

A struggling bochur

Posted by Shnitzel and kugel - 26 Jun 2018 19:00

Hi, everyone I'm a 21 year old bochur, struggled with masturbation since 14! Went to Yeshivah and bh had no access to technology so it wasn't really a issue then when I got a smartphone 2 years ago the issue started again. Bh I discovered this website 3 weeks ago, then I installed webchaver and iml very careful now with Shmiras ainayim whilst walking in the street, and I've also joined the 90 day challenge and I'm currently 16 days clean! lyh many more day by day with the eibishter's help!

Any other bochurim out there in my boat?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 01 Feb 2019 08:29

Brief update: my therapist told me no need for me to come anymore to him... That's a honest person btw... So I've stopped going recently.

25 days clean bh. Shvuah working.. thinking less about recovery and gye works even better..

Good Shabbos to all!

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Re: A struggling bochur

Posted by Hakolhevel - 03 Feb 2019 19:46

Welcome back. Hope to see you more often.

Hatzlacha.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 10 Feb 2019 03:54

For me the less frequent I'm on this site the better..

Oops Just realized my shavua ended last week.. totally forgot..

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Re: A struggling bochur

Posted by Hakolhevel - 24 Feb 2019 14:13

If whatever it is your doing (or not doing) is working for your, please share it with the chevre.

The power of the forum is the collective experience of many different people with many different paths. If you have something that works, please share In a not so cryptic message:)

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Re: A struggling bochur

Posted by Shnitzel and kugel - 24 Feb 2019 21:19

Lol

I just happened to come in this website even though I try staying off as much as possible. Reason for that is simply because i get triggered from the smallest things even from reading different peoples stories here... I'm close to 50 days clean, 2nd highest every for me since

joining gye.

By me trying to forget about this whole issue including recovery is what helps me stay clean, I don't read anything triggering etc, my urge to come onto gye is really lust deep down, seeking to have some sort of outlet.

To start my streak I did the taphsik method which was for 30 days.. since my Rav and therapist weren't too happy with me making shvouahs so I did not extend it. Bh I don't get strong urges often and when i do get small urges, i tell myself that I want to keep my steak especially when i know that once I fall it will be **tough** getting back up. Also I don't want to start shiduchim if this issue is still an issue..

Hope I was clear. Feel free to comment

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Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Feb 2019 19:41

Day **50** wow!!

Last time I fell I was about to give up.. second highest bh since joining gye..

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Re: A struggling bochur

Posted by Hashem Help Me - 27 Feb 2019 04:21

Great accomplishment. You have been one of the greatest inspirations on this site. Keep it up.

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Re: A struggling bochur

Posted by Tzvi5 - 27 Feb 2019 15:37

Nice keep it up

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Re: A struggling bochur

Posted by Shnitzel and kugel - 04 Mar 2019 05:18

So first shot I reached 140 then got to 27 then to 43, then to 53, currently I'm at day 1 as I fell Friday night...

Shhh I made the shavua again for a month even though my Rav is against... Sometimes we need to have ????? ??? to stop acting out...

The reason I fell was me reading triggering things after my shvuah ended.. so now we're back on track and bh I'm getting better results after each fall.. yay!

Never, never, never never give up.. tralala who knows that Miami song?

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Re: A struggling bochur

Posted by Hakolhevel - 04 Mar 2019 23:50

You read triggering stuff in Friday night?

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Re: A struggling bochur

Posted by doingtshuva - 05 Mar 2019 00:46

I focus on today, not on tomorrow.

By making a shvua, one can feel that he has to reach his goal.

And then????????????????

That alone can lead to a fall once the goal was met, till the next shvua vikach alah.....

Good luck

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Re: A struggling bochur

Posted by Shnitzel and kugel - 05 Mar 2019 06:06

@hakol hevel I didn't read inappropriate stuff on Shabbos... It's just a lead up..

And @doing teshuvah for you personally making a shaua won't work however for me amongst others it does work, and the proof is, the only way I stopped acting out after the past two falls was through the shavua...

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Re: A struggling bochur

Posted by doingtshuva - 06 Mar 2019 21:27

[Shnitzel and kugel wrote on 05 Mar 2019 06:06:](#)

@hakol hevel I didn't read inappropriate stuff on Shabbos... It's just a lead up..

And @doing teshuvah for you personally making a shaua won't work however for me amongst others it does work, and the proof is, the only way I stopped acting out after the past two falls was through the shavua...

Great, you should do and continue to do everything that helps you.

I didn't say anything against a Shvua, just in my experience it holds you back for a limited time.

In the beginning that is what we do but in the future you will understand what I mean.

Good luck!

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Re: A struggling bochur

Posted by Shnitzel and kugel - 10 Mar 2019 05:53

Gut voch,

Has anyone got pain in their (right) knee from excessive masturbation, or is it just me?

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Re: A struggling bochur

Posted by Trouble - 10 Mar 2019 06:09

[Shnitzel and kugel wrote on 10 Mar 2019 05:53:](#)

Gut voch,

Has anyone got pain in their (right) knee from excessive masturbation, or is it just me?

Just you.

Who gave you that diagnosis?

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