

My struggles with kedushah.

Posted by tzaddikvikam13 - 28 Aug 2024 00:52

I'm a yeshiva bochur in beis medrash.

I've been struggling with m*****ing for the past few years. I hated it from the beginning and tried stopping multiple times with seforim on inyanei kedushah, and kabalos with knasos, but I never had long term success.

Over time, I've stooped to other very low things, not because I had a taavah for these other things, but because one thing leads to the next. As soon as I would manage to keep sober from m*****ing for a short period, these other taavos would disappear.

I'm not addicted to p****, but I'm not completely clean from it either. On the street I think I have the regular struggles of a yeshiva bochur, I try to take off my glasses before I go outside, sometimes mistakenly (or not mistakenly) see something and try to get a better look. I never had any serious taavah for pictures of p****, never found any hana'ah in pixels, but I have slipped sometimes, more out of boredom than out of taavah.

Over the past couple few years, I've been struggling a lot in yeshivah, and while there are other things in my life that can be causing it, I feel that my slips in these areas are destroying my ruchnius.

I right now have an unfiltered computer with Linux, [which isn't easy to filter](#). If you have any experience with Linux or the bash terminal, [PLEASE HELP ME!!](#)

I'm looking to partner with a yeshiva bochur who has similar struggles, and with a yeshiva bochur who has gotten past such struggles.

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Re: My struggles with kedushah.

Posted by yitzchokm - 01 Sep 2024 16:57

You wrote to post on your thread about ADHD and you even wanted to open a thread addressing ADHD so I gave you advice about it. If not for this I wouldn't have written what I did.

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Re: My struggles with kedushah.

Posted by yitzchokm - 01 Sep 2024 17:00

You were given Eerie, Chaimoigen, Muttel and Hashem Help Me as mentors and ezraw as a chavrusa. Did you go anywhere with this?

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 01 Sep 2024 17:04

not complaining about that, just expected to get more help in inyanei kedusha over here, while so far, I feel like I haven't been getting anywhere.

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Re: My struggles with kedushah.

Posted by tzaddikvikam13 - 01 Sep 2024 17:07

tried reaching out to all of them. most of them didn't respond. those that did its going very slow (they ask a question, I respond, they follow up a day later, etc.)

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Re: My struggles with kedushah.

Posted by yitzchokm - 01 Sep 2024 17:10

Have you tried asking any of the four mentors for their phone number? It can take them time to respond this way too but it may go slightly faster.

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Re: My struggles with kedushah.

Posted by stopsurvivingstartliving - 01 Sep 2024 17:10

If I am not mistaken HHM aka michelgelter@gmail.com would speak on the phone if your ready to.

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Re: My struggles with kedushah.

Posted by yitzchokm - 01 Sep 2024 17:15

[tzaddikvikam13 wrote on 01 Sep 2024 17:04:](#)

not complaining about that, just expected to get more help in inyanei kedusha over here, while so far, I feel like I haven't been getting anywhere.

You wrote one post about your struggles but it wasn't all that clear that you are searching for help with that on the forum. We can give you a lot of encouragement and advice if you write about your struggles. You seem to be interested in mentors and a partner instead which is fine but I think that everyone is ready to help you. It is understood that it would be easier for you to read the book with a partner. Did you reach out to ezraw and ask him whether he can learn the book with you?

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 01 Sep 2024 17:22

[tzaddikvikam13 wrote on 01 Sep 2024 16:41:](#)

I'm here because of [my struggles with kedushah](#).

I posted here that I'm looking for help. Got a few replies. Mostly directing me to other people, who don't respond to my emails.

I mention that I have ADHD, and every thread that I've posted on blows up with suggestions, eitzos, and help.

Am I on the right site for inyanei kedusha?

Well maybe your expectations are too high. You only mention emailing. Did you try calling Michel? Did you follow up with support asking for a mentor? Did you read the thread or the ebooks? If people are responding to your threads that's good. The ball is in your court. You have to be willing to fight p and m. It won't happen overnight, it may take time. Maybe your

adhd wants an immediate solution to your problem which has developed over years. That is not realistic.

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 01 Sep 2024 17:28

[tzaddikvikam13 wrote on 01 Sep 2024 17:04:](#)

not complaining about that, just expected to get more help in inyanei kedusha over here, while so far, I feel like I haven't been getting anywhere.

What type of help are you looking for exactly? if you need a mentor, ask support to match you with a mentor. There are other people who post their contact info in the threads. Did you try them? You have not articulated what you are struggling with. How can anyone help?

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 01 Sep 2024 17:30

[tzaddikvikam13 wrote on 01 Sep 2024 17:04:](#)

not complaining about that, just expected to get more help in inyanei kedusha over here, while so far, I feel like I haven't been getting anywhere.

What kind of help are you looking for and what are you struggling with

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Re: My struggles with kedushah.

Posted by hopefulswan89 - 01 Sep 2024 17:34

[tzaddikvikam13 wrote on 01 Sep 2024 17:07:](#)

tried reaching out to all of them. most of them didn't respond. those that did its going very slow (they ask a question, I respond, they follow up a day later, etc.)

What do you need help with? What's your struggle? We can't help without knowing the problem

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Re: My struggles with kedushah.
Posted by hopefulswan89 - 01 Sep 2024 17:40

[tzaddikvikam13 wrote on 01 Sep 2024 17:04:](#)

not complaining about that, just expected to get more help in inyanei kedusha over here, while so far, I feel like I haven't been getting anywhere.

Well you joined august 23rd. Which tools on the site have you accessed? What are you struggling with?

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Re: My struggles with kedushah.
Posted by yitzchokm - 01 Sep 2024 17:41

Please let us know once you find a mentor and chavrusa so we know that it is settled.

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Re: My struggles with kedushah.
Posted by hopefulswan89 - 01 Sep 2024 17:54

[yitzchokm wrote on 01 Sep 2024 17:41:](#)

Please let us know once you find a mentor and chavrusa so we know that it is settled.

He has a legitimate gripe if he's requested a mentor and not been provided with one. That is a feature offered on the site.

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