

A struggling bochur

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

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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 - 20 Mar 2019 03:45

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What exactly is recovery for an addict? If this is a life long fight, what does recovery mean exactly?

Million dollar question...

Can someone please fill me in... Shnitz is such a ?? ???...

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Re: A struggling bochur

Posted by Shteigen613 - 20 Mar 2019 05:14

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You made the right move. Lets say you revealed to parents that you have/had kedusha issues, they may suspect that you will be the next person to expose their son to pornography.

in addition, you are a proffesional rebbe. As a general rule, therapist, and other proffessionals, do not share their personal struggles with clients. For a good reason- it's because the therapy is about the client, not the therapist. A therapist may get divorced, have tremendous personal

trauma, and the client will never know.

(Just stuff what I've read).

I dont think the family has much to gain by hearing that you have, or had lust issues.

does the mom really need to hear or imagine that you may be lusting over her?

that may totally kill any possibility of you helping this bochur.

hatzlacha

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Re: A struggling bochur

Posted by Shnitzel and kugel - 20 Mar 2019 05:23

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that may totally kill any possibility of you helping this bochur.

hatzlacha

That was probably the main factor why I didn't say! Spot on!

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Re: A struggling bochur

Posted by Hakolhevel - 20 Mar 2019 05:42

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[Shnitzel and kugel wrote on 20 Mar 2019 03:45:](#)

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Is this a theoretical question, or have you or someone else decided that you are an addict. ( Or maybe your asking for a friend who is an addict:)

On your thread till this point you have described yourself as a non addict.

Just clarifying as in general it's more important to answer the one asking the question then to answer the question itself

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Re: A struggling bochur

Posted by Shnitzel and kugel - 20 Mar 2019 05:50

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My friend asked me this question.. Lol

I'm not sure what I am to be honest, I thought I wasn't but now I'm thinking maybe I am..

..?????? ?????? ?????? ??????

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Re: A struggling bochur

Posted by Hakolhevel - 20 Mar 2019 06:08

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[Shnitzel and kugel wrote on 18 Mar 2019 19:29:](#)

Ok, told the parents info of my therapist and told them some info what I know in general about pornography.. turns out this kid was exposed at age 8!! By some cruel and mean "friend", i told them about this site...

Yikes!! They might see my forum...

I don't know the specifics of this case. But I would not describe my classmate's/ friends growing up who exposed me to shmutz as cruel. Just young and stupid. Today they are older and smarter, well respected people.

I assume you didn't mean much when you said cruel, just wanted to point it out as there are some guys on the forum, who say in their story that for many years they where machshil others which they have now come to regret.

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Re: A struggling bochur

Posted by mikestrucking - 20 Mar 2019 07:16

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Many people in Alcoholics anonymous introduce themselves "Hi my name is \_\_\_\_\_ and I'm a recovered alcoholic."

In the beginning of the big book it says "Many people have recovered...". Some AAs are very passionate about saying they recovered. They say that it's the simple truth they aren't recovering anymore. I understand that to mean that they obviously still take actions of

"recovery" but it's just so they don't "relapse".

In S.A. for some reason people don't say it. But my point is that it is possible to recover. Yet, it still is a lifelong journey/work just so we don't fall into "remission".

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Re: A struggling bochur  
Posted by OTR - 20 Mar 2019 14:21

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[Hakolhevel wrote on 20 Mar 2019 06:08:](#)

[Shnitzel and kugel wrote on 18 Mar 2019 19:29:](#)

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IT depends on the circumstances.. it could have been a cruel and sinister expsure, or could have been other kids who were just acting dumb.

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Re: A struggling bochur

Posted by Shteigen613 - 20 Mar 2019 16:17

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It could have been cruel exposure by someone who was older in age, like a teen or grandparent...

it could have been exposure by a fellow 8 year old, who lacking the proper manners, exposed his friend.

regardless of intent, the RESULT is cruel. Similar to what people say, they live in a cruel world. (Or, what they perceive to be cruel, but is really rachamim, but that is another convo.)

How is the boy and family reacting? Have they made any progress?

alas,

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Re: A struggling bochur

Posted by Shnitzel and kugel - 20 Mar 2019 18:32

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As mentioned he was exposed at age 8, so then already he went to therapy, then I believed it stopped so the parents thought it's over..

Unfortunately he started again now, so they've tried different therapists but nothing has helped so far, Thats why I told them, I have gone myself to a great therapist hoping they would take my suggestion and take their son to him.

So Im really hoping and davvening that they actually contact my therapist!!

Personally since I've gone to therapy my urges have decreased by 90% bh! So anyone reading this should know, taking care of the negative emotions inside you, is crucial to stay clean.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 20 Mar 2019 23:22

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Day 18! Great way to enter the great day of Purim! A freilichen Purim to all!

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Re: A struggling bochur

Posted by Shteigen613 - 21 Mar 2019 13:09

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Well, it makes sense. He was exposed at 8, and dealt with the issue then. Now, he's probably older and has developed a taavah for what he was revealed to, so now he has to confront the devil again, but from the perspective of a teen. (I guess)

mamesh shver.

in regards to your therapist, can you share what worked for you?

(90% is huge hatzlaxha!)

a freilichin

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Re: A struggling bochur

Posted by Shteigen613 - 21 Mar 2019 13:10

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Amen brother!

DDay 16 for me!

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Re: A struggling bochur

Posted by OTR - 21 Mar 2019 14:24

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day Purim for me..

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Mar 2019 19:49

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in regards to your therapist, can you share what worked for you?

(90% is huge hatzlaxha!)

a freilichin

My therapist's method of muscle testing and throwing away emotions got rid of most urges, before I went to therapy I would have urges daily and very strong ones, since I went and already after 1-2 sessions I felt a huge decrease in urges, and probably because I feel much better about myself and don't really have underlying issues causing me to want to act out.

The escape isn't needed as much....

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