

Striving for kedusha

Posted by seekingkedusha1 - 13 Jan 2025 21:11

There was a flyer in yeshiva about the esa einai shovavim project, and as a 20 year old I figured It's worth a try.

In 10th grade, I started to watch porn, and shortly thereafter started masterbating. In the beginning it was only sporadic, but with time it became more frequent. My thinking at the time was that this is something all teen agers do, and it's part of

natural development. No one had ever taught me otherwise

In 12th grade, my rebbe gave a strong shmuz about motzi zera levatala. I approached him afterwards, and he said focusing in learning is the

best antedote. I was able to cut down on the porn, not the masterbation.

As stated previously, the esa einai project is geared to bachurim and worth a try. Additionally, I intend to review the material on this site, and reach out to the people mentioned in the threads.

To be honest, though I'm motivated, I don't think I can stop. I am easily triggered, and have tried very hard to stop without success. Frankly, I don't

think it's possible if you are single without an outlet.

There are some threads of people reporting success. But I haven't seen one by a bachur who is easily triggered and has been struggling for several years.

So it might be a good idea to post and report my progress or lack thereof. More importantly, I would be interested in hearing from any bachur my age who has been able to stop. It doesn't seem possible to me prior to marriage. While I have no actual knowledge, it seems to me that all

bachurim struggle with this to some extent.-

So in short, while I'd like to get totally clean, I'm not overly optimistic. I'm approaching this with an open mind and would be interested in being apprised by other bachurim what has worked for you.

Clearly it's a serious aveira. However is this something a bachur can completely abstain from with all the triggers? I haven't done a study, but I think all bachurim are nichshal to some extent. Maybe I'm wrong.

Hoping to get Kadosh and clean. I'd be interested in hearing your thoughts.

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Re: Striving for kedusha

Posted by brightpanther76 - 24 Jan 2025 16:59

Keep up the good work

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Re: Striving for kedusha

Posted by altehmirrerr - 24 Jan 2025 17:11

[seekingkedusha1 wrote on 24 Jan 2025 15:39:](#)

Posting for motivation and chizuk. Last night was particularly hard and almost fell. I reached out, had a shmooze and was able to distract myself. Going away for shabas and will be in a different environment. In a way less stressful. Would appreciate any encouragement.

were here for you brother! bh you reached out when it was getting tough! that's very good! i'm , either way were all in this together, let's keep on moving, full speed, hatzlocha and let us know how it goes!

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Re: Striving for kedusha

Posted by seekingkedusha1 - 26 Jan 2025 00:01

Reb Alteh Mirrer

Are you from bais yisroel/ave r/ or Bensonhurst?

Shabbas was bh Derhoiben. I'm not chasidish but I went to a tish Friday night with my host. It was very varm and I enjoyed the singing. Wasn't able to follow the toirah.

In my previous post of last week, I noted that I was running out of steam. So I received a booster shot that might propel me forward this week. Hope to do some more reading and being in contact with some of the chevra. It's been only a couple of weeks so too early to determine whether the suggested tools work for me. Also I might reduce or curtail my posts.

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Re: Striving for kedusha

Posted by altehmirr - 26 Jan 2025 02:17

[seekingkedusha1 wrote on 26 Jan 2025 00:01:](#)

Reb Alteh Mirrer

Are you from bais yisroel/ave r/ or Bensonhurst?

sorry but i'm from the mir! spent shabbos in branovitch!! either way glad to hear that your shabbos worked out

p.s. please don't just leave us hanging like that! we need you around brother! wishing you all the best!

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Re: Striving for kedusha

Posted by seekingkedusha1 - 26 Jan 2025 02:32

A shabas with Reb elchanan! That's Mamash a gevald. I have a kasha on a shtikel in koivet
shiurim.

Did you ask him about the maaseh with the dibuk and the chofetz chaim?

Keep up your streak! You'll join the chashuve chabura from shanghai.

ps not sure if I'm getting any toes

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Re: Striving for kedusha

Posted by seekingkedusha1 - 27 Jan 2025 21:44

Have to be more vigilant this week not to fall. I reached out and received some guidance and
motivation. But still awaiting a partner for more frequent communication and accountability. I'm
ambivalent about getting a partner in yeshiva.

Planning on continuing tonight to read the material on ebooks.

I've been focusing on shmiras eynayim because once triggered it's hard to deal with the urge.
Today my chavrusa was not here so my mind was wandering, not a good thing.

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Re: Striving for kedusha

Posted by lamaazavtuni - 03 Feb 2025 19:02

Nu to the mentch that's on the road to kedusha. How are we

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Re: Striving for kedusha

Posted by seekingkedusha1 - 11 Mar 2025 03:22

Haven't posted in a while. Frankly,

i was putting time into writing and wasn't getting much feedback, so I lost interest. For the moment I'm on a hiatus. I can be reached at the email in my signature. There's nothing like the Daf.

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Re: Striving for kedusha

Posted by chosemyshem - 11 Mar 2025 13:46

[seekingkedusha1 wrote on 11 Mar 2025 03:22:](#)

Haven't posted in a while. Frankly,

i was putting time into writing and wasn't getting much feedback, so I lost interest. For the moment I'm on a hiatus. I can be reached at the email in my signature. There's nothing like the Daf.

Posting you can take it or leave it. But please don't go on hiatus from fighting the good fight, or from connecting to others.

Hatzacha!

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Re: Striving for kedusha

Posted by lamaazavtuni - 11 Mar 2025 19:45

hmmm youll just leave us here in the dark:angry:

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