

Addiction vs. Nisayon

Posted by bochurwhosstruggling - 03 Aug 2025 20:23

Hey, I'm a bachur who has a question. What is the difference between an addiction and a really strong nisayon? And how can I tell which one I have?

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Re: Addiction vs. Nisayon

Posted by proudyungerman - 03 Aug 2025 20:30

What is the difference? What if I told you that there's a good chance that whether you're clinically addicted or just plain struggling if you follow the lead of the good people here than you CAN break free? (Cuz I did and I've been clean for 562 days)

In other news...

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

As you may know from your time here, there are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#)* (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

There is also an extremely powerful tool of accountability, friends, and mentors that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable

at micgelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel
- muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife
- iwantlifegye@proton.me minhamayim - minhamayim1@gmail.com amevakesh
- amevakesh23@gmail.com iwannalivereal
- iwannalivereal@gmail.com cleanmendy - mendelclean1234@gmail.com

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: Addiction vs. Nisayon

Posted by yitzchokm - 04 Aug 2025 03:05

Welcome to the forum. You have a good question which usually takes some time until it can be answered. Since you haven't really used the forum yet it probably isn't yet the time to look for an answer. Have you done the mini-courses already? Are you reading the book TBOTG regularly? Did you do the 3 circles exercise on your dashboard? What else have you done?

If you want an answer to your question start by reaching out to the main mentor hashem help me. Aside for an answer to your question it is worth having a general conversation with him about your struggles. Keep on posting and sharing, and grow together with us.

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Re: Addiction vs. Nisayon

Posted by frank.lee - 25 Aug 2025 22:20

Hi Bachur, how have you been doing? Have you gained from reading the forums? Has your life improved, regarding the struggles?

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