

Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 08 Jan 2025 13:14

I'm 31 years old, and I've been battling masturbation and pornography for 19 years now, with, of course, ups and downs. My longest break was managing to hold out for six months, but I always ended up going back to this bad habit, which creates problems in all areas of my life. Despite prayers, studying the Torah, marriage, and having children, and with filters on my computer and phone, I have always fallen back into this bad habit.

This is the first time I'm talking about it on a forum, and I hope to find with you that extra strength to finally, with God's help, succeed in overcoming the *yetzer hara*

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 26 Jan 2025 22:33

Thank you so much for this message, lamaazavtuni. I don't have the words to describe the benefits of this kind of message. With every message of support, I feel less alone in facing these challenges. When the urges come, I think about the people on this forum who help others, those who manage to overcome their struggles, or those who are going through difficulties but refuse to give up. It gives me more strength to fight back.

For example, this Shabbat was difficult at certain moments, but by keeping these thoughts in mind, everything seemed easier, which helped me overcome the urge much more easily.

Also, this Sunday, a similar urge came in the late afternoon, but instead of staying on my phone, isolating myself from others, and withdrawing into my own corner, I turned off my phone and went to spend time with my wife and children.

Thank you to everyone who gives hope to others.

Day 4 clean!!

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Re: Seeking Strength to Overcome Yetzer hara
Posted by Hashem Help Me - 27 Jan 2025 01:09

Yoshi, you are a hero! Keep inspiring b'ezras Hashem!

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Re: Seeking Strength to Overcome Yetzer hara
Posted by yoshi - 27 Jan 2025 14:36

Today, I feel very unmotivated in general. I'm struggling to pray, study, or work, and I know from experience that this kind of situation can quickly lead to a downfall, even if I haven't really had any strong urges. It's more about a slow loss of awareness and willpower, along with seeking pleasure. So, it's important to stay very alert to avoid falling and to stay clean today as well. If anyone who's been through this has advice on how to handle these kinds of situations, I'm always open to hearing it

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Re: Seeking Strength to Overcome Yetzer hara
Posted by lamaazavtuni - 27 Jan 2025 19:03

Hey my dear brother yoshi ! Good to see your still fighting!! Are you in touch with anyone on the forum by phone that was a huge huge help for me you have someone to just talk to and let it out usually when your done shmoozing the urge is gone . Try it out it works.!!

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 27 Jan 2025 22:48

Big scare tonight, I almost fell because of the Reddit site (which is now blocked), but with G.d's help and good internet filters, I held strong. Day 5 clean

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 28 Jan 2025 19:19

Today was tricky for me because I was in a bad mood and I searched for inappropriate images twice during the day (images I managed to find). Each time, after a few minutes, I managed to regain awareness by thinking about you on this forum and about God. I can say, not too proudly but a little bit, that I more or less managed to hold on for one more day

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Re: Seeking Strength to Overcome Yetzer hara

Posted by BenHashemBH - 28 Jan 2025 19:36

[yoshi wrote on 28 Jan 2025 19:19:](#)

Today was tricky for me because I was in a bad mood and I searched for inappropriate images twice during the day (images I managed to find). Each time, after a few minutes, I managed to regain awareness by thinking about you on this forum and about God. I can say, not too proudly but a little bit, that I more or less managed to hold on for one more day

My Brother,

Not once but twice you pulled yourself back after just a few minutes.

For whatever it's worth, I'm proud of you.

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Re: Seeking Strength to Overcome Yetzer hara
Posted by yoshi - 31 Jan 2025 08:14

Day 9 clean !!

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Re: Seeking Strength to Overcome Yetzer hara
Posted by freepanther76 - 31 Jan 2025 08:31

Keep going!!! . double digits is a big deal.

Recently I found myself getting chizzuk from really experiencing the win, feel good about it feel the strength you have. Its awesome to feel in control. (But still to proceed with caution and not get to confident.)

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Re: Seeking Strength to Overcome Yetzer hara
Posted by yoshi - 02 Feb 2025 07:21

Day 10 clean !!

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Re: Seeking Strength to Overcome Yetzer hara
Posted by yoshi - 03 Feb 2025 07:51

Day 11 clean !!

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 03 Feb 2025 07:56

I want to share that this night, I had a wet dream, so I'm writing here to stay aware of any urges or feelings that might lead to an urge. Every time I have a wet dream, I end up falling the next day. I can't explain the mechanism, but that's what I've observed. I'll see by the end of the day how things turn out

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yosefms - 03 Feb 2025 08:51

My advice..... Don't overthink. Wet dream = ?..... fill in the blank. If you tell yourself it means nothing then it means nothing. You're just used to filling in the that blank differently and so your brain gets your body into flight or fight mode and you get that nervous feeling all day, I know but its ok, chill there is nothing to get anxious about because wet dreams mean nothing at all.

Have a great day tzadik

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Re: Seeking Strength to Overcome Yetzer hara

Posted by lamaazavtuni - 03 Feb 2025 19:08

Im maskim to you „feel like wet dreams start the engine then your stuck driving the car.... but it's probably phycological so ignore and keep fighting remember to reach out if you haven't yet

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