

No soldier left behind - Kol Yisrael Areivem

Posted by bear - 11 May 2017 22:34

Shalom shalom,

I have been on GYE for a while (prob between 1-2 years), yet I keep on falling. This is my first time writing on the forum. I had a couple good streaks(though only one over 90) I just fell again after 39 days clean. I have been trying really hard, but I have kept on falling. My problems with the internet started in high school. I tried to stop in 12th grade, it really hurts that in a few days I will be 23 and I am still struggling. That means I have been fighting for 5-6 years and I still have not got my act together. I am really scared, I am behind enemy lines and not sure how to survive.

I could really use some Chizuk...

If any of my brothers in arms have please share.

With much thanks from an aching heart,

Bear

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Re: No soldier left behind - Kol Yisrael Areivem

Posted by bear - 20 Jul 2017 17:40

Guys thanks for all your posts.

I am sorry if I was too argumentative or aggressive.

I actually love when people argue on what I wrote. After all a major point of posting is to hear other points of view, and to be called out on when my posts represent bad ideas. Also the pilpul on the forum forces me to clarify and modify my ideas to make them most accurate and reliable. Another major benefit of the debate is that it leads me to internalize the concepts. So big thank you to everyone who at any point responded to what I wrote. Whether you agreed, disagreed, thought I was on track, or thought I was insane your feedback really helps.

Thank you, and I am sorry if I get full of myself, and overly argumentative and aggressive at

times.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Hashem Help Me - 20 Jul 2017 22:25

Also just random side point, being that i hear you point about honesty and want to give full disclosure. I am not sure why this is the case, sometimes it really keeps me up wondering why this is the case. but I have watched a ton of shmutz and generally I do not masterbate while watching. (of course i have tons of wet dreams, but generally speaking I do not masterbate.) I think this might be because i was always scared of trying and so since i never really tried it, i never became pulled into it. Or maybe I just do not like the idea of having sex with myself(not that just watching porn is much better). In a wierd sort of way, I wonder if it is a sign of a problem C'V' that i do not generally masterbate. (off the cuff i can only think of one possible case were i purposely masterbated.)

Be thankful you never got into the horrible habit of m***** There is nothing wrong with you. You are blessed. Most of us here did this terrible aveira thousands of times - if not more, and then had to deal with the depression and feeling "dirty". Hatzlocha.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 14 Aug 2017 20:19

I am really stressed and feeling vulnerable. I am not thinking straight.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Markz - 14 Aug 2017 20:28

[bear wrote on 14 Aug 2017 20:19:](#)

I am really stressed and feeling vulnerable. I am not thinking straight.

Please bear with me

So then how did you recall your login?

Do you have the # for the phone conference

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 14 Aug 2017 20:51

Thanks

whats the phone conference?

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Hashem Help Me - 14 Aug 2017 21:00

[bear wrote on 14 Aug 2017 20:19:](#)

I am really stressed and feeling vulnerable. I am not thinking straight.

Do you have someone you can call?

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Markz - 14 Aug 2017 21:42

[bear wrote on 14 Aug 2017 20:51:](#)

Thanks

whats the phone conference?

guardyoureyes.com/tools/calls

Maybe "Bear" will call "Dov" [Another Captain Kirk encounter?]

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 29 Oct 2017 21:13

Hello Guys,

I have been off of the forum for a little. In the begining was off because I was super busy, though after my time became more free I still remained off. I have not been doing so well. I had many falls since my last post. The last couple of days I have been watching many things which I should not. If that is not bad enough I have also mas***** while watching.

Every time I fall and read the GYE email that one gets after a fall. I always feel this is getting really pathetic. I should not be getting these emails anymore. I should not be falling, I should of had this fixed a while ago. I have been fighting for so long, yet my results have not been so strong. I am starting to feel overwhelmed. I have not been a teenager for a couple years now, I am probably going to begin Shiduchem sometime soon. I really need to kick this habit. It can also be argued this has been getting in the way of my school work. My results in this battle have not been too hot, I hope I do not loose my confidence that I can beat this.

Any Advice or Chizzuk would be greatly appreciated.

Thanks so much,

Bear

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Markz - 29 Oct 2017 23:26

[bear wrote on 29 Oct 2017 21:13:](#)

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Any Advice or Chizzuk would be greatly appreciated.

Thanks so much,

Bear

Sorry to hear all you have to bear

What does your Rebbei say

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Hashem Help Me - 29 Oct 2017 23:30

Sorry to hear. Can you pinpoint what triggers?

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 29 Oct 2017 23:52

[Markz wrote on 29 Oct 2017 23:26:](#)

[bear wrote on 29 Oct 2017 21:13:](#)

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Bear

Sorry to hear all you have to bear

What does your Rebbi say

I do not have a Rebbi I talk to about this. I never was able to bring myself to talk to one.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 29 Oct 2017 23:58

[Hashem Help Me wrote on 29 Oct 2017 23:30:](#)

Sorry to hear. Can you pinpoint what triggers?

My biggest triggers are probably stress, as well as sometimes I am possessed of feelings that I am missing out by not being in a secular college and not being part of what the non frum society does. Those are probably the main ones.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Markz - 29 Oct 2017 23:58

If you want my advice? I don't believe one can go thru life without a personal Rav

There have been earthquakes in my marriage and without a Rav things would have not settled peacefully... There'd probably have been a volcano or 2...

No one is pushing you to do it, but if you can get outside help - maybe from someone you like / know - it can be very advantageous if that's bearable for you mr bear

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by bear - 30 Oct 2017 00:04

I hear you Markz.

I need to find someone I can feel comfortable talking to.

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Re: No soldier left behind - Kol Yisrael Areivem
Posted by Markz - 30 Oct 2017 00:08

[bear wrote on 30 Oct 2017 00:04:](#)

I hear you Markz.

I need to find someone I can feel comfortable talking to.

Young man, you have 24 hr!

Maybe 1 of the young old timers here can be available for you - you never know...

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