

Striving

Posted by jollylemur95 - 14 Oct 2024 15:29

Hello,

This is my first time on the forum. It took me a lot of courage to go on to it. I have been struggling with these things for awhile. Usually it was M as porn was not accessible. I have always tried to keep all my devices clean. However recently I was exposed to an unfiltered device and I feel into that too for a while. BH that device is no longer accessible so I don't have to deal with that angle of it for now. But now Masturbation is the main concern. I am trying mightily to kick it but I feel like a caged tiger that is waiting for a release. Every walk down the street, to grocery, Bais Medrash, is agonizing. Keeping my head down at all times is my only option and women regardless of how appropriately she is dressed is a trigger. Is there anyone who has some chizuk or guidance for me?

In addition I want to be clean from this stuff not because it is not accessible but because it is the wrong. I feel like if I got my hands on an unfiltered device it would be under a minute I would be in the depths of this shmutz.

I just wish I can be normal that not every woman is an almost overpowering urge to Do P&M.

Can anyone help?

=====

Re: Striving

Posted by chaimoigen - 25 Apr 2025 20:02

Jolly, shlita

Reaching out to relate my best wishes for a wonderful Shabbos Kodesh.

I hope that you are ok. Thinking and feeling for you.

Hope that you can maybe see and feel now that “haven’t changed enough” isn’t the same as “haven’t changed at all”. And that what helps somewhat is helpful, and good, maybe great, even if it doesn’t go all the way. I hope you’ll get there. I think you wil, with a little hopefulness.

Bikavod,

??? ???? ???? ???? ?

=====

=====

Re: Striving

Posted by jollylemur95 - 28 Apr 2025 04:25

I fell again on Thursday.

In a way, it is more upsetting then the first one a week before. For 2 reasons:

1) Some have reported going in to a little bit of a freefall after a fall breaking a streak. I so desperately do not want to go there. Although I am not sure that twice in a week is considered a freefall, (especially considering my history) it is definitely closer to one then 1 single fall. (Goes without saying that even one time is terrible and unacceptable)

2)This fall came after what might be considered a victory.

Let me explain:

A close family member of mine was in the hospital. I was staying with him what turned out to be from around 7pm to 10am. I was there to obviously assist the patient, and to keep the rest of the family updated on any developments via phone. Being that my phone was broken and the new had not yet arrived, (I have it now and is operational. If I can ask anyone who had giving me their number to please call or text me so I can get back my contacts. I need you guys! Please identify if it a real number or a google voice) The phone that was left at my disposal was not my own. I do not know if it had any filter, but I know for sure, even if it was, it definitely was not up to that standards that I need. For example very prominently on the home screen was an app for YouTube. YouTube was always and still is a sure way for me to fall. There is plenty of bad stuff even without the worst of the worst. Anyway, I was b"h able to stay off it the entire time I was there. Hence, I can not tell you for sure if it had any filter because I did not try to google

anything. I was simmeraly successful at keeping my eyes off the nurses and mostly but unfortunately not perfect keeping my eyes of the TV's around the building. (If I had to give an estimate , I would say around 95%). Added to that was that it was in Manhattan which necessitated driving in such a terrible environment on a hot day (particularly when I left in the morning). I only got a half hour of sleep while putting my head down on a window sill. when I got back I went to sleep but promptly got woken up to deal with something related to the family member. After that I kept wrestling with all the things I saw even just a first glance against my will and the all my scenes from the past came and I fell.....badly.

Very upsetting after what I went through and put up with. I thought my effort was good,... but clearly not good enough. I do not accept the premise that working hard is an excuse or even a way to downplay the fall. The good thing it shows is that I am still in the game and not giving up. Just have to work harder next time.

Have to get hold of myself. I do not want a freefall or even 1 more fall. I really have to start at the basics and take it from there. Help!

=====

Re: Striving

Posted by amevakesh - 28 Apr 2025 13:58

HUG, HUG, HUG. My friend, I saw your post before Shachris, my heart ached for you. I had you in mind during ???", both regarding what you're going through with your relative, and for your own personal struggle. One request, Please have at least half of the Rachmanus on yourself that you would have for others going through the same thing.

=====

Re: Striving

Posted by jollylemur95 - 29 Apr 2025 17:44

[chaimoigen wrote on 25 Apr 2025 20:02:](#)

Jolly, shlita

Reaching out to relate my best wishes for a wonderful Shabbos Kodesh.

I hope that you are ok. Thinking and feeling for you.

Hope that you can maybe see and feel now that “haven’t changed enough” isn’t the same as “haven’t changed at all”. And that what helps somewhat is helpful, and good, maybe great, even if it doesn’t go all the way. I hope you’ll get there. I think you wil, with a little hopefulness.

Bikavod,

??? ???? ???? ?

CO:Sorry I just saw this that you posted me on Friday.

I appreciate the warm wishes more then you can imagine. TY!

I certainly understand the diff between not changing enough and not changing at all. I always did.

However, I still stand by my self assessment. I would not want to discuss why I think this way on an public forum due to many considerations.

Finally, I certainly hope that I will get there. I truly believe HKBH gave me the ability to. The only question is do I have enough willpower to see it through. I am certainly going to try.

Thank you CO again for the warm wishes!

=====

Re: Striving

Posted by BenHashemBH - 29 Apr 2025 21:05

Reb Jolly, I hope you don't mind that I respond here based on our messaging.

(I've heard various versions of this story, and whichever version is true, the message remains).

When Rav Chaim Shmuelevitz, the great Rosh Yeshiva of the Mir, was a young bachur learning in Grodno, he went to visit to his uncle, the Rosh Yeshiva of Novardok, Rav Avraham Yaffén. During his visit, he asked his uncle to show him the best bachur in the Yeshiva. Rav Yaffén pointed to one bachur and said this is the greatest *amkan* in the yeshiva, he has the most penetrating insights. He next pointed to a different bachur and said he is the biggest *masmid* in the yeshiva, he is the most diligent. And he continued to point to different bochrim and point out each one as the greatest. This one for his *Yiras Shomayim*, incredible piety, or that one for his *bekius*, breadth of knowledge.

Rav Chaim said to his uncle, these are all great talmidim, but in the end which one is the greatest bachur in the yeshiva? The Rosh Yeshiva answered: "None of the above." Rav Chaim was stunned. "None of the above? You just spoke about each of their virtues and nobility. If not them, who is the best?" His uncle took him to one of the corners of the Beis Medrish and showed him a bachur and said: "This is the greatest bachur in the whole yeshiva." Rav Chaim was perplexed – in mentioning all the previous great bochrim his uncle never even mentioned this bachur, yet he is the greatest in the whole yeshiva?!

The Rosh Yeshiva answered, "This bachur's defining trait is greater than all of the other bochrim in the yeshiva – this bachur is a *mevakeish*, he is a seeker and a searcher. The others may be smarter, more diligent, more pious, but he is the hungriest, he wants it the most." That *mevakeish* ended up being the great Steipler Gaon, Rav Yaakov Yisrael Kanievsky.

Brother Jolly, you are one that wants it badly. You look at others as if they are greater than you because they have this *maileh* or that perceived *maileh*. You have a hard time seeing in yourself what others see in you. Past any mistakes and regrettable choices is a man that desires deeply to do the right thing and give it his all to connect with Hakadosh Baruch Hu.

???? ?? ????? ???

Please see what we see. Be inspired by what inspires us. Not someone that is perfect, no, davka someone that is imperfect, and still, he seeks Hashem with all his heart. The same heart that will be filled with joy when you accept that you have this greatest *maileh*. ???, when you are willing to realize the potential of this koach that you have, I believe you will find the strength to accomplish the madreigos that you seek. Stop looking at where you are not, so that you may see the value in who you already are.

Kol Tov and a gutten Chodesh

=====

Re: Striving

Posted by hashem help me - 30 Apr 2025 11:29

For some reason i am not receiving emails from GYE that there are new posts on the threads that i am subscribed to so i am a very late comer to this conversation. My two cents? Yachid v'rabim, halacha k'rabim. Jolly, quite a few guys who are intimately involved in this parsha posted on your thread. These are intelligent fellows who have analyzed and studied this struggle till the last detail. Many have spoken to Gedolim and rabbonim regarding what the correct hashkafa is. And BH they have assisted many dear individuals to escape this garbage or at least minimize it greatly. They unanimously all said the same thing, albeit in their own different personal styles. So lay down your weapons (which are facing at yourself) and accept the chizuk you are receiving. It is obviously the emes.

In addition, let's face the facts. Your two unfortunate incidents took place in very extreme circumstances. The fact that you were not omaid b'nisayon those two times does not erase your success at staying clean in regular day to day life. The best proof that you yourself realize this at least subconsciously is that BH it has not led to continued falling now that you are back to a regular schedule.

Particularly your second fall - it is so unfair to judge yourself so negatively. On the phone you told me that you had not slept and that you were physically and emotionally drained. This coupled with the fact that you found the hospital to be a most triggering matzav was a recipe for a gargantuan nisayon for the biggest tzaddikim around. The stress, exhaustion, anxiety, worry (for the relative who was the patient), not being in your usual daled amos, and the fact that for years masturbation was your self-regulation tool to calm down, unfortunately created an extremely precarious dynamic. Was it wrong to give in? Most definitely. But it is an isolated incident.

Similarly, the Chol HaMoed incident, due to your panic (which many of us would experience) finding yourself in such an arousing matzav, created a magnified and exaggerated nisayon. Again, i am not saying it was okay to masturbate - it is a clear issur, but let's be honest about how over the top the nisayon was.

Interestingly, neither story caused you to act out rach"l multiple times, nor did they lead you to "break your streak" of keeping your eyes clean online. That says a lot about your general health in this area. You are much more healed than for some reason you are willing to admit.

So as per your request, i will not call you a tzaddik, hero, inspiration, merkava l'Shechina, the one that Hashem is calling together the pamalia shel ma'ala and telling them "look! look at my eved ne'eman that is walking upstream against the tsunami of filth", etc - (even though you are definitely all of the above). My advice? Let two or three weeks of normal days pass, and then calmly reach out to one of the guys to make safety plans for the future when you will inevitably be hit again with a surprise change of environment or major stressful event. B'ezras Hashem you will learn how to be omaid b'nisayon in those matzavim as well. Hatzlocha buddy.

=====
=====

Re: Striving

Posted by chosemyshem - 30 Apr 2025 23:41

[hashem help me wrote on 30 Apr 2025 11:29:](#)

Similarly, the Chol HaMoed incident, due to your **panic** (which many of us would experience) finding yourself in such an arousing matzav, **created a magnified and exaggerated nisayon**. Again, i am not saying it was okay to masturbate - it is a clear issur, but let's be honest about how over the top the nisayon was.

This!

Stressing over fighting a nisayon is a tried and tested way to ensure that it becomes a nisayon.

"The supreme art of war is to subdue the enemy without fighting."

? Sun Tzu

"Abide"

--Chaim Oigen?

=====

Re: Striving

Posted by amevakesh - 30 Jul 2025 21:27

Brother, just checking in to let you know that I miss you. The forums ain't the same without you.

=====

=====

Re: Striving

Posted by alex94 - 06 Aug 2025 11:45

Jolly we miss you!

=====

=====

Re: Striving

Posted by frank.lee - 22 Aug 2025 13:49

Jolly, you've been quiet recently. How is everything?

=====

=====