

Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 08 Jan 2025 13:14

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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 chosemyshem - 17 Mar 2025 15:11

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[BenHashemBH wrote on 17 Mar 2025 13:47:](#)

[yoshi wrote on 17 Mar 2025 09:24:](#)

But the real excitement seems to come from the search itself—trying to find a loophole in my filters, seeing if I'll finally manage to access those shocking images. I feel like that's what really excites me. And I realize that this is going to be the second part of my journey: I'm still caught in the grip of addiction, but I know I'll break free from this part too.

Shalom Brother Yoshi,

This sort of excitement, the thrill of the chase can be hard to shake, especially once you've begun and the longer you are in the chase, the harder it is to exit.

One reason may be that it is a rationalization. I have a filter, so I might (probably will) find something, but I tell myself it's less deliberate and it's not absolute. But recognize that is a fallacy. Looking at a woman's little finger for purposes of lust is still assur, even though it's just a pinky.

If you can foresee the outcome and see that first poke not as a small thing but as the beginning of a process that leads directly to a big deal, that may help. Especially after the first poke it becomes only more compelling, if it's possible to pause and disconnect for a moment, to try and view your situation objectively. Imagine you are behind a window looking in at yourself and try to see clearly exactly what you are doing. This poke is pornography. This poke is pornography. This poke is pornography.

Are you curious how many times you can poke a sleeping bear before he wakes up? No! Because that's obviously senseless.

Don't poke the bear.

Don't poke the filter.

Don't look at the pinky.

Don't allow yourself to ignore how you know it ends just because you aren't there yet. If you can really think about it, you know. You know. You know. You know. This poke is pornography.

When you wrestle back your hijacked seichel from the YH, you can see clearly the choice you are making. Yes. Your choice. Don't buy into his game - he's been playing if far longer than we have. There is no such thing as 'just' when it comes to lust.

Knowing doesn't mean I suddenly become a Malach and never slip even a little; but at least I can stop fooling myself and own my reality. Then, when I start to comprehend my situation, I can start holding myself accountable and become able to assert my koach against it.

I believe in you Brother, that you will succeed in breaking free from this too. Hatzlacha!

Really really great post BHBH. I'll just amplify with some thoughts you inspired.

The search is part of the thrill. That's just part of the way people are wired. Hunting looking searching and being rewarded with the little jolt of pleasure for finding is major part of the way we are built.

When we're deep in the mud it's looking for the perfect clip with the perfect person doing the perfect thing. When we're less deep in the mud it's looking for the best picture that can sneak through the filter. Searching and finding in some ways is even more addictive than simply going for a quick fall. There's an endless ocean of potential out there, and fishing in there and getting rewarded with a little bit of dopamine each time you find something new or better is addictive.

As someone who has struggled endlessly with this area of the struggle, I know what BHBH wrote can be much easier said than done. But it's very important to know that it's all part of the same lust.

It's very helpful to also stop and ask yourself what are you trying to do. Sometimes the answer might be "get worked up until I can justify to myself that I "need" to act out." Sometimes the answer might be "escape from where I am now," or "get a li'l hit of 'filtered' lust." Or even "I don't want anything this is just habit". Or it might be a totally different answer. Point is that once you recognize that you are doing something very lustful you can ask why.

I apologize if this was unclear. Coffee hasn't kicked in fully. I think this is included in what BHBH wrote but I'm just sharing how it resonated with this particular filter poker.

Edit: R' Yoshi maybe you'll appreciate this. Even with all this philosophizin' the only consistent way I've found of avoiding filter poking is severely limiting my personal use of internet. Very much an all or nothing approach. If even the very first initial poke is avoided then the cascade can be stopped before it starts.

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 18 Mar 2025 12:04

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Woahh, this morning was a really close call!

I had to reopen an old, half-broken laptop to search for some old files, and the filter wasn't working anymore. Naturally, (I hope that one day, I'll be able to feel safe even when there's an unfiltered device in the same room as me) I started searching for porn,

i reach a point when I saw that in my mind, I had already given up and reached the point of "Oh well, whatever happens, happens."

But with a lot of help from Hashem, I received a message from my wife at that exact moment, and everything stopped instantly—I managed to close the laptop.

masturbation Day 55 clean!!

Pornography Day 0 !

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Re: Seeking Strength to Overcome Yetzer hara

Posted by amevakesh - 18 Mar 2025 15:55

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You do your best to overcome your YH, and you'll experience an extra dose of ?????? ??????. It's a kiss from Hashem. Enjoy it and take it as a compliment. ?????? ?????? ?????? ?????? ?????? ?????? ?????? !!!!! KOMT !!!!!!!!!

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 26 Mar 2025 13:11

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And here we go again with a new attempt

Day 4 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 28 Mar 2025 07:26

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Day 5- 6 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 31 Mar 2025 07:03

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Day 7-9 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 03 Apr 2025 07:59

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Day 9 - 12 clean !!

I had some serious difficulties with my wife recently. The past few days have been really tough, and I felt like escaping with porn. But I just realized that doing so would create a deep sense of self-disgust, on a situation that's already complicated.

When I have something really important to protect or build, it's easier to stay strong and not falling in porn and masturbation. Need to find a way to always keep something meaningful in front of me, something that matters more than the addiction so I don't fall back into it.

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 04 Apr 2025 08:03

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day 13 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 07 Apr 2025 08:41

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Day 14 - 15 - 16 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 28 Apr 2025 07:56

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Yesterday, I had a big depressive episode after Pessah. It always happens to me — in Tishri after the holidays, and in Nissan after Pessah.

Since I was a teenager, I remember going through these two depressive periods every year. At first, they could last a really long time, but as I've gotten older, they've become shorter — usually just a day or two, or at most a week.

I spent the holidays with my family in Eretz, which really created a peak of positive emotions. But when I came back, of course, the problems returned. Still, it was manageable — until yesterday.

I realized that because of something I forgot, due to the stress of preparing for Pessah and the trip, I caused my family to lose a lot of money, and It made me feel worthless. Just writing this still makes me feel bad.

After that, I locked myself away alone all day, and I masturbated — I think almost to punish myself, because it didn't bring any pleasure, just terrible feelings.

I didn't even feel like doing it again afterwards; like every time I fall like this, it's just about seeing shocking images, masturbating, and then being alone, depressed in my room, feeling worthless

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 29 Apr 2025 08:46

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day 2 clean !!

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 30 Apr 2025 08:10

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Day 3 clean !!

Quick note about what happened to me this morning. It's starting to get hot and I work in a city center. I caught myself looking at a woman who wasn't dressed appropriately riding a bike, and I didn't look away, but I felt ashamed.

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by yoshi - 01 May 2025 15:42

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day 4 clean!!

To be very honest, I think the problem of poorly dressed women in the street is going to be a bigger issue than usual. It's the first time I've been this attracted to women who are dressed provocatively (maybe also because it's the first time in a long while that I haven't been consuming pornography regularly). My eyes are drawn everywhere.

Also, this afternoon I felt like testing the limits of my internet filters to keep looking for things to watch. Instead of telling myself I'd share it later on the forum, I came to share it beforehand so I wouldn't put myself in danger.

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Re: Seeking Strength to Overcome Yetzer hara  
Posted by BenHashemBH - 01 May 2025 15:55

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[yoshi wrote on 01 May 2025 15:42:](#)

day 4 clean!!

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You are a Gibbor for coming on. Surely they are celebrating in Shomayim that you did.

Re the women dressed for summer, it's a big challenge. I'd venture to say that you are probably correct that not watching porn can shift your tayvos to the next available things. Are you in touch with any GYE (or other) mentors that could try to help you?

Continued Hatzlacha and Kol Tov

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