people strength to have this mindset when urges kick in.

=====

Re: Aiming to be better. Introducing myself :)

---

Posted by EvedHashem1836 - 14 Feb 2021 14:26

---

Maaseh shehaya I was with a bunch of friends and it was decided to put a movie on with extremely inappropriate things in it. There was literally porn in the movie. So I guess it would be like looking at porn.

This was not my decision and it was pretty triggering. If I felt it wouldn't really be my fault - this wasn't my choice and I did my best to look away for most of the movie (couldn't drown the audio though)

To clarify - this was not a pornographic movie it was a "comedy"

All of that being said, the old me easily would have succumbed to mz"l but im fighting and think im going to win this one.

Still moving forward,

EvedHashem

=====

Re: Aiming to be better. Introducing myself :)

Posted by Lou - 14 Feb 2021 15:42

---

[EvedHashem1836 wrote on 14 Feb 2021 14:26:](#)

Maaseh shehaya I was with a bunch of friends last night and it was decided to put a movie on with extremely inappropriate things in it. There was literally porn in the movie. So I guess it would be like looking at porn.

This was not my decision and it was pretty triggering. If I felt it wouldn't really be my fault - this wasn't my choice and I did my best to look away for most of the movie (couldn't drown the audio though)

To clarify - this was not a pornographic movie it was a "comedy"

All of that being said, the old me easily would have succumbed to mz"l but im fighting and think im going to win this one.

Still moving forward,

EvedHashem

I am very impressed! That takes alot of strength on your part. Maybe try to find some different friends to hang out with so you could avoid this challenge?

Keep it up!

=====

Re: Aiming to be better. Introducing myself :)  
Posted by Benoni - 14 Feb 2021 21:24

---

Maaseh shehaya I was with a bunch of friends last night and it was decided to put a movie on with extremely inappropriate things in it. There was literally porn in the movie. So I guess it would be like looking at porn.

This was not my decision and it was pretty triggering. If I felt it wouldn't really be my fault - this wasn't my choice and I did my best to look away for most of the movie (couldn't drown the audio though)

To clarify - this was not a pornographic movie it was a "comedy"

All of that being said, the old me easily would have succumbed to miz"l but I'm fighting and think I'm going to win this one.

Man I know how hard that can be especially with peer pressure. Sometimes too, my y"ch will persuade me to watch bc it's a "movie", not "porn" so it's kosher. I don't know the setting you were in specifically, but if c"v you are put in that situation again and you have your phone, pull it out and go to the GYE site or a chizuk video. Maybe bring earbuds and play the video to drown out the movie noise. Again, don't know how realistic this is to do. If these friends are frum, you *might* be able to reason with them and watch something else instead. If they're not frum, I'm not saying you should quit hanging out with them, but avoid watching movies with them. (Say you have to go if they put on a movie. If it's nighttime, say you're too tired to watch and go to bed, etc.)

Just my two cents. Kol hakavod on your overcoming the nisayon! And b'hatzlocha with your ongoing fight!

=====

Re: Aiming to be better. Introducing myself :)  
Posted by Hashem Help Me - 14 Feb 2021 22:33

---

Impressive gevura on your part.

Going forward: In public the guys will probably make fun of you for voicing discontent with the choice of movie. However I wonder if you can approach each guy individually and ask politely and caringly "Would you like some help to stop watching that shmutz?"

=====

=====

Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 14 Feb 2021 23:08

---

Thanks to all for great suggestions

=====

=====

Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 15 Feb 2021 01:58

---

14 days!!!

Huge shkoyach to the chevra at GYE for making this happen!

=====

=====

Re: Aiming to be better. Introducing myself :)  
Posted by ??? ????? ????? ??? - 15 Feb 2021 02:00

---

[EvedHashem1836 wrote on 15 Feb 2021 01:58:](#)

14 days!!!

Huge shkoyach to the chevra at GYE for making this happen!

Huge shkoyach to you for making this happen!

=====

=====

Re: Aiming to be better. Introducing myself :)

Posted by DavidT - 15 Feb 2021 02:20

---

[??? ???? ???? ??? wrote on 15 Feb 2021 02:00:](#)

[EvedHashem1836 wrote on 15 Feb 2021 01:58:](#)

14 days!!!

Huge shkoyach to the chevra at GYE for making this happen!

Huge shkoyach to you for making this happen!

I would like to second what ??? ???? ???? ??? said...

Self-esteem is one of those things in life we know is important but we still take for granted. In fact, all of life is really a battle to build self-esteem and to maintain it, because without it, a person becomes psychologically limited. It means that he won't expect much from himself, at least spiritually, and he will not grow much...

of course it's all from Hashem but this is the will of Hashem, that we should recognize our self worth and keep on growing...

=====

Re: Aiming to be better. Introducing myself :)

Posted by serenity - 15 Feb 2021 05:50

---

Hi, I wrote a whole long shpiel but it disappeared. I guess it wasn't meant to be. Bottom line is stay positive, one day at a time, stick around people with long term success and live in the moment!

=====

=====

Re: Aiming to be better. Introducing myself :)  
Posted by EvedHashem1836 - 18 Feb 2021 14:10

---

Update:

Feeling fine but been having a bunch of wet dreams recently - i know i can't control it but its pretty annoying. Anything to do about it (not lusting so much if at all during the day) or is this something that naturally diminishes?

=====

=====

Re: Aiming to be better. Introducing myself :)  
Posted by DavidT - 18 Feb 2021 14:20

---

[EvedHashem1836 wrote on 18 Feb 2021 14:10:](#)

Update:

Feeling fine but been having a bunch of wet dreams recently - i know i can't control it but its pretty annoying. Anything to do about it (not lusting so much if at all during the day) or is this something that naturally diminishes?

### **Here are some tips:**

1. limit drinking or overeating too close to bedtime ????? ??"?, ??' ??? ???' ?.
2. sleep on your side. ????? ??"?, ??' ??? ???' ?.
3. say kriyas Shema with kavannah.
4. learn Torah before going to sleep.



???"? ??', ??' ?????, ??? ??? ????? ????? ?????, ??? ???, ??' ??'"?-- ????? ??? ????? ?????? ???  
???? ????? ????? ?????, ??? ????? ??? ????? ????? ?????, ????? ??????? ??? ????? ????? ??; ??'"?.

5. Go to sleep on time-- Many of the problems come when people are hanging around at night, feeling bored. After a whole day, they have no strength to put up a fight, and with nothing to do, there's a vacuum that ends up being filled. Therefore, just setting an early bedtime could be very useful.

6. be careful about your thoughts during the day.

7. don't worry that an occurrence might happen-- If a person worries about such problems right before he goes to sleep, then they're much more likely to happen. The reason is because thinking about not doing it brings the topic to the forefront of one's mind and causes it to resurface in a dream, leading one to become tamei at night. ????? ??????? ??' ????? ?????? ??'"?, ????? ??,

=====

====