

In Need of Chizuk

Posted by Yosefhomevakesh - 22 Feb 2022 01:33

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 sederim. 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 doingtshuva - 05 Mar 2023 00:24

[Yosef Hamevakesh wrote on 04 Mar 2023 18:10:](#)

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.

Sad for the pain your going through;

Shabbes is for some (me included) a very challenging day.

No work, no electronic communication, there is a lot of extra time and people get dressed extra nice on shabbes in both sides of the mechitza.

Planning ahead can help a lot.

For me the biggest fight is to get up right after a fall, and not to let one fall lead to a second third or chv worse.

If you are on 90 day chart, then you can get such a feeling after you fell, to go porn and masturbate for the rest of the day..... but we know that its NO good for us.

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Re: In Need of Chizuk
Posted by Eerie - 05 Mar 2023 07:52

Hey Yosef HaTzaddik, I'm sorry for the hard time and the falls. But I'm so happy that you sound like you are right back in and ready to fight! That's the way we must be, remember that the whole idea of the streak is a tool to help incentivize, it is not the goal. The goal, the accomplishment, is each day on its own. And even if we get to 90 days, the YH does not go to sleep. It does not make the fall easier to handle, but it helps us get back up when we internalize that life is about ups and downs. So don't worry about your fall too much, and keep trucking! I would add, it does seem like Shabbos brings you its share of struggles, so maybe you can think of a GYE friend that lives within walking distance that you can reach out to, and arrange with him to 'be on call'. This way you can feel comfortable going over and talking it through. My friend, your resolve is an inspiration, so keep sharing and keep soaring!

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Re: In Need of Chizuk
Posted by chancy - 05 Mar 2023 17:37

You got this!

of course it's hard. Some days are hard for me and and some days are very hard.

It took me a very long time to get to a point where I can just move On and not make the day even harder then it is by actively fantasizing. That's the key, remembering that the initial thought will flee in a second u less you keep it actively alive and there lies your choice.

do you give in for a moment or an hour of fantasy that will either end up with you giving in c"v and feeling much worse then you did, or stopping to fantasize after an hour which is murdurously hard to do! So the only good choice to to acknowledge it and say I understand but it's just not worth it.

for me it works when I think of ice cream, I love a good ice cream! Especially vanilla, it gives me great pleasure, however, I'm lactose intolerant and I never eat dairy! I can take a tiny lick but that's it, so I learned that you can crave something and want the pleasure but also to know that it's just not worth it.

of course I'm not comparing, It's it in the same level, but the idea is the same. The more you practice the easier it will become.

keep on growing!

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Re: In Need of Chizuk

Posted by Yosef Hamevakesh - 06 Mar 2023 14:53

Thank you everyone for your support.

I'm doin my best to move on from my fall, but the truth is, I feel like I lost a lot of my stamina to keep fighting when I fell. I don't know why, but I'm guessing that the reason probably is that I kept my thoughts clean for weeks, and I was careful where I looked, and I tried to diffuse the urges when they came, but that wasn't enough to stop me from falling in the end.

I know better than this. I know that the fall was just a bump along the road, and it wasn't a failure. I know that I shouldn't expect perfection; It's gonna take a lot of battles before I work up those fighting muscles to be completely free of giving in. I guess this is just where my perfectionist tendencies are flaring up.

This is why I'm not at all giving up, and I'm not getting down about falling. Instead I'm going through the motions of trying to keep my thoughts clean even though I don't feel like it, because I know that this is what I have to do, and this is what I want and it'll make me happier in the long run. It's just that I feel like I'm missing the enthusiasm where I feel like it'll actually help me stay clean to keep trying, and it's making the fight a bit harder.

Just my thoughts.....

Also about shabbosim, I think y'all are right that I need to have some sorta plan, ideally

someone to talk to when I have a big urge. I don't know of anyone around me that I can talk to, and I don't know if I actually would get up and talk to someone when, in the heat of the moment, I'm busy taking my shabbos nap and suddenly I get a huge urge. So idk what to do about shabbosim, but I'm gonna keep doin my best, and try to be more on my guard on shabbosim.

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Re: In Need of Chizuk
Posted by simchastorah - 07 Mar 2023 06:14

That sounds really hard. Good for you for keeping committed even though you're not feeling it. It's only been a couple of days since the fall, so your yetzer is still being matzliach in telling you that the real you is a baal aveira. Iy'h once you've stayed clean for a few more days your yetzer will back down and let you feel good about what an amazing person you are.

Today (or tomorrow for you probably) is Purim. On Purim we have an incredible opportunity to connect to our inner most selves. Your inner most self does not want this stuff, and is so happy that you're fighting the fight. Be'h this Purim you'll tune in to that voice and come out of Purim invigorated and ready to keep fighting b'simcha

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Re: In Need of Chizuk
Posted by frank.lee - 08 Mar 2023 07:52

Thanks for the update.

Be smart. For Shabbos afternoon, maybe take a nap on the couch instead of in bed?

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Re: In Need of Chizuk
Posted by Yosef Hamevakesh - 08 Mar 2023 09:23

[frank.lee wrote on 08 Mar 2023 07:52:](#)

Thanks for the update.

Be smart. For Shabbos afternoon, maybe take a nap on the couch instead of in bed?

I think that the main reason that I have a harder time on shabbos is because I don't have the regular structure of during the week. I have more down time, and less distractions, which gets my mind to start roaming... So I think that keepin myself busy might help, but napping on the couch won't make much of a difference. Thanx for the suggestion though.

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Re: In Need of Chizuk

Posted by Yosef Hamevakesh - 11 Mar 2023 18:41

I had a fall over shabbos. I got tons of huge urges which I ignored and let pass, until I couldn't ignore them anymore, and I gave in.

I'm not sure what to do about shabbosim. I haven't looked at a women for pleasure or purposely fantasized in about a month and a half, and it seems to bh helping me a lot and I'm bli ayin hara not really getting urges during the week, but for some reason, I can't keep clean on shabbos no matter how hard I try.

After I fell, I obviously felt like doing it again, but I didn't give up, and I bh ignored the urges for the rest of shabbos to the best of my ability. But even still, it seems like that wasn't enough to stop me from having a wet dream on shabbos afternoon (actually the second one in the past 3 days). Normally, I try to take it as a sign that my brain is catching up with my decision to stop masturbating (like y'all always say), but when a wet dream happens less than a day after I masturbated, I find that hard to believe.

I really think that I'm BH growing very much, and I can't think of anything more that I can do to work on this. This is why I'm feeling very frustrated that I can't keep clean for shabbos. I just don't know what I'm doing wrong that I can hold out most days, but as soon as shabbos hits, there's a continuous flow of images that just flow through my mind nonstop until I give in. And even after I give in, they don't stop, I just have a temporary relief from the feeling of needing to

masturbate until I do it again, or it just comes out while I'm sleeping if I control myself. I feel like I'm just wasting my time constantly being on my guard making sure not to look or fantasize. It's clearly not stopping me from falling as often as I used to, so what's the point. Why am I wasting my energy to try and keep my eyes and brain clean if it doesn't help me at all???

I know that how often I fall is not the point. I'm keeping my eyes and head clean which is a huge accomplishment in itself. And if I keep at it, chances are I'll be able to start masturbating much less often very soon. I'm already seeing improvement in the fact that I have much less urges in general. Also, I only did it once this shabbos instead of twice like the last times, which is an improvement. I guess I just gotta keep trying, and if I don't give up, I'll eventually find myself in control. It's just that it's very frustrating to be putting in a strong fight doing all I can, and still not be in control. I don't think I can hold out doing this much longer if I keep falling. It's just too much work to not be able to see any real improvement. I'm hoping that I can figure something out soon that will help me, because if not, I really don't think I will be able to keep fighting to stay clean anymore.

Either way I'm not giving up, these are just my feelings, but for now I'm still in the game.

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Re: In Need of Chizuk
Posted by simchastorah - 11 Mar 2023 20:34

Sorry to hear about that! Don't get down, you're doing amazing and your honesty is very moving! The fact that you didn't fall again is an improvement from last shabbos, so even your shabbosos are improving in truth.

Can you arrange a full-ish schedule of learning s'darim with chavrusos on shabbos? I don't know if this next point applies to you, but i know for myself that the hardest thing about learning) is the overeating and drinking at meals. But if I make sure to eat small portions and not drink too much alcohol, there's no real need for a shabbos nap.

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Re: In Need of Chizuk
Posted by shlomo99 - 12 Mar 2023 01:20

yosef, stop getting down about the wet dreams, there is no issur unless you had bad thoughts, so if you know your mind was clean you can cross that off the list (just make sure to go to the mikvah).

Hatzlacha gedolah in this battle of masturbating, i also used to have big problems shabbos afternoon.

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Re: In Need of Chizuk

Posted by Grant400 - 12 Mar 2023 02:15

[Yosef Hamevakesh wrote on 11 Mar 2023 18:41:](#)

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After I fell, I obviously felt like doing it again, but I didn't give up, and I bh ignored the urges for the rest of shabbos to the best of my ability. But even still, it seems like that wasn't enough to stop me from having a wet dream on shabbos afternoon (actually the second one in the past 3 days). Normally, I try to take it as a sign that my brain is catching up with my decision to stop masturbating (like y'all always say), but when a wet dream happens less than a day after I masturbated, I find that hard to believe.

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Either way I'm not giving up, these are just my feelings, but for now I'm still in the game.

I understand your feelings of frustration. Sometimes it feels like it's all too much! And then when we fall we just feel so discouraged and upset, we can't appreciate just how far we've actually come.

Let's break it down.

During the week you are watching your eyes and not fantasizing. This in turn is causing less urges. You are not masturbating. That's amazing.

So now you have shabbos. Shabbos is always a brutal day for me too. Too much time alone with my thoughts - so it's a more difficult challenge. You will get there, but please don't let it cause you to think you aren't growing or gaining from your battles.

The more you prevent yourself from urges through guarding your eyes, and learn how to let your thoughts just be without frantically shoving them out of your head, the more you will start to rewire your brain. It's a process. Nothing good comes overnight.

I would suggest to keep track in your posts how many days you have been clean not including shabbos. Forget about shabbos in your count for now. Don't let it erase your growing count of clean days.

Keep growing!

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Re: In Need of Chizuk

Posted by Trying The Best - 12 Mar 2023 03:34

Hey Reb Yosef Hamevakesh!

You're so powerful and amazing! You are handling your issues with such control! Hashem sees your KOACH and effort being put in to watch yourself.

The name you have here shows it all. Yosef = shows for Yesod. Hamevakesh = shows for your will, your searching and digging to become and be good in the Kdushas hayesoid!

Now, regarding "M" on Shabbos afternoons. I used to have the same issue - not too often - but I really think it comes from overeating the heavy food we have on shabbos (challa!p, cholent..). So I made sure when taking a nap to take a sefer with easy halachos or stories about Tzadikim etc to fall asleep with something holy in my mind and sometimes not to cover my full body, only the feet. Also, I made sure to drink a cup of water before, it helped as well.

dont fall, you're doing great and being very on-top of yourself! Stick around (like we all say....), have a wonderful week!

Trying The Best.

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Re: In Need of Chizuk

Posted by Yosef Hamevakesh - 12 Mar 2023 13:08

Thanx guys for all your support.

Unfortunately, I didn't listen to all that too well and I let myself get caught up in how I felt on motzei shabbos and I had a pretty big fall again.

My Webchaver hasn't been working for the past week and a half for some reason (I'm working on getting it fixed) and since I was feeling down, and like I have no control anyway, I might as well just give in to how I feel and try to find some porn. It took some work, but I was able to watch a few videos and I masturbated.

This is the first time in a month and a half that I watched porn, and also the first time in a long time that I decided to give in to the feelings of ?????.

It's true that I'm BH doing much better overall than I used to, it's just that I have no more patience to fight this anymore. It's simply taking too much out of me and it's taking too long for me to really feel a serious difference in how far I've come. I feel like I can't do it anymore. I made my brain used to thinking and fantasizing about women so much over the years that that is what it naturally starts thinking about if it's not busy with anything else. When I walk in the streets, I can't see a woman without my brain throwing fantasies at me. I worked very hard over this past month and a half to count bricks every time that I see a woman in the streets, and to not keep thinking about the images that constantly pop into my head, and I barely see any real difference. I still get bombarded by thoughts every time I see a woman in the streets and every time that my mind wanders off. It's true that I got a little bit better at dealing with these thoughts which is why I haven't been getting as much urges during the week, but for some reason when shabbos comes along, the images get ten times richer and a hundred times harder to send away. I don't know why. I don't think it has to do with how busy I am, because even when I'm busy like I was this past shabbos, they still come. I think it's because I don't have a way to distract myself like during the week.

And even without the shabbos problems, I can't still fight it during the week anymore. I don't have the strength to keep staying on my guard all day every day. It's too much work, with too little reward. It seems like an endless battle. I'm expecting that after a month and a half of no fantasies or looking, I should be able to walk in the streets without it being such a chaotic battlefield. It's not that much easier than it was when all I thought about are naked women. It seems like it's gonna take many many years of torturing myself to look away and not keep thinking about these rich fantasies in my brain before I will feel any semblance of control. I don't have time for that. It's too much work, and I don't have the will to keep fighting an almost hopeless battle for the next bunch of years.

This is how I feel. I'm not giving up, it's just that I'm feeling down right now and I don't have the will to fight this anymore. I'm gonna keep trying, but I have no more fight left in me, so I don't know how much I'll actually be able to stay clean.

These are just my feelings boys, so I guess this is the cue for y'all to tell me how far I've come (again) and how valuable the fight is, and that this is just the YH trying to get me down because he sees me doing so well and he can't take it..... I know that already and it's not helping, but maybe someone has an insight that'll be helpful. I don't know what I need to hear now.

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Re: In Need of Chizuk
Posted by Eerie - 12 Mar 2023 18:07

Hey friend, I'm sorry for the falls. And for your feeling frustrated and spent. And for your feeling that your struggling without gaining ground. That is so hard. It's so hard to keep fighting when you feel you have not accomplished or conquered anything. Oy. I wish I had what to say to make you feel better or to give you chizuk. Personally, I think you are a tzaddik who has come such a long way. And I feel your pain. And Hashem does too. And I send you my hugs. Please let us know how you are doing

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