

BAIN HAZMANIM

Posted by elaalavinu - 13 Apr 2016 19:14

Hi everyone

I wanna start by saying that i have not watched real porn in quite a few months untilyesterday the 1st day of bain hazmanim.....i went into boost mobile store plugged in my headphones to one of the iphones and....i feel likeobviously although it was only 5 minutes but ...i feel like a its now a ticking time bomb

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Re: BAIN HAZMANIM

Posted by inastruggle - 13 Apr 2016 19:31

Welcome to the club. Bein hazmanim is hard for all of us,, especially bachurim. We should make some sort of program. I got to go now (I'm learning with another gye member) but I'll come back later, hopefully with an idea.

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Re: BAIN HAZMANIM

Posted by inastruggle - 13 Apr 2016 20:49

So here's my idea. It's just a rough draft but I hope to get some interest and we can work out the details. I thought over what helped me through my clean bein hazmanims and realized the most important thing was structure, and keeping busy.

With that in mind I propose forming a group. Everyone in the group will be mekabel to Learn a certain minimum, not much, say 45 min to an hour, exercise a certain min,maybe 45 walk or half hour exercise thatmakes you sweat. Such as pesach cleaning? And to go to bed at a semi-normal time and wake up before zman tefillah.

Anyone can join though this is probably most effective for bachurim.

Anyone interested?

Questions? Comments? Call 1-800-posthere. That's 1-800-post here

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Re: BAIN HAZMANIM

Posted by elaalavinu - 14 Apr 2016 15:30

very good idea and i am married should work for except that im bored now till 2 oclock

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Re: BAIN HAZMANIM

Posted by elaalavinu - 18 Apr 2016 15:12

wowwow only one othere person feels that bain hazmanim is a bigger struggle????????!!!!!!!
only one other person has an idea or time to respond to a lone sick perverted nebachcase who
cant get his head put of the sand when hes bored????????!!!!!!

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Re: BAIN HAZMANIM

Posted by markz - 18 Apr 2016 15:18

Have you visited the JHF section

JHF = JewishHospitalforFallouts

Theres a bunch of gyes there that are in Bain Hazmanim mode always!

You want serious recovery?

Call PA, hell help hell out of you

PA = Private Ambulance services

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 18 Apr 2016 15:30

im all for the idea

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Re: BAIN HAZMANIM

Posted by thanks613 - 18 Apr 2016 21:54

[elaalavinu wrote on 18 Apr 2016 15:12:](#)

wowowow only one othere person feels that bain hazmanim is a bigger struggle????????!!!!!!!
only one other person has an idea or time to respond to a lone sick perverted nebachcase who
cant get his head put of the sand when hes bored????????!!!!!!

Hihihih! I'm all for perverts helping perverts!!!!!!!!!!!!!! But do we have to call ourselves "nebs"
also??????????? Sure we've got our failings, but why not just look them in the face and GOT
(Get on TRucking)!?!?!?!?!?!?

Anyway, I'm up for idea if y'all want to start a bein hazmanim group where we each commit to
learn/exercise/post everyday (no posting on Y"T I think), or something like that. Though, truth
be told, I'm not in Yeshiva now, and it's always bein hazmanim.

Hatzlacha ela!

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 02:43

That makes four guys. I would say that's enough to start.

Ok then, what should the commitments be?

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Re: BAIN HAZMANIM

Posted by thanks613 - 19 Apr 2016 03:02

Thanks ina!

My thoughts... we all likely have very different situations that are likely to pose struggles and temptations and schedules with family and stuff. But I'll commit to some structure if everyone jumps on board. I think a group commitment would be helpful also. Maybe something like the good night device program for any internet capable devices - Any use of internet after "Time X" needs to be logged on the forum. And posting everyday of any struggles, successes, and/or a Shtik Torah or interesting thought about staying clean.

But let's hear from Aryeh and ela also

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 19 Apr 2016 03:45

Sounds Awsome

Should I go ahead and make a thread with what we have and we can edit it there

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Re: BAIN HAZMANIM

Posted by markz - 19 Apr 2016 03:50

Keep it here please bein hazmanim started for some 3 weeks ago, it's almost over

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Re: BAIN HAZMANIM

Posted by inastruggle - 19 Apr 2016 04:13

Markz is right, we might as well keep it here.

I do think we should have a minimum learning and exercise time. They both are really helpful.

What's the minimum you guys are willing to be mekabel?

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Re: BAIN HAZMANIM

Posted by thanks613 - 19 Apr 2016 04:21

If exercise is gonna be part of it I would prefer a 30 minute/day minimum, since the plan is to do it **every day** it might get tricky for me sometimes

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Re: BAIN HAZMANIM

Posted by Aryeh821 - 19 Apr 2016 04:22

Learning I'd say about 2 hours exercising maybe 30 minutes

Bain ha'azmanim is close to being over but I think one of us should be appointed to revive it every Bain ha'azmanim

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