

trying to stay pure

Posted by stopsurvivingstartliving - 23 Jul 2024 23:05

hey there i'm new to the forum and i figured i will introduce myself. *i am a bochur who was in a top mesivta and beis medrash. At one point a few months ago i started watching porn. my shame was bad and i reached out to gye and they hooked me up with an amazing mentor who i contact almost every night via text if that day was a clean day. bh i was clean since then with a few falls.*

i am in israel now and the streets are filled with hashems beautiful human beings and i cant control myself from looking. all this causing masturbation almost on a daily basis. Anyone with practical eitzos and words of chizuk i'll be glad to hear.

Sincerely,

stopsurvivingstartliving

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Re: trying to stay pure

Posted by BenHashemBH - 04 Aug 2024 11:06

This was asked before. If needed, we should follow up and see if we can get a case shipped to EY.

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 17 Aug 2024 22:56

Hey there, Gut voch.

On friday I noticed that my PM option disappeared, does anyone have experience with this?

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Re: trying to stay pure

Posted by Muttel - 18 Aug 2024 00:05

That's strange. Maybe ask the site administrator?

Warning: Spoiler!

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 18 Aug 2024 00:19

Warning: Spoiler!

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Re: trying to stay pure

Posted by chosemyshem - 18 Aug 2024 18:14

[Muttel wrote on 18 Aug 2024 00:05:](#)

That's strange. Maybe ask the site administrator?

Warning: Spoiler!

My chat option disappeared too, but I assumed it was the *revenge of the moderators* for my

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Re: trying to stay pure

Posted by truthaintflashy - 18 Aug 2024 19:06

Chat has been weird for me for a while now...it doesn't show, and when it shows, nothing loads. I can still access it through the "open chat" link in the community tab though, and apparently I still show as available because people write me.

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Re: trying to stay pure
Posted by Muttel - 18 Aug 2024 21:02

Same here actually

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Re: trying to stay pure
Posted by stopsurvivingstartliving - 23 Aug 2024 07:43

[stopsurvivingstartliving wrote on 17 Aug 2024 22:56:](#)

Hey there, Gut voch.

On friday I noticed that my PM option disappeared, does anyone have experience with this?

Baruch Hashem my PM's started working again.

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Re: trying to stay pure
Posted by stopsurvivingstartliving - 31 Aug 2024 20:19

I understand GYE forum is for kedusha related problems. But since I have no where else to do this I will do it here.

Right now I am burned out of learning and I don't know what to do going into a new zman and moving forward in life.

I grew up in a regular yeshivishe home where the basic is to learn until I get married and then learn a nice amount in kollel. That is what is expected of me. Therefore dropping everything and going to work is not that simple. I am a pretty smart guy and therefore school went well. Got good marks generally. Then came mesivta where I was motivated to learn and I did a pretty good job. Moving onto beis medrash I had some mental struggles which were very painful but bh I took care of it. But then based off the more intense learning as we get older I had a very

hard time. I was always self doubting myself if I know what I am doing or not which made the learning a whole lot harder. On top of that some more mental stuff kicked in and made it very hard for me.

I went to Israel hoping for a new start and without much of a plan why things should be different, nothing changed.

So here I am in Israel burnt crisp and not knowing what to do.

So you ask why don't I feel good that in the p and m area I am doing quite well? It's because moving on in life I am pretty lost.

I personally don't see any light at the end of the tunnel moving forward. But as I learned in the past there are big and smart people on this forum that can help.

Waiting to hear from you!

Sincerely,

Someone who wants to stop surviving and start living!

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Re: trying to stay pure
Posted by ezraw - 31 Aug 2024 23:38

WOW! I can really relate to you!

This past zman, I got so burnt out that I couldn't even bring myself to open a gemara!

I love learning, but I just kept pushing and pushing until I couldn't any more.

But I discovered that If I took something easier, something that I enjoyed learning and didn't have to push myself to learn, something that I didn't have to do it because that is what is expected of me, and did that in my spare time, It started making all my learning in all areas much more enjoyable!

I personally started doing the Daf Leyom mishnayos, it's a single sefer that has all the shishei sidrei mishna with an explanative translation in English (there is also a Hebrew version, but I don't read Hebrew so well).

I did more then a Daf a day (as they suggest) and finished 3 sedarim in about three months!

It's easy, I feel accomplished, and I enjoy it. And I found that I was automatically learning more in my spare time without even trying!!!

So for what it's worth, my advice is to find something easy and enjoyable to learn, and you will most likely start to notice a change in you learning within a very short amount of time.

(in fact, it was so successful with me, that my rebbeim started pushing the other boys in my yeshiva to try it even though many of them have no problem learning gemara. But there were so many other benefits that they even permitted the boys who decided to do it to take short breaks during seder to learn whatever it was that they chose)

Wishing you all the best, and you should continue to be matzliach in everything that you do.

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Re: trying to stay pure
Posted by tzaddikvikam13 - 01 Sep 2024 02:24

I can definitely relate, although I don't think I can help too much.

Last winter zman I was so burnt that I dropped out of Yeshiva for a month.

I have ADHD and I don't know what to do with myself in Yeshiva.

I can't focus during shiur, and I can't sit still for more than two minutes. Second seder is torture. I can't learn without a chavrusah, and where I am, the oilam does night seder by themselves. I haven't been learning by night seder for more than two years, until a few months ago when my father managed to get me a chavrusah.

So I can definitely relate to feeling so burnt and lost and not knowing what to do.

I don't really have any eitzos. I just keep going, one day at a time, knowing that this is what Hashem wants from me, and Hashem isn't expecting perfection from me - he wants whatever little that I can do. And yeshuas Hashem keheref ayin.

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Re: trying to stay pure
Posted by tzaddikvikam13 - 01 Sep 2024 02:40

while I was writing my last post, I got stuck wasn't sure how to continue. So I turned to ai. It was pretty funny. Here is how the conversation went:

I got stuck at this point, and I'm not sure how to continue. the message i want to give is that there might not be a solution, and what Hashem wants from you is to keep on trying, even though you're so burnt out. and *yeshuas Hashem kiheref ayin*. Can you help me?

A Response to the Burnt-Out Learner

Here's a continuation of your response, incorporating the message of perseverance and trust in Hashem:

"I can definitely relate, although I don't think I can help too much. Last winter's zman I was so burnt that I dropped out of Yeshiva for a month.

I have ADHD and I don't know what to do with myself in Yeshiva. I can't focus during shiur, and I can't sit still for more than two minutes. Second seder is torture. I can't learn without a chavrusah, and where I am, the oilam does night seder by themselves. I haven't been learning by night seder for more than two years, until recently when my father managed to get me a chavrusah.

So I can definitely relate to feeling so burnt and lost and not knowing what to do. **Sometimes, it feels like there's no light at the end of the tunnel.** We can feel trapped in a cycle of expectations and pressures, and it can be overwhelming.

But remember, **Hashem doesn't give us more than we can handle.** He's always with us, even when it feels like we're alone. **The key is to keep trying, even when it's hard.**

I've found that even small steps, like taking a break, finding a new learning partner, or trying a different approach, can make a big difference. And most importantly, **trust in Hashem's plan.** He knows what's best for you, even when it doesn't feel like it.

Remember, *yeshuas Hashem kiheref ayin*. Salvation comes quickly from Hashem. Keep your faith strong, and know that better days are ahead."

Additional suggestions:

- **Seek professional help:** If you're struggling with mental health issues, consider talking to a therapist or counselor. They can provide support and guidance.
- **Explore alternative learning methods:** If traditional learning isn't working for you, try experimenting with different approaches, such as listening to shiurim, using online resources, or learning with a different chavrusah.
- **Take a break:** Sometimes, the best thing to do is to step away from learning for a while. This can help you recharge and gain a new perspective.

Remember, you're not alone. Many people go through similar struggles. Keep your chin up, and trust in Hashem's plan.

one point I left out is that this conversation was hapening on guardyour eyes.com. also, i dont like your response, as it sounds too formal and polished.

You're right, a more casual tone would be better suited for Guard Your Eyes. Here's a revised response that captures the same message but feels less formal:

Dude, I feel you. Last zman, I was SO burnt out I peaced out of Yeshiva for a month. It's rough.

ADHD here too, and yeshiva can be brutal. Can't focus in shiur, gotta move constantly, second seder is killer. Plus, needing a chavrusah and being stuck in a place where everyone learns solo at night? Major bummer. Took my dad forever to find me a good one, I feel ya.

Anyway, yeah, burnout city. Feels like there's no way out sometimes. Expectations, pressure, all that jazz. But here's the thing: Hashem doesn't throw us curveballs we can't handle. He's always there, even when you feel like you're flying solo.

The key is to keep grinding, even when it sucks. Just gotta find what works for you. Maybe take a break, find a new study buddy, or try a different learning style. Trust me, even small changes can make a big difference.

Most importantly, gotta have faith in Hashem's plan. He knows what's best, even when we don't. Remember, yeshuas Hashem kiheref ayin – salvation comes quick from Him. Keep your head up, and better days are coming, bro.

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Re: trying to stay pure

Posted by hopefulswan89 - 01 Sep 2024 05:36

[stopsurvivingstartliving wrote on 31 Aug 2024 20:19:](#)

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Waiting to hear from you!

Sincerely,

Someone who wants to stopsurviving and startliving!

Kaveh el Hashem. Stay Shtark. Sounds like you may have have mild depression. Did you

consider a psych consult? Maybe you can get a recommendation to a good psych that works with yeshiva bachurim. Maybe all you need is some medication for a short period of time to lift you out of this dark abyss. What do you think?

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Re: trying to stay pure

Posted by hopefulswan89 - 01 Sep 2024 09:55

[stopsurvivingstartliving wrote on 24 Jul 2024 15:34:](#)

thanks to everyone for your words of chizuk and eitzos. a special thank you to amevakesh for giving me the idea to reach out to yiftach. and a even bigger thanks to yiftach who gave me over 45 minutes of his time today.

Yiftach is the best. You should also try Michel.

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