

Guilt

Posted by Torah22 - 06 Feb 2022 12:58

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Hi!

I haven't seen much in this topic and I wanted some guidance.

I have about a fifteen year history of struggling with zera levatolo. There were times where I was properly addicted and times where I came "out" of it but fell occasionally.

Bh I have been totally clean for quite a bit of time (6months-a year) although I struggle with shmiras einayim like everyone else.

Whilst I'm in general very happy with myself I cannot get rid of the guilt of my past. I'm constantly thinking that whatever I do is not really worth it because I'm going to go to hell for all those aveiros. I'm desperate to speak to a gadol for practical advice for how to be ???? for those aveiros but never find the opportunity. This really weighs me down no matter how well in doing. I feel like it's one of those ?????? that one can't be ???? for... Does anyone else share these struggles?

I really find it hard to grow and shteig with all this guilt shooting on my head...

Pls pls help!

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Re: Guilt

Posted by jackthejew - 06 Feb 2022 13:44

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[Torah22 wrote on 06 Feb 2022 12:58:](#)

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Check out the Shiurim in the audio library, many of which deal with teshuva [www.guardyoureyes.com/articles/shiurim](http://www.guardyoureyes.com/articles/shiurim)

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Re: Guilt

Posted by omekhadavar - 06 Feb 2022 14:09

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[Torah22 wrote on 06 Feb 2022 12:58:](#)

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I recommend Rav Moshe Weinberger Chaburah Yosef Hatzadik;

Shiur 100 - Is it possible to fix

Shiurim 101 - 107 - Laws of Shmiras Habris

Shiurim 108 - 110 - Tikkunim of Shmiras Habris

[www.yutorah.org/search/?s=chaburas+yosef&sort=1](http://www.yutorah.org/search/?s=chaburas+yosef&sort=1)

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Re: Guilt

Posted by 5Uu80\*cdwB#^ - 06 Feb 2022 14:26

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[Torah22 wrote on 06 Feb 2022 12:58:](#)

I feel like it's one of those ?????? that one can't be ???? for...

Welcome. Many of us relate to what you've posted. I just want to point out that the line I have copied above from your post is your yetzer hara deceiving you. You absolutely can do tshuva on this aveira. I have never seen any source in Chazal that on this aveira one cannot do tshuva. I recommend trying to realize that you certainly can do tshuva for this aveira even though it is difficult. We are cheering for you, support you, and are here for you. May Hashem help you.

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Re: Guilt

Posted by Captain - 06 Feb 2022 15:16

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[Torah22 wrote on 06 Feb 2022 12:58:](#)

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You must must must check out The Battle of the Generation, especially Appendix A in the back. Download it from the link below in my signature

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Re: Guilt

Posted by DavidT - 06 Feb 2022 17:07

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[Torah22 wrote on 06 Feb 2022 12:58:](#)

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**Here are some points that are very important to internalize**

? The main tikun is learning Torah, especially when you aren't enjoying it (e.g. doing chazara, or pushing yourself to learn very deeply), and you are only learning because it's a mitzvah. Bottom line: If you toil in learning, you'll certainly have a complete tikun. (1:106)

? When your desire is burning, think about the tremendous zechus you'll get by overcoming it.  
(1:106)

[illegible]

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Posted by Torah22 - 07 Feb 2022 00:20

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See also [wiki.guardyoureyes.com/Kesser\\_Rosh](http://wiki.guardyoureyes.com/Kesser_Rosh) for quotes from R' Chaim of Volozhin. On that page, there's also a quote from the Shevet Mussar:

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Re: Guilt  
Posted by omekhadavar - 07 Feb 2022 01:04

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[Torah22 wrote on 07 Feb 2022 00:21:](#)

Thanks. I feel like it's one of those aveiros that are??? ?? ??? ?????? ???. Is that not true?

No, there is no makor for that. The poskim argue whether it's even an issur min hatorah since it's only merumez from the story of er veonen and doesn't have a beferiush pasuk.

(And also look at Rabbeinu Yona's Shaarei Teshuva Shaar 3: 171; that the aveiros which one has no chelek is only if he doesn't do teshuva  
[[https://www.sefaria.org/Shaaarei\\_Teshuvah.3.171?lang=bi&with=all&lang2=en](https://www.sefaria.org/Shaaarei_Teshuvah.3.171?lang=bi&with=all&lang2=en)])

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