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 mastrubation 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 imI 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! Iyh 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 Hashem Help Me - 06 Jul 2018 17:53

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You are BH doing great. Keep it up. You have proven to yourself that it can be done. Be aware that the yetzer hora does not sleep and tries to get back his old customers. He will throw in your path a tsunami of nisyonos as you b'ezras Hashem break free. Staying connected with chevra here - who have "been there and done that" - is immensely helpful. Every time a new challenge arises that you feel is insurmountable, just reach out to the oilam for advice, chizuk, and simply to unload without shame or embarrassment. Continued hatzlocha!

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Re: A struggling bochur
Posted by Sammy12345 - 09 Jul 2018 15:08

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I need help I just fell unfortunately

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Re: A struggling bochur
Posted by Shnitzel and kugel - 09 Jul 2018 19:36

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Sorry to hear, reach out to me on shnitzelandkugel@gmail.com

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Re: A struggling bochur
Posted by Shnitzel and kugel - 10 Jul 2018 13:14

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So bh I'm really excited to say that I've reached 30 days of being clean today! LoiLook back, don't think I imagined I'll reach this number but bh I did thru odaat.

Thanks to everyone for the feedback and comments which really helped!

Iyh all the way to 90!!

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Re: A struggling bochur
Posted by Hashem Help Me - 10 Jul 2018 21:20

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Mazel tov! Keep it up. You are an inspiration for so many others who think it is not possible. In their book there are 2 groups - masturbators and liars (who really do it too....) That's because they simply don't believe it's possible. You also offer help for others. Ashreichem!

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Re: A struggling bochur
Posted by Shnitzel and kugel - 11 Jul 2018 18:55

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One of the fundamentals of recovery is self honesty. I really don't see any point in tricking the whole world by saying I'm clean when it's not the case. It's just going to backfire for the recovery. I honestly also find that in general I'm much more honest and truthful since I joined gye and started recovery. Bh another full day went by without my giving in.

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Re: A struggling bochur
Posted by ???????? - 11 Jul 2018 21:36

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Wow unbelievable

30 day hashem should help till the 120 gringerhiet cleanerhiet gezinterheit

and you should find you basherta zivug bkurev

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Re: A struggling bochur
Posted by Shnitzel and kugel - 20 Jul 2018 06:26

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Thanks ???????

Bh I can say fbat I've reached 40 days today!! Shabbat shalom to all

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Re: A struggling bochur
Posted by MottehPoisansky - 20 Jul 2018 16:10

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Continued Hatzlacha!

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Re: A struggling bochur
Posted by Shnitzel and kugel - 25 Jul 2018 03:37

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Congrats to my ??? ???????! He managed to fight my ???"? and to stay clean for 45 days bh! Half way there bh! May this be an inspiration for everyone, especially the bochurim which are in the same boat as me! Its definitely possible, if there's a will there's a way!

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Re: A struggling bochur
Posted by Hashem Help Me - 25 Jul 2018 17:59

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Mazel tov! Keep inspiring the whole chevra! You have shown it can be done.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 30 Jul 2018 04:41

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Bh just reached 50 days clean! Odaat! Thanks to all for their support!

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Re: A struggling bochur
Posted by JoyOfLife - 30 Jul 2018 07:10

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Re: A struggling bochur
Posted by Shnitzel and kugel - 03 Aug 2018 05:39

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54 days bh!

good Shabbos to all,

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Re: A struggling bochur
Posted by Shnitzel and kugel - 05 Aug 2018 20:07

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Bh 56 days!!

Amazing! Looks like the entire gye is rooting for you

Good week to all

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