

Hello Newbie here

Posted by joewww - 19 Sep 2010 16:34

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Hello Everyone,

This is hard for me. I occasionally give in to my yetzer (masterbation) and have a hard time stopping. Its usually fine for long periods of time and then I just lose it. The hard part is that I beat myself up so bad about it and obsess over the point that there is no teshuva for what Ive done. This is especially hard on the yamim noraim. How can I get off this for good? Is there teshuvah for this and what does it entail? Thanks for hearing me out and I look forward to your help.

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Re: Hello Newbie here

Posted by silentbattle - 28 Sep 2010 05:36

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It's a seperate kuntris, on inyanei shovavim, or something like.

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