

Bigmoish's path to tahara

Posted by Bigmoish - 29 Jul 2014 23:01

I just posted my story in the "introduce yourself" forum. It feels like a weight off my shoulders already, but I hope I can really do this.

I already woke up this morning with the YH in my head, but I managed to brush it off and go

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 04:52

[Foolie wrote on 04 Jun 2023 19:29:](#)

daven.

Not to repeat what has already been said however I'm sort of going to. The first step you need to take is to embrace yourself warts and all once you do that you can begin to parse through the rest of your issues

What are the rest of my issues?

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:05

[Hashem Help Me wrote on 04 Jun 2023 20:32:](#)

Dear Bigmoish - you write beautifully.

In response:

1. Fact - I have personally spoken to rabbonim, magidei shiur, roshei kollel, askanim, gevirim -

loads of normal respected leaders in our communities who struggle(d) with this stuff. So, you are definitely not an oddball. You are a product of a generation that was unprepared for this nisayon and followed the same trajectory that loads of guys did. Why hasn't anyone come out publicly?! They want to be able to marry off their kids....

2. The majority of Rebbes, Roshei Yeshiva, Shul Rabbonim, and High School/Bais Medrash Rebbeim are well aware of the statistics, and are extremely sensitive and non-judgmental. Why are you so sure this Rebbe will look down at you?

Thank you for your kind words of flattery.

1. I think you are agreeing with me here, but I'm really not sure.

If admitted former porn users are not able to marry off their kids due to stigma, then where does that leave current porn users?

2. I can't be 100% sure, but I am sure. He is an excellent mechanech with hundreds of talmidim across a wide spectrum of religious levels, but I know the way he is machshiv the ones who "made it" in chinuch, klei kodesh, etc, more than others. He loves all of his talmidim, but he would not look at me the same if he knew, I just know.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:07

[iwillmanage wrote on 04 Jun 2023 20:59:](#)

[Bigmoish wrote on 04 Jun 2023 17:47:](#)

TL/DR: I watch/ed porn and masturbate, therefore I am a loser.

Sorry, what's a loser?

Sounds like some fictitious concept thought up by a guy with lots of imagination..

loser **noun** los·?er [?l?z?r](#) [Synonyms of loser](#) 1: a person or thing that [loses](#) especially consistently The team had a reputation for being a loser year after year. 2: a person who is incompetent or unable to succeed Don't waste your time on that loser. also : something doomed to fail or disappoint

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Re: Bigmoish's path to tahara
Posted by Bigmoish - 16 Aug 2023 05:08

[iwillmanage wrote on 04 Jun 2023 20:59:](#)

[Bigmoish wrote on 04 Jun 2023 17:47:](#)

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Synonyms of loser

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: a person who is incompetent or unable to succeed

Don't waste your time on that loser.

also : something doomed to fail or disappoint

his position is a loser politically

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:10

[Sapy wrote on 04 Jun 2023 21:01:](#)

Moish, I'm trying to understand, is 3 and 4 explaining why you shouldn't talk to your Rebbe? Or just if you have permission to be ashamed?

Both, I guess

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:23

[chaimoigen wrote on 05 Jun 2023 00:58:](#)

[Hashem Help Me wrote on 04 Jun 2023 20:32:](#)

Dear Bigmoish - you write beautifully.

In response:

1. Fact - I have personally spoken to rabbonim, magidei shiur, roshei kollel, askanim, gevirim - loads of normal respected leaders in our communities who struggle(d) with this stuff. So, you are definitely not an oddball. You are a product of a generation that was unprepared for this nisayon and followed the same trajectory that loads of guys did. Why hasn't anyone come out publicly?! They want to be able to marry off their kids....

2. The majority of Rebbes, Roshei Yeshiva, Shul Rabbonim, and High School/Bais Medrash Rebbeim are well aware of the statistics, and are extremely sensitive and non-judgmental. Why are you so sure this Rebbe will look down at you?

BigMoish, If you hunt around in the forums and you read between the lines I think you will find that there are many Talmidei Chachomim here, your brothers, who are struggling along with you in the Nisayon of our generation.

Read the **enthusiastic** Haskamos from all sorts of leaders - do they sound like they know what we are going through?

There is a Halacha that a person is not supposed to announce his Aveiros publicly, except in certain circumstances. That doesn't mean that sensitive people who pour their Neshomos into Ruchniyos don't have excruciating struggles. Often these struggles may be how they achieved certain levels.

You're not a loser for having a challenge. And neither is your Rebbe, if he can relate to your

challenge more personally than you think. And even if he BH did not struggle personally, he knows so many Tayereh Yiddin who do, if he knows anything.

Speak to your Rebbe, please. I suspect you will be glad you did.

But first - I beg you - Look at the Yid in the mirror with Rachmanus and tell him - "You are not a loser. You are a Tayehreh Neshoma !"

P.S. I edited this post after writing it . not that anything in it is wrong. But because I went back to the beginning of this thread and read a few pages. And I realize I have a lot to learn from you. So please forgive the tone , I admire you a lot.

1. I have a hard time accepting the haskamos, as I read them all as being from "normal" rabbanim, gedolim, etc, saying, "It's a really good thing we have this invaluable tool called GYE to help all the nebach sickos who got sucked in to this impossible yetzer hara. Not that it's their fault per se, and they shouldn't chas veshalom be judged, because the nisyonos in this generation are so tremendous!"

2. My Rebbe is not a loser, please see my other recent response explaining that I will not open up to him. He probably does know many tayereh yidden that struggle, but if he does not suspect me as being one of them, he will definitely view me differently. He's not my wife, that I feel he needs to know this dark secret about me. I'd rather he think of me as a tzaddik than know I am a porn user.

3. Please don't apologize, I prefer the sharp dialogue to excessive and unwarranted praise. It just inflates my ego, which never ends well.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:27

[cordnoy wrote on 05 Jun 2023 03:00:](#)

Late to the party; crazy day, crazy week, crazy month and year....

I like what Chaim wrote at the end; yes, tis a good idea to read the beginnin' of the thread; don't start with mine, however, for several reasons.

Now, Big Moish, why do you quote me on one half and not the other? Yes, we who can't keep our hands out of our pockets are in the minority (and by the way, I will concede to HHM that the number is increasin', but just because he talks to chashuvim who struggle with this doesn't mean that it's a majority at all), but that doesn't make us/you/I losers. It's a tough challenge, and some of us have it tougher for one reason or another.

To be cont....

Godspeed

1. I took long enough time to respond that we are no longer on the same crazy day, week or month. Still a crazy year?

2. Semantics, I think. Fine, so I'm not a loser. Call it want you want, but I feel inferior for not being able to beat this.

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:35

[5Uu80*cdwB#^ wrote on 13 Jun 2023 19:53:](#)

[Bigmoish wrote on 30 Jul 2014 17:48:](#)

The reason I didn't mention that as part of the plan is because although I have watched p^{***}, that is not really my major issue.

I am primarily focused on clearing my thoughts from fantasies about **real** people and putting an end to my m^{****} habit/addiction(jury's still out on which one it is).

Thank you for your post. I have zoomed in on a very important observation (quoted above) you have correctly made that I'm now going to paraphrase: **Fantasy is the root cause of all masturbation. If you do not fantasize (and you carefully guard your eyes), you will not masturbate. Period.**

You beautifully write that *despite* not looking at inappropriate online content, you still are are struggling with masturbation. This is an *extremely* common situation (one that I found myself in when I first got onto this site), and one that I attribute in large part to too little attention being given to the fact that fantasy is the central driving factor behind all sexual immorality, acting out, and intense battles with the yetzer hara. This website is called Guard Your Eyes, but really it should be called Guard Your Eyes and Your Mind, because many of us unfortunately have **plenty** we can think about without looking at anything at all. That's the problem. To continue distancing yourself from masturbation, it is critical that you remember that **fantasy is the absolute root cause of all of your misery**. Learn to **gently** allow yourself to move **around** thoughts of fantasy and on with your day (easier said than done, but is possible), and you will be a free man. **Neurotic attempts to control every thought you have with an iron fist will almost certainly backfire**. We need to be gentle with ourselves, understand how our minds work, and learn to **sidestep** unhealthy thought processes (i.e., fantasy) that consistently bring us to extreme frustration, nisyonos, and possibly much, much worse. May Hashem help us all.

Hatzlocha!

Wow, real boss move - pulling out a post from 9 years ago!

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Re: Bigmoish's path to tahara

Posted by Bigmoish - 16 Aug 2023 05:51

[cordnoy wrote on 13 Jun 2023 15:24:](#)

[cordnoy wrote on 05 Jun 2023 12:23:](#)

[Hashem Help Me wrote on 05 Jun 2023 10:56:](#)

I don't see where i implied that the majority of chashuvim are nichshal. What i did say was that 1. there are chashuvim who are (or have been) nichshal, 2. one who is nichshal is definitely not an oddball, and 3. that the majority of chashuvim are well aware of what is going on.

I guess here lies the crux of our disagreement. I believe that the more 'normal' we make this struggle, and when we turn it into the 'battle' of the generation, the more we decrease the chances of 'long term' success for many. Yes, we can accomplish some short-term victories with that approach, but ultimately, there are those who we might be doin' a disservice to. And perhaps, the question may be: who is the target audience, and how are they determined?

Godspeed

I have been asked several times to explain this and perhaps elaborate (and this, by no means, means that my opinion is correct; it is nothin' more than my opinion): Let's take lashon hara for example. This is what almost everyone would agree as a "normal" struggle, universally shared. What is the approach? Learn Shmiras Halashon 5/10 minutes a day, dedicate one hour of extra-zehirus towards this, occasional soap-in-the-mouth and avoidin' large groups at a tavern. What happens for someone who joins this program? He does it for 2 weeks/5 weeks/ 3 months or more, but many, sadly, remain lashon hara talkers for the duration of their life - some more, some less. I am not sayin' not to follow that mehalech, for it is what we should be doin'; what I am sayin' is that it remains a 'battle of the generation.'

Now, let us take this parable a step further (again, for some): Let us say that this baal lashon hara is a tremendous ka'asan, and when he begins to talk about someone else in a derogatory manner, his voice rises, he swears, he degrades him and his family and his Rabbi, he cannot control his emotions - his wife slinks to the corner of the room, his kids don't stay near him durin' lainin' or the kiddush, he's not pleasant to be around. He is different than your normal shmoozer. What approach do we suggest for this fellow? Learn Shmiras Halashon 15 minutes a day? I don't think so. If he is treated as 'normal,' he will not get the help he so deserves.

So now, I ask you (fellow Rabbanim, Roshei Kollel, Menahalim, etc.): Are there many of your congregants with a porn addiction? In the world, yes. But of the 100 in the room, how many have issues with their zipper? 3, 5, 8? If you consider them/us 'normal,' I think there will be a disservice in the help we are providin'.

Godspeed

Since we are talking about non-addicts, per your subsequent post, what will be of the gentleman who does not become a kaasan, is pleasant to be around and is generally in control of his emotions. There just comes a time (or several) in the day or night when he has an uncontrollable urge to unzip and let loose? And if he has access to porn, then he will take advantage, but will not commit crimes, fly into a rage or embarrass his family to get his fix? And if his wife has been off limits for several days too long, he will gaze lustfully at her and calmly spill his seed? And perhaps he will conjure images in his mind of women he fantasizes of being with?

If his life is "manageable" (since he is a non-addict), can he be treated as "normal," or will he still not get the help he needs?

Although we agree there is some disagreement regarding the exact statistics, can we agree that there is, at the very least, a "miyut hamatzui" of people like this? If not, then they (me) are in fact, not normal, and should not be treated as such. If yes, what is the benefit of perpetuating a stigma among a large subsection of our population? How, in fact, should he (me) get the help he needs? Or is he untreatable until his life becomes unmanageable, at which point he becomes an addict, which is abnormal, thus reaffirming the now-justified stigma?

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Re: Bigmoish's path to tahara

Posted by Captain - 16 Aug 2023 13:13

On the topic of statistics, i'm going to post this again. Of course, this is just one statistic, and as always with statistics you have to know what exactly you're looking for to reach an accurate conclusion, but I thought it was relevant nonetheless:

The following is an email I received from GYE on September 18 2020:

Change is hard.

Countless Jews are looking for an exit strategy from inappropriate online content -- but realize that they are trapped.

The allure and vividness of adult content and the instant access can overwhelm the brain's decision-making process, and often, even very ehrliche people get hooked. To compound the challenge, they have no one to talk to about it, they are too ashamed.

In the past few years the scale of the problem has become massive, and Covid-19-related stress and free time has exacerbated the problem like never before.

A recent study by Dr. Rosemarin & Pirutinsky has surveyed a sample group of people from various Orthodox communities. The results were shocking. 58% of single males and 51% of married males admitted that they view inappropriate online content at least once a month. And that's before Covid-19...

It would be no exaggeration to say that the nisyonos regarding kedushah during 2020 have reached a level unprecedented in the history of Klal Yisrael!

The remedy the Ribono Shel Olam has given our generation is GuardYourEyes (GYE), an incredible organization which I've had the privilege to be involved in for over a decade.

GYE gives people hope, support, and guidance, and has helped tens of thousands break free. But this is just the tip of the iceberg. There are hundreds of thousands still trapped.

With your help I am confident GYE can reach and help 20,000 new members THIS YEAR!

Please contribute today.

May you be inscribed in the book of life - ?????? ?????? ?????!

Rabbi Abraham J. Twerski

This message was sent to you as a supporter of GuardYourEyes on behalf of Rabbi Twerski.

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Re: Bigmoish's path to tahara
Posted by Captain - 16 Aug 2023 13:24

[Bigmoish wrote on 16 Aug 2023 05:51:](#)

How, in fact, should he (me) get the help he needs? Or is he untreatable until his life becomes unmanageable, at which point he becomes an addict, which is abnormal, thus reaffirming the now-justified stigma?

This really resonated with me. Statistics aside, decisions of who actually is an addict aside, etc., there are many people here who could attain at least major improvement even if they don't hit rock bottom, engage in self-exploration until they figure out what's really wrong with them, or attend a 12-step group. Of course, there are many here that do need those things, and on an anonymous forum it's hard to tell who needs what. (Perhaps in real life it's hard to tell too.)

I don't see why it's a problem to tell a new fellow here to try something "more mild" to see if it helps. Maybe it will help a little, maybe a lot, or maybe not at all. I understand that others disagree and feel that this is always bad advice, but i'm struggling to figure out why, and what exactly they feel should be suggested to someone a few layers away from rock bottom. And especially to people far away from how deep this can go (such as bochurim struggling with masturbation and porn, or bad images that aren't even porn). I am looking to hear people's perspective (though please try to do it in a respectful way and stay away from anonymous internet poison).

Thank you Big Moish for bringing up this important point, and sorry for hijacking your thread, though it seems you are interested by this topic as well. Plus, Cords said there's no such thing as hijacking a thread! :-)

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Re: Bigmoish's path to tahara

Posted by cordnoy - 16 Aug 2023 13:27

I'm assumin' my reaction was the same the last time, but these statistics and assumptions are (word deleted by moderator on account of being disrespectful).

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Re: Bigmoish's path to tahara

Posted by Captain - 16 Aug 2023 13:36

Care to elaborate?

(Extra points if you mention pajamas.)

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Re: Bigmoish's path to tahara

Posted by Markz - 16 Aug 2023 13:41

[cordnoy wrote on 16 Aug 2023 13:27:](#)

I'm assumin' my reaction was the same the last time, but these statistics and assumptions are
..... (word deleted by moderator on account of being disrespectful).

["cordnoy" wrote:](#)

MY POSTS ARE NOT WRITTEN AS A MODERATOR UNLESS EXPLICITLY STATED.

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