

In Need of Chizuk

Posted by Yosefhomevakesh - 22 Feb 2022 01:33

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Hi everyone.

I am a bochur who has been struggling with motzi zera l'vatata for roughly the past 8 years.

In the beginning I barely knew what I was doing, and I would do it once or twice a day. I didn't realize that it was destroying me. My drive and enjoyment in life. My energy. It would take them all. My thinking became cloudy and I couldn't focus on life or learning properly. I would always be tired and sleep till late in the day.

Back then I would be m"zl while thinking about any women that I saw in the street. In fact there were many times I would just sit by the window waiting for a women to pass by so that I can fantasize about her. Eventually I came across pornography, and even though I've never had more than occasional access to it, I got pretty hooked on it when it was available, and would crave it when it wasn't. I would also be m"zl while thinking about what I've seen online even when I didn't have any access.

Over the past 8 years, I feel like I've given the fight to stop all that I've got. I've spoken to many of my Rebbeim about it asking them for help. I made charts for myself. I made one of my Rebbeim my accountability partner. I tried exercise and cold shower. I gave tzedakah. I davened. I cried. I tried my hardest to throw myself into learning. But still nothing seemed to work.

At this point, I still have occasional access to unfiltered internet and it's just as hard to resist the urge to watch "just one video". But I've b"h been having a much easier time looking away from improper sights. I'm "only" being m"zl on average once a week which is also b"h a big improvement from what I used to be doing.

Even though Hashem has given me tremendous siyata d'yishmaya to improve a lot over the years, I still can't completely shake the yetzer off. I feel like I've tried everything I could but for some unknown reason it was only enough to get me till this, hopefully, last stage. I very very often cry myself to sleep begging Hashem to help me kick this addiction away once and for all. I simply can't take this anymore! There are times where I feel like I would rather die than continue to be struggling with this. I had to leave my yeshiva because I was so depressed about this that I stopped showing up to davening and sedorim. Now I'm in a yeshiva where b"h I started

showing up again but I have a very hard time fitting in for many reasons.

I see no possible end in sight, and don't know where to turn. B"h I just found out about GYE and was able to get a modified version of the app to work on my flipphone. I just signed up for the 90 day challenge and I really feel that if y'all here can give me some chizuk, with Hashems' help, it can give me the final boost that I need in order to win over this yetzer hara.

Please, if anyone has any sorta chizuk that they think would be beneficial for me to hear at my stage, please share.

Thank you GYE and y'all who are out there to help!

Yosefhamevakesh

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Re: In Need of Chizuk  
Posted by chancy - 22 Feb 2023 16:10

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Great post Reb Yosef!

I feel exactly the same. It takes time to start seeing results. But if you really want to learn and are willing to endure, you can get so much better by sticking around and reading and interacting with others.

plus the Flight to Freedom program is amazing for everyone.

keep up the good work, we need everyone's wins and triumphs!

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Re: In Need of Chizuk  
Posted by Yosef Hamevakesh - 25 Feb 2023 19:50

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Celebrating 30 days of no porn, and 2 weeks of not masturbating!!

I don't see any significant difference yet in how I view women by not objectifying them, but I guess it'll just come with time.

I had a pretty serious urge over shabbos (although nothing too major) while I was waiting to fall asleep for my shabbos nap (so not a great time to get up and go walking or schmoozing), but BH I was on my guard (I get urges at that time a lot), and I was able to remind myself that the urge isn't real it's just a mirage, and even though it didn't really get much easier for those few minutes, BH I was still able to keep clean with that in mind.

Btw I did try to "surf" the urge by paying attention to where I felt the tension in my body, and the fact that there was this fantasy floating through my brain that was driving me to feel like I needed to masturbate. I also tried to keep in mind that it's okay to feel like this, and I don't actually need to masturbate. I honestly didn't feel that it helped me at all. At most it helped give me a little bit of awareness to the context of what I was dealing with. Maybe I just need more practice to get the "surfing" right, or maybe because the urge wasn't that big, I didn't have much to "surf" with. Idk. Either way I'm gonna be"h keep doin what I'm doin.

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Re: In Need of Chizuk  
Posted by 5Uu80\*cdwB#^ - 26 Feb 2023 00:50

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Amazing!!! Keep up the great work!

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Re: In Need of Chizuk  
Posted by chancy - 27 Feb 2023 00:48

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Keep up the good fight! You are amazing!

yes the longer you go without giving in and fantasizing willingly your brain will slowly but surely get used to it.

regarding surfing, I think you are confusing with diffusion.

surfing is when you watch the desire increase and then subside it's so that you don't get overwhelmed by the desire.

diffusion on the other hand means that you are training your brain to step back and see the desire as an outside idea that's not connected to you, so that you are able to walk away without fighting your own brain.

it seems that you are starting to get the hang of it. Remember the longer you go and the more times you actually remind yourself that the desire is not you but and outside force that you can distance your self from, it'll will make a difference! Every little practice makes a difference.

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Re: In Need of Chizuk  
Posted by Yosef Hamevakesh - 01 Mar 2023 14:32

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@chancy Thanx for your continued support.

I think you're right that I'm confusing diffusion and urge surfing. I think that I "get" diffusion for the most part, but for some reason urge surfing just isn't processing. Maybe I don't fully understand it yet.

Shouldn't diffusion be enough to keep me from getting overwhelmed by an urge? It seems to me that urge surfing is just a "playful" but unnecessary way to experience the urge.

Without diffusion, I'm assuming that you'll have a pretty hard time urge surfing because you're still stuck fighting your own brain, and the urge won't really subside since you feel it as a very real part of you (true?). But once I diffuse myself from the urge, there's no reason to get overwhelmed by it anymore, and I can just let it subside. To view an urge as a wave I guess makes sense, because it actually does rise and fall like a wave, and you'll be viewing the urge accurately, because those are the facts. But if I instead just view it as an outside force that's "just there" but will go away if I don't fight it, it still doesn't make it any harder, since I'm not overwhelmed by it anyways.

What's the whole "avodah" of and how does it help for me to go out of my way to see and "feel" it as a wave?

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Re: In Need of Chizuk  
Posted by chancy - 01 Mar 2023 17:54

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I see that you underarnd diffusion better so just stick with that for a while.

Deffusion iteself was a real game changer for me.

It doesnt take so fast but you can get your brain to realize that its an outside force and you are in control and you can actually feel like you are stepping back.

For example, if you see something arousing, instead of getting all riled up and thinking "Oh im so aroused now, i need to feel more of this right now! i need to get all into this feeling" and then you end up getting lost, so instead of that you can think like this " I understand that i just saw something that feels good, i know why my brain feels like this, becuase i fed it years and years a diet of this drug and therefore that what it wants, but i know better now and this is not what I want and therefore i am moving on" So you feel like you step out of your brain and into the real life.

The further you can step from the thought, the easier it becomes.

Untill now "I want this, this is so good, i cant fight it, its me"

Now Option 1 "My mind thinks it wants this"

Option 2 "i realize that im having a thought that my mind wants this" You can see that this is another step away from the thought.....

Good luck.

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Re: In Need of Chizuk

Posted by Yosef Hamevakesh - 02 Mar 2023 10:37

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I'm BH holding by day 18 and bli ayin hara goin strong!

Just a question here.....

I just had my 3rd wet dream this week. I know that I didn't bring them on and there's nothing to get down about. I know that I'm not supposed to pay any attention to them, they just mean that my brain is processing that I'm not masturbating anymore.

In the past, whenever I had a good streak, I would have a wet dream on average, once a week. I can only think of a handful of times where it happened like this that I got em literally every other night without letup.

They're just annoying and I was wondering if there's a reason why this time it's different that they don't stop coming? Is there anything I can do to make them stop? Or this is normal and I ).

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Re: In Need of Chizuk  
Posted by chancy - 02 Mar 2023 15:52

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Hi Yosef,  
have to stop obsessing over it (I know, Reb HHM you pick this one  
Glad to hear you are growing and keeping strong.

Regarding Wet dreams- Dont worry about them, it only makes them happen more if you do. Just go to the mikva if you can and say Tikun Haklalai (Im not Breslov, but i trust Reb Nachmen)

What you can do, I have a ton of stuff here, ill share a few.

Dont eat too much of the following, Garlic, Onions, Eggs, Fatty foods.

Learn right before going to bed, especially mishnayos.

Read Krias Shema of the Arizal,

Say the first four chapters of Tehilim.

You can also practice Kegal exercises to strengthen your muscles so they dont just release stuff without your express written permission....

Good Luck

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Re: In Need of Chizuk

Posted by Yeshayahu 41:6 - 02 Mar 2023 16:09

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Could be the YH is getting anxious..

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Re: In Need of Chizuk

Posted by jackthejew - 02 Mar 2023 16:51

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[chancy wrote on 02 Mar 2023 15:52:](#)

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Good Luck

I would add not to go to bed on an overfull stomach.

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Re: In Need of Chizuk

Posted by Eerie - 02 Mar 2023 21:47

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[Yosef Hamevakesh wrote on 02 Mar 2023 10:37:](#)

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Gevaldig! Amazing, my friend! When I started my journey, a few days later I had vivid sexual dreams of things I never wanted, with people I knew, it was crazy. And it shook me up. Like right now, when I'm leaving this garbage? I never had such dreams before, and all of a sudden this happened. So HHM told me, and I'm sure he told you the same, your subconscious mind got the message. For years I told myself that I won't but deep down I wanted it, until I dug even deeper down and told myself in no uncertain terms that I was never going back. I'm done. Bye! I don't want it! At all! And the mind rebels. The mind was always soothed because it knew that it would get it one day, it always knew the possibility exists, and here we said no way anymore. I have been following your posts, my holy friend, and it sounds to me that you are in a really good place, and your mind is just processing the goodbye you've said. So keep it up, don't think about it much, and KEEP TRUCKING!

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Re: In Need of Chizuk

Posted by Yosef Hamevakesh - 02 Mar 2023 22:05

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[jackthejew wrote on 02 Mar 2023 16:51:](#)

[chancy wrote on 02 Mar 2023 15:52:](#)

Hi Yosef,

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Good Luck

I would add not to go to bed on an overfull stomach.

Thanx guys for the suggestions, and to everyone for your continued support! It really helps.

I actually already say the first 4 ????? of ?????, and krias shema she'al hamita (is this diff than krias shema of the arizal?) before I go to sleep. I guess I'll keep the other suggestions in mind, and do my best to just move on and let my subconscious mind catch up on his own time if it happens again.....

In other news, today was a pretty hard day. I didn't have much of a productive day, and I'm having pretty strong urges. I'm finding that bh I'm getting pretty used to looking away from places that I shouldn't look, and it's bh getting easier. What I'm not yet used to doing is to not keep thinking and fantasizing about what I see. I'm trying very hard to not fantasize, and bh I'm getting better at it, but I feel like it's taking a lot out of me. Since my natural reaction is to keep thinking about what I see, even if I don't fight the thought, instead I try to focus on something else till the thought passes, it's still a lot of work to not think about something that I'm craving and that my brain will naturally continue thinking about. I think that the fact that I need to constantly be on my guard is starting to become a bit of a burden. Maybe I am fighting the thoughts more than I realize. Idk.

Either way, what's Keepin me goin is that I'm holding onto the thought that I don't actually need to give in to the urge. I only feel like this because over the years, this is what I convinced my brain to think is what I need. If I hold out, I'll stop feeling like I need it, and it'll get easier in the long run.

Also, I'm "???" clean for 19 days now. The same way I was able to stay clean for the past close to three weeks because I didn't need it, I don't need it now.

With Hashems help, I will stick this out and ?? ?? ?????.

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Re: In Need of Chizuk

Posted by Yeshayahu 41:6 - 02 Mar 2023 22:38

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Reb yosef, we are all blown away by your incredible resolve to hold strong in these extremely difficult challenges.

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Re: In Need of Chizuk

Posted by Yosef Hamevakesh - 04 Mar 2023 18:10

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I fell twice over shabbos.

For the past few days, I kept getting really strong urges. I kept trying to remember that I don't need to give in to the urge and it's only so intense because this is what I created for myself over the years of giving in, but if I hold out, it'll pass, and get easier over time. This actually did help and the urges pretty much went away when I ignored them.

Eventually, they just started getting really strong and kept coming back every few minutes even after I did my best to ignore them. Since it was shabbos, I couldn't call anyone (which I for sure would've done, and it prob would've helped a lot), and I didn't have anything to distract myself with (I did try learning a bit but my head wasn't into it then), and it was at a time when no one was around to shmooze with. I was kinda lost about what to do, and I think the fact that I was trying really hard to not get caught up in the urges, but that didn't stop them from coming back every few minutes even stronger, was too much for me, and I felt like I couldn't keep putting in my energy to fight it anymore, and I caved in. This was on Friday night.

After I fell, I really felt like just throwing in the towel and doing it again. I started getting pretty vivid images flooding my brain. BH, at that point, I decided not to give in, and I kept making sure not to get caught up in the thoughts, and was able to stay clean for the rest of Fri nite.

On shabbos day the same thing happened, that I kept getting really strong urges that didn't stop coming back, even after I let them pass. These urges were like 10 times stronger than the ones on Fri nite. I don't know why, but eventually I got overwhelmed and masturbated again.

I'm just wondering if I'm doing something wrong or this is normal. I really can't think of anything that I would do different next time that I have an I urge. I really think that I gave the fight all I got, and I had a bunch of small wins on the way, but eventually, the YH got me. Even though I think that I understand diffusing urges pretty well, I guess that at where I'm holding now, I can't expect myself to be able to do it every time. It takes a lot of practice to master, and if I keep at it, I'll get better at it. Idk. Maybe one of you veterans can let me know what you think.

As an aside, I'm also wondering (and this is not weighing on my mind, I'm just curious) what y'all think about falling twice very close together. Looking back, after a lot of times that I fell, I would get super strong urges afterwards, and I would fall again pretty quickly.

This past time (also the time before where a similar thing happened and I fell twice over shabbos), I decided to get back up after the first fall, so I don't think that the urges the second time were caused by me feeling low and not interested in fighting.

This is just a pattern that I found with myself, and was wondering if anyone else experiences this and what you think about it.

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