

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?

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Re: Striving

Posted by jollylemur95 - 22 Nov 2024 15:19

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I wanted to share a kli yakar in this week's parsha that someone might get chizzuk from (at this

point I am unsure if it applies to my situation)

Rashi tells us that ketura was hagar and the change in name is because "her actions were pleasant like ketores" All the meforshim ask , how is that possible since Rashi said in last weeks sedra that she returned to her Avoda zara after being sent away from Avroham Avinu. The Kli Yakar also adds what is the significance of the name ketura?

He answers by saying that chazal tell us that The nevua of Sara emanu was greater then that of Avroham. She saw that Hagar and Yishmoel were leaning towards A"Z so she wanted them out. Avroham did not see that as such he was upset about it until HKB"H told him to ,listen to Sara. He then adds that just like Yishmael did teshuva , so we have to say that so did Hagar. Because if not how can she be called Ketura?

He adds an important point: The torah wanted to publicize that she did teshuva with this name for a very specific reason. It is not just the teshuva that HKBH values/ When a person does teshuva even the actual action of chet is a nachas ruach to him just like the action of mitzvos and ketores. Just like by Ketores, the Chelbina (an ingredient in the ketores) has a terrible smell but when it reaches hashem it creates a tremendous nachas ruach, so to when a person does aveiros and then does Teshuva the same thing. The aveira it self smells up to the high heaven but once it reaches HKBH with the teshuva it is just like Ketores! Creates a tremendous nachas ruach.

It is same thing here. Many of us have possibly done things that smell to high heavens. But being here now means we are involved in teshuva. That itself makes that the terrible actions that were done smells like a tremendous Nachas ruach when it reaches the heavens! The actual action that smell horrible (spiritually speaking) is now like our own ketores and smells wonderful by hashem!

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Posted by odyossefchai - 22 Nov 2024 16:16

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Explain to me how this isn't the beginning of the steps of the most beautiful teshuva journey?

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Posted by odyossefchai - 22 Nov 2024 18:06

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Re: Striving

Posted by odyossefchai - 22 Nov 2024 18:08

[jollylemur95 wrote on 22 Nov 2024 15:19:](#)

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Re: Striving

Posted by vehkam - 22 Nov 2024 20:14

So happy to see you starting to post more bh. Please keep it up. With regards to the kli yakar which is spot on - May I add the following-

when we say in aleinu- ?????? ?????? ??? ?????? ?????? I often have in mind that the same rbso that created kedusha also created every bit of the opposite. When we use the struggle out of the filth to grow close to hashem we are taking that filth and making it kadosh.

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Re: Striving

Posted by jollylemur95 - 24 Nov 2024 00:56

Not there yet but maybe soon.

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Re: Striving

Posted by jollylemur95 - 27 Nov 2024 16:19

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I will post the basic questions I asked him but will leave out any graphic details. (I am too ashamed to post them)

Lekovod Harav Brudny Shlita At the outset I wish to thank the Rav for his time hearing my story and trying to help me. In addition I ask mechilla in advance if I am a little graphic. I am doing it so the rav will have a complete understanding of how I am where I am now. I am terribly ashamed of what the Rav will read but I must be honest. I thank the rav for his understanding.

(I then proceeded to type my whole life story and how I reached where I am now crying hysterically of how long gone I am)

The email continues with the questions: *I wish to ask the following questions, but before I do I want to emphasize something. While at some point I almost couldn't control myself it is because of my bad choices at the beginning. When I made these choices I was a full Baar Daas. The first time I encountered pornography I was 20 or 21. The mz"l after I got married, shortly after that . I fed this Yetzer harah so much that he became an overpowering force. At this point every woman, regardless of how tzenua she is a trigger, because I fed this yetzer hara until he became a monster.*

My questions are as follows: (I am crying as I type this) I believe I am the biggest rasha and phony of this generation. My learning is worthless, same with davening or any good action I may do. Even when I hold myself back from looking at something or someone inappropriate I feel like that is not greatness because I caused myself to be this way. I feel like I am so gone that HKB"H probably despises me. I do not blame him either. I did it to myself with my bad choices when I was truly able to control myself. My mentor says I am an oines. I understand that oines means I am not responsible for all these bad actions. Obviously I am still required to do my very best to rid myself of this shmutz but other than that I am an erlich yid who Hashem loves, cares for, and values immensely, regardless of what I do, and especially whatever good I do. . I am still in kollel. Am I an erlich yungarman or a total low life . Is my torah worth anything? Who is right? I desperately want to hear that I am valued. However that's the method of this generation that everything is soft but not based on a Torah source. I want real authentic Daas Torah. Am I an oines who Hashem cherishes or so long gone that I am hopeless. Rabainu Yona at the end of shaar aleph says a person can do teshuva and get a kappara but HKB"H still says I do not want you. Is my current attempt at teshuva valuable to the rebono shel oilam? Or is it a lost case anyway? I must add that I feel that unfortunately, in my current state if I was exposed to an unfiltered device right now, I would fall to my Yetzer Harah in less than a minute. Every nisoyon that a person faces is an opportunity to become great and closer to him. Is that the case by me with this nisoyon or since I fed it to such an egregious extent, whatever I do is just bringing me back to status quo? Since these nisyonos are much more frequent and much more severe due to my bad choices. Am I drawing close to hashem in a powerful way through this or is just trying to rectify a terrible mistake that does not get me any closer to him than originally? I ask the Rav for real daas torah. How does the torah and the RBS"O view this. Please do not just tell me what I want to hear unless that is the true daas torah. I thank the Rav for taking the time to listen. I am very grateful! I am terribly ashamed about what I have done but I must know if my learning, teshuva, or Maasim Tovim even matters or am I destined to be burning in gehenom with the likes of anshei sedom, dor hamabul and the alike with no or very

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"Shtusim, Shtusim, Shtusim!!" (craziness)

So ended the conversation.

It was light in my world again! I can go learn knowing that I am making hashem proud. I can feel like I matter by the RBS"O. He did not give up on me! I can mark my victories as small as they may be. (Bli ayin hara 37 days! For me that is only a pipe dream!)

I know the fight is not over. I face a determined enemy who will keep trying to make me fall. I will keep speaking to all the malachim on GYE, masquerading as humans who believed in me even when I did not! Thank you!

But this is not just me. This is for everyone! Straight from Daas Torah!

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With immense love for all the warriors on GYE

Jolly

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Re: Striving

Posted by chaimoigen - 27 Nov 2024 16:30

Jolly, Here is a hug!! A big, meaningful, empathetic, understanding hug.

Welcome to being able to believe and care about your goodness, welcome to being able to have Rachmanus and kindness and care and love for yourself. Can't imagine how that feels. Can't begin to imagine how bad it felt until now.

Here's another one,

Chaim

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Re: Striving

Posted by simchastorah - 27 Nov 2024 16:38

Thank you for sharing that

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Re: Striving

Posted by iwantlife - 27 Nov 2024 16:44

Now you have me crying too, R' Jolly. Thank you for posting this. Welcome to the first day of the rest of your life!

With love,

iwantlife

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Re: Striving

Posted by redfaced - 27 Nov 2024 16:45

[jollylemur95 wrote on 27 Nov 2024 16:19:](#)

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Thats Jolly Amazing!!!

This is something that everyone need to internalize. Even if they weren't as caught up in the despair.

We are ALL people who are inherently good. Period. (even those people that invite me to breakfast and than get to busy for me.)

Halevai people should be as depressed over the aveira of lashon hara.,

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Re: Striving

Posted by vehkam - 27 Nov 2024 16:49

i may have some time for breakfast....

Re: Striving

Posted by vehkam - 27 Nov 2024 16:52

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I will post the basic questions I asked him but will leave out any graphic details. (I am too ashamed to post them)

*Lekovod Harav Brudny Shlita*At the outset I wish to thank the Rav for his time hearing my story and trying to help me.In addition I ask mechilla in advance if I am a little graphic.I am doing it so the rav will have a complete understanding of how I am where I am now. I am terribly ashamed of what the Rav will read but I must be honest. I thank the rav for his understanding.

(I then proceeded to type my whole life story and how I reached where I am now crying hysterically of how long gone I am)

The email continues with the questions:*I wish to ask the following questions, but before I do I want to emphasize something. While at some point I almost couldn't control myself it is because of my bad choices at the beginning. When I made these choices I was a full Baar Daas. The first time I encountered pornography I was 20 or 21. The mz"l after I got married, shortly after that . I fed this Yetzer harah so much that he became an overpowering force. At this point every woman, regardless of how tzenua she is a trigger, because I fed this yetzer hara until he became a monster.*

My questions are as follows: (I am crying as I type this)I believe I am the biggest rasha and phony of this generation. My learning is worthless, same with davening or any good action I may do. Even when I hold myself back from looking at something or someone inappropriate I feel like that is not greatness because I caused myself to be this way. I feel like I am so gone that HKB"H probably despises me. I do not blame him either. I did it to myself with my bad choices when I was truly able to control myself. My mentor says I am an oines. I understand that oines means I am not responsible for all these bad actions. Obviously I am still required to do my very best to rid myself of this shmutz but other then that I am an erlicha yid who Hashem loves, cares for, and values immensely, regardless of what I do, and especially whatever good I do. . I am still in kollel. Am I an erlicah yungarman or a total low life . Is my torah worth anything? Who is right? I desperately want to hear that I am valued. However that's the method of this generation that everything is soft but not based on a Torah source. I want real authentic Daas Torah. Am I an oines who Hashem cherishes or so long gone that I am hopeless. Rabainu Yona at the end of shaar aleph says a person can do teshuva and get a kappara but HKB"H still says I do not want you. Is my current attempt at teshuva valuable to the rebono shel oilam? Or is it a lost case anyway? I must add that I feel that unfortunately, in my current state if I was exposed to an unfiltered device right now, I would fall to my Yetzer Harah in less than a minuteEvery nisoyon that a person faces is an opportunity to become great and closer to him. Is that the case by me with this nisoyon or since I fed it to such an egregious extent, whatever I do is just bringing me back to status quo? Since these nisyonos are much more frequent and much more severe due to my bad choices. Am I drawing close to hashem in a powerful way through this or is just trying to rectify a terrible mistake that does not get me any closer to him then originally?I ask the Rav for real daas torah. How does the torah and the RBS"O view this. Please do not just tell me what I want to hear unless that is the true daas torah.I thank the Rav for taking the time to listen. I am very grateful!! I am terribly ashamed about what I have done but I must know if my learning, teshuva, or Maasim Tovim even matters or am I destined to be burning in gehenom with the likes of anshei sedom, dor hamabul and the alike with no or very little chance to become a true ben Torah.Since I am too ashamed I will just sign with my user name that GYE gave me.I sign (crying like a baby)Jolly (But I assure the rav I am not jolly

at all)

I was very tense waiting for an answer as a drop of hope had entered my heart that Hashem still values me.

I finally received an answer this week at was like sunlight that I had not seen in years.

He said to the person I sent in for an answer:

"Tell him that people like him are Tzadikem, a tzadik" (He repeated it a few times for good measure) If they are working on improving and speaking to knowledgeable mentors, hashem cherishes them. The nachas he gets from this is incredible!!

The person I sent then asked him about the fact that I had started when I was a full Bar Daas and was not an oines at all.

Rav Brudny answered:

"Shtusim, Shtusim, Shtusim!!" (craziness)

So ended the conversation.

It was light in my world again! I can go learn knowing that I am making hashem proud. I can feel like I matter by the RBS"O. He did not give up on me! I can mark my victories as small as they may be. (Bli ayin hara 37 days! For me that is only a pipe dream!)

I know the fight is not over. I face a determined enemy who will keep trying to make me fall. I will keep speaking to all the malachim on GYE, masquerading as humans who believed in me even when I did not! Thank you!

But this is not just me. This is for everyone! Straight from Daas Torah!

Those of us here on GYE and speaking to people to improve are not regular people, they are tzadikim!

Hashem is proud of us! He loves what we are doing ! He cherishes us! Are there any

more beautiful words to hear then that?!

I am sorry for such a long post. I am just so emotional about this. It changed my life!

With immense love for all the warriors on GYE

Jolly

there is no greater simcha then the knowledge that hashem still wants you.... now you can be truly jolly....

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Re: Striving

Posted by redfaced - 27 Nov 2024 16:53

[vehkam wrote on 27 Nov 2024 16:49:](#)

i may have some time for breakfast....

Im always down for breakfast

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