

Dove's journey

Posted by dove63 - 10 Mar 2025 02:15

BS"D

Hi, I'm Dove, I was given permission to write here.

This is my first time taking about my problem in public, I have only told this to selected people privately.

I'm 21 years old, I have no wife, no friends (at least in my city), and I am in the process of conversion in a city where there is no Jewish community. I have felt that there is no way to stop future falls, so I am going to at least try here.

I have a filtered computer in whitelist mode (I don't know anyone else who does this).

I plan to vent here, because knowing that others know what I'm going through is enough chizuk to keep me going. I plan to write here every day that I have some time, today I start with day 0 of being clean.

Berachot!

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Re: Dove's journey

Posted by dove63 - 03 Apr 2025 21:48

[livingagain wrote on 01 Apr 2025 14:33:](#)

Try carlebach or mbd

I don't know, I don't have YouTube or a similar website where I can find them on my whitelist. Adding YouTube to my whitelist is not an option.

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Re: Dove's journey

Posted by dove63 - 03 Apr 2025 21:59

[BenHashemBH wrote on 01 Apr 2025 15:24:](#)

Are there any Shabbos observant Jews/communities close enough to your city to spend a Shabbos there?

I know of a community in another nearby city (Approximately 2 hours by bus), but it is quite closed and according to the halacha I am not Jewish, so it is unlikely that they will accept me.

And even if I were accepted, I have a class that ends an hour and a half before the candle lighting.

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Re: Dove's journey

Posted by BenHashemBH - 04 Apr 2025 12:35

[dove63 wrote on 03 Apr 2025 21:48:](#)

[livingagain wrote on 01 Apr 2025 14:33:](#)

Try carlebach or mbd

I don't know, I don't have YouTube or a similar website where I can find them on my whitelist. Adding YouTube to my whitelist is not an option.

Shalom Brother,

There are "kosher" Jewish music sources like 24six that might be worth investigating if that could work for you?

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Re: Dove's journey

Posted by chosemyshem - 04 Apr 2025 14:04

While I cannot totally relate to your situation, I can definitely relate to shabbos as a sad and lonely day feeling like garbage. Honestly, looking back at that time I think I coped by sleeping, drinking, masturbating, and waiting sadly to get out of that situation. Not the healthiest of responses to say the least.

If I could give some advice to past me (which may or may not be applicable to your situation):

Make some friends you can have some positive experiences with. It doesn't have to be the perfect experience you would prefer as long as it's positive. A 60 is not a 100 but it's sure better than -5, and loneliness is likely the biggest contributor to the negativity.

Take responsibility to create your own positive experiences. Shabbos doesn't need to mean crowds of people singing beautiful songs. It can mean you sitting down for a meal by yourself and connecting to Hashem.

Don't leave chunks of time empty with nothing to do. That just leads to feeling deprived, lonely, and resentful. Plan ahead with a schedule.

Just some thoughts. Writing this brought to mind a difficult time I had in yeshiva when all of my close friends were either married or didn't dorm. Shabbos was just a quite time when I didn't interact much with anyone. I had almost a set thing then of masturbating shabbos afternoon and I didn't understand why. I thought maybe it was the chulent or something, lol! Looking back, it's clear how lonely I was and how poorly I was able to deal with that (or any) emotion.

Hatzlacha!

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Re: Dove's journey

Posted by dove63 - 04 Apr 2025 18:44

[BenHashemBH wrote on 04 Apr 2025 12:35:](#)

Shalom Brother,

There are "kosher" Jewish music sources like 24six that might be worth investigating if that could work for you?

I'm will investigate bez"H, thank you for your suggestion

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Re: Dove's journey

Posted by edifier - 04 Apr 2025 18:57

I also feel resentful and angry at my parents sometimes for leaving me with an unfiltered device when I was just 11. I try to remember all they do for me, and that helps me try to forgive them. Hang in there brother!

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Re: Dove's journey

Posted by dove63 - 04 Apr 2025 19:07

Day 1:

Thanks for you advice [chosemyshe](#), I plan to fill the day doing things like Tefila, reading Torah books, doing hitbodedut and singing, and now I thought in to have fun playing with my 3 and 2 year old nieces who currently live in the same house as me (I have never had any problems with them).

But not sleeping because no good thoughts come that don't seem to go away until I get out of bed.

And I plan to communicate with a Jewish community next week.

Shabbat Shalom LeKulam!

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Re: Dove's journey

Posted by dove63 - 06 Apr 2025 05:04

Day 2:

I had a good Shabbat, the main reasons were to increase in tefilah, Torah study and personal prayer, I begged for Hashem to help me remove the desire although I am not sure what one should beg for on Shabbat.

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Re: Dove's journey

Posted by alex94 - 06 Apr 2025 19:32

[dove63 wrote on 06 Apr 2025 05:04:](#)

Day 2:

I had a good Shabbat, the main reasons were to increase in tefilah, Torah study and personal prayer, I begged for Hashem to help me remove the desire although I am not sure what one should beg for on Shabbat.

Hopefully you will remain full of desire for many years. Maybe ask Hashem to help you use it properly.

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Re: Dove's journey

Posted by dove63 - 07 Apr 2025 01:36

[cleanmendy wrote on 21 Jan 2025 15:20:](#)

So I experienced the incredible yet simple solution to calm down my urge, call a friend. Talk it out.

Hope this gives you guys the Chizuk to build that connection with one of the holy mentors on here. Hatzlacha on your journey.

Day 3:

Reading [cleanmendy](#)'s topic I realized that a key point is that he has a mentor to whom he could consult, and confess his deepest secrets. So by an undeserved gift from Hashem, I have a messenger in whom I can find comfort.

It is very high, I am afraid of losing it so I am going to take advantage of it even if it hurts me to

take away your valuable time. If not now, when?

So I tell the coming tests to prepare because I am going all out be'ezrat Hashem.

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Re: Dove's journey

Posted by dove63 - 08 Apr 2025 01:56

Day 4:

In short: Hakol beseder, studying.

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Re: Dove's journey

Posted by dove63 - 09 Apr 2025 01:16

Day 5:

The holidays have often been a sad time for me because I have not been prepared for them due to my lack of knowledge of the halacha and not having what is required.

But this time I had the courage to ask my moreh and also the money to buy some things, so

A guess I have all ready.

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Re: Dove's journey

Posted by dove63 - 10 Apr 2025 03:46

Day 6:

While studying Pesach halachot I realized that my siddur does not have the hagadah, what a shame!

Thank Hashem I still had time to get one.

I share my summary story with you:

I was born into an evangelical Christian family. From a very young age I became aware of the injustice of my parents, so I became a rebellious child. I got to the point of fighting with my siblings and even with my own parents.

And to top it all off when P came into my life I almost ended up committing incest with my younger sister. That life made no sense, so I thought about committing suicide, but I didn't because I still had hope that G'd existed.

From that moment on I dedicated myself to seeking G'd. I studied the Christian Bible, and so some time passed.

Around the age of 14, I came across contradictions in the Bible. I asked, but the answers I received didn't satisfy me. I felt like they didn't care about those "mistakes", but for me it was a matter of life or death. So I looked into other Christian congregations, and then into other religions, I looked into what Muslims and Jews say, but I wasn't pleased.

Until one day, searching the internet, I found a Jew (May Hashem grant him long life) whose words I could feel applied to his life. Not only did he apply them, but he spoke little and acted too much. None of his words were empty words.

From there I said: "This is my thing." I stopped going to church, I stopped talking to people who weren't interested in what I was interested in. I continued studying Judaism... I went to a Jewish community of converts, but I was expelled from there for having disagreements with the community rabbi and I suppose also because I had little money.

And here I am without a Jewish community but with the guidance of my moreh.

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Re: Dove's journey

Posted by dove63 - 11 Apr 2025 03:06

Day 7:

Busy with classes and studying and preparing for Pesach

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