

Hey

Posted by jewish1234 - 25 May 2021 17:52

Heyyyy

I cant believe I didn't know about this community until now. This is amazing and an awesome thing.

I struggle with lots of masturbation. its great to speak about it and get it off my head so openly. This was taking over my life.

These days I still have the issue but I'm working on it and try every day to get passed this. People wonder why they cant have this few minutes of pleasure? I saw an amazing point think about what Hashem gives us all the time whenever we need. Always!!!! now try to give up those 5 minutes of fake pleasure for Hashem that will feel much better after and last much longer and a real good feeling!!!!!!!

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Re: Hey

Posted by DavidT - 25 May 2021 17:58

WELCOME!

Rabbi Chaim Freidlander zatzal wrote a great eitza for guarding our eyes. (Look in Sifsei Chaim on Moados, Chelek Alef in the section Derech Shel Aliya.)

He says that if we give ourselves the choice of either enjoying the pleasure of looking at women or not giving ourselves the pleasure, we are in for a struggle: Enjoy or don't enjoy? A plate of ice cream or an empty plate? Instead, what we have to do is realize the positive benefits of guarding our eyes, the tremendous zechus and kedusha that we can gain from shmiras eynayim. If we do that, now we have a choice between one pleasure and another pleasure, between a plate of delicious treife ice cream which will eventually make us sick, or a geshmake seudas Shabbos with our families. That is a much easier choice to make.

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Re: Hey

Posted by concernedjew21 - 25 May 2021 22:09

[DavidT wrote on 25 May 2021 17:58:](#)

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"??? ???? ???? ???? ???? ???? ???? ???? ???? ????"

We were always taught to believe, and to be fair many Rishonim learn this way, that "hefsed mitzvah" and "schar aveirah" refer to the pleasure of aveiros and difficulty of mitzvos in this world, and "schar mitzvah" and "hefsed aveirah" refer to the reward and punishment in the world to come.

This is very difficult, because we are being asked to weigh experiences with which we are intimately familiar, against an experience which is ??? ?? ???? ?????.

I have heard another pshat suggested, along the lines of what you are quoting from Rav Friedlander, that "schar mitzvah" and "hefsed aveirah" don't refer to oilam haba, but rather the ways that mitzvos enrich our lives, and aveiros ruin them, in THIS world. Now the scales are balanced, we are being asked to make a very intimate calculation with ourselves, to explore the ways with which connect to Torah and Mitzvos, and realize what we are giving up and how much we are suffering by transgressing, in THIS world.

To take it one step further, almost everyone is familiar with the Mesillas Yesharim's parable of

the maze, where only the people who have completed it and are sitting in the middle and can see all the paths can guide those still inside. Everyone should go back and read it again, because we were never taught it properly. Most people were told that "the maze" is about listening to your Rebbi, or something like that. Now, listening to your Rebbi is a nice thing and an important concept, but it is flat out not what the Ramchal is talking about.

The Ramchal says that the message that the people in the center, the people who have gotten out from "??? ????", have for us, is...wait for it..."??? ??? ???? ???? ???? ???? ???? ???? ???? ????". That's the whole message, which the Ramchal says only someone who got through the maze can see is the only way through it. It begs the question, what is the brilliance of this eitzah? Perhaps it's like we were saying, it's not about thinking about Gehinnom, it's about contemplating how personal the mitzvos are, how they enrich us, and thereby every time we fight against our yetzer instead of building resentment that we don't like it and tension to eventually give in, we have something to identify with in the struggle, not in oilam haba but in the here and now, and our affinity and connection to that aspect of the mitzvah grow with each act of willpower, instead of us growing disgruntled and frustrated.

As I'm writing this I'm realizing that Rav Friendlander was as we all know a big scholar of the Ramchal's works. I wonder if he saw this in the Mesillas Yesharim's "maze" as well.

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Re: Hey

Posted by HappyYid - 26 May 2021 00:28

[jewish1234 wrote on 25 May 2021 17:52:](#)

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Welcome to the club!

Yes it is an amazing community!

Keep posting. Stay connected.

Good luck on your journey!

HappyYid

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Re: Hey

Posted by jewish1234 - 26 May 2021 17:04

Anyone else have this?

I'm in the first few days things are crazy by me. I woke up early with crazy urges and couldn't fall back asleep.

This is very hard to control. How do you fight this till 90 days?

Anyone with tips and information that would be great!!!

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Re: Hey

Posted by DavidT - 26 May 2021 18:11

Scientific studies show it takes about 90 days to change the neuron pathways in the brain created by addictive behaviors.

Our sages have said: "*There is a small organ in a man, if one feeds it - it is hungry, if one starves it - it is satiated*". The most difficult days are in the beginning. It will gradually get better.

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Re: Hey

Posted by k9 - 26 May 2021 18:43

[B"jewish1234" wrote on 26 May 2021 17:04:](#)

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Anyone with tips and information that would be great!!!

Bear in mind an urge won't kill you. It's possible to not give in and still stay alive (newsflash!). It's definitely uncomfortable and at times painful like crazy no denying that. For me I find that thinking big constantly makes it so much harder. In the here and now you only have the urge in front of you to deal with and the next 90 days are irrelevant to today. I try and focus on just doing the best I can right now. It doesn't make a difference about tomorrow. Not sure if this works for everyone just sharing what I found helpful.

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Re: Hey

Posted by EvedHashem1836 - 27 May 2021 19:06

[jewish1234 wrote on 26 May 2021 17:04:](#)

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I'm in the first few days things are crazy by me. I woke up early with crazy urges and couldn't fall back asleep.

This is very hard to control. How do you fight this till 90 days?

Anyone with tips and information that would be great!!!

Not gonna mince words - its hard. Difficult. Crazy.

The initial stages are tough to make it through.

But if you never make it through the first few weeks youre gonna be living this way for the rest of your life.

And thats not living.

Thats surviving.

We want to live, not just survive. We can all give you as many eitzos and chizzuk and whatnot but in the end of the day YOU have to want it. You have to want it enough to overcome the urges. Urges come and they are powerful but you say nope I can't live the rest of my life like this I need to break free. And to break free of an addiction you need a long period of time without giving in to it to break the patterns of the brain.

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