

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 Shteigen613 - 24 Mar 2019 00:49

Can you elaborate?

what do you mean by 1) muscle testing?

2) throwing away emotions?

thanks.

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Re: A struggling bochur

Posted by Hakolhevel - 24 Mar 2019 01:39

[Shnitzel and kugel wrote on 20 Mar 2019 05:50:](#)

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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I couldn't tell you because I don't think I am an addict. But I'm not sure why at this point you think you may be.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 24 Mar 2019 03:19

[Shteigen613 wrote on 24 Mar 2019 00:49:](#)

Can you elaborate?

what do you mean by 1) muscle testing?

2) throwing away emotions?

thanks.

I believe on page 12 from this forum I posted how it works, if you want more info I can try describing it better

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Re: A struggling bochur
Posted by Shnitzel and kugel - 25 Mar 2019 04:44

I may be an addict cuz I can't stop acting out even when it's ruining my health but what difference does it make?

My question is whats recovery for a lusteholic?

Recovery means gaining the original strength and coming back to the regular stage one was holding prior to the incident..

If I'm always lusting and always have to be overly careful in what I do, then that's basically walking around with crutches, not recovery...

So even for a non addict (whatever that is) if he constantly needs gye to stay sober then sorry to say, he hasn't recovered!

recovery is someone who kept acting out and currently doesn't act out on his own without needing gye, at least according to my definition of recovery...

For example someone which was addicted to using his phone constantly like me, and got rid of his phone, doesn't feel the need to receive messages to make him feel good, and is doing fine without some program has recovered, if he still needs support constantly then he hasn't recovered.

I get the lusting is different cuz we were born with desires and we ain't getting rid of that, so once it's out of control it might be hard to go back to normal, but i still believe recovery is possible too for me,

In that case how do I recover *without* needing the gye tools to keep me sober?

Anyone?

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Re: A struggling bochur

Posted by battle-of-the-gen - 25 Mar 2019 06:30

20 yr old bochur beginning the battle as we speak, stay strong!!

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Re: A struggling bochur

Posted by cordnoy - 25 Mar 2019 11:22

Recovery means: livin' life, however way you find that manageable.

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Re: A struggling bochur

Posted by OTR - 25 Mar 2019 20:27

deceptively simple sounding statement. And one that should be eblazened in gold in the foyer of my heart. (sorry wierd mood today.. dont know where that came from but you get the point. I like it)

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Re: A struggling bochur

Posted by TheSicarioWarrior - 25 Mar 2019 21:18

Absolutely. I'm one of them. Let's all keep fighting this yetzer hara, and Be'ezras Hashem, one day, no matter how long it is, we will win.

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Re: A struggling bochur

Posted by OTR - 25 Mar 2019 22:30

Are you guys trying to recover or fight? I am confused. THEy are two very different things. Are you sick or just guys who did an aveira?

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Re: A struggling bochur

Posted by Tzvi5 - 25 Mar 2019 22:39

Doing an aveira multiple times in a manner most normal people wouldn't do wouldn't that also be called "sick"?

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Re: A struggling bochur

Posted by doingtshuva - 26 Mar 2019 00:45

[Shnitzel and kugel wrote on 28 Jun 2018 06:10:](#)

My email address is shnitzelandkugel@gmail.com and bochur and only bochurim reach out to me. Married guys have a different type of struggle.

Looking forward in hearing from you soon.

You might feel more comfortable with the single ones, but you can defiantly learn from the ones who were struggling from young age, manged to get marry but still struggle.

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Re: A struggling bochur

Posted by Hakolhevel - 26 Mar 2019 03:52

Hi schnitz, thanks for such an elaborate explanation of something I think many of us have hoped for at some point. I will try to explain based on my limited understanding as I am relativley new here.

For one there is a difference between being sober and being in recovery. I would suggest you read this article for a simple understanding. www.psychologytoday.com/us/blog/the-high-functioning-alcoholic/201005/being-sober-versus-being-in-recovery

Second, i think as cordnoy said (and I hope I'm not putting words in his mouth) your goal

should be not to get out of being reliant on gye/sa/taphsic/chaverim or whatever else you may need. Your goal should be to live a manageable life so you don't need to turn to the drug of your choice.

A simple example would be a particular disease that I have. Some people can eat healthy and always be in remission, others need pills, some like me need pills and infusion others need more medicine and the most extreme need surgery.

I don't know and I don't think you can know yet wether you will need to be on gye for the rest of your life or not. Heck there are tons of very happy people In AA SA SLA for life, and they don't feel like they are always looking over their shoulder. They are always looking for ways to keep their life in a healthy state so they don't need the drug of their choice.

So in short, I think the goal should be as the name of rabbi twerskis book. "Seek sobriety, find serenity" whichever path it takes to get they. One day at a time.

Hatzlacha.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Mar 2019 03:57

[doingtshuva wrote on 26 Mar 2019 00:45:](#)

[Shnitzel and kugel wrote on 28 Jun 2018 06:10:](#)

My email address is shnitzelandkugel@gmail.com and bochur and only bochurim reach out to me. Married guys have a different type of struggle.

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You might feel more comfortable with the single ones, but you can defiantly learn from the ones who were struggling from young age, manged to get marry but still struggle.

Your right, that comment was right when I joined and was clueless.. seems like that day I was angry from the tone of my writing

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Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Mar 2019 04:00

Thanks cordnoy for that one liner which got me really thinking.. and thanks hakolhevel you also gave me some reading and thinking to do.

And btw it's amazing to see suddenly so many bochurim are joining and reaching out to me.

Day 23 time goes fast...

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Re: A struggling bochur

Posted by OTR - 26 Mar 2019 16:10

[Tzvi5 wrote on 25 Mar 2019 22:39:](#)

Doing an aveira multiple times in a manner most normal people wouldn't do wouldn't that also be called "sick"?

I see it like this. Mitzvos and aveiras apply to normal people. the torah was given to normal people to keep. A person can do an aveira once or twice and even more and it becomes a habit and they are an avaryan. A sinner.

A sick person has something else missing. I dare say I don't think I am punished for being sick or acting sick when I am regardless of how severe that aveira seems to someone else or how pissed off at me they may be for saying that because it sounds like I am just trying to sin and get away with it.

The truth though is that when I 'sin' like that, I am MISERABLE. I am out of control hate myself get angry at others and ruin their emotional states along with ym own and a host of other things. I don't think I am punished at that point because I am ne'enas. Forced and compelled by a sick nature.

I do think I am held accountable by God for not doing what I know I need to do to recover. There is a slight difference there.

What bugs me is when sick people try to feed themselves the torah approach if it is not going to work. It is like taking an asprin for cancer. It may alleviate one symptom temporarily but at some point it ain't gonna cut it because you got much deeper issues.

So in short if you are even a habitual normal sinner, by all means talk about yetzer horas and torah and chizuk. If you are sick, then I believe that language does not enter the discussion. This is just me. If seeing it that way feels empowering or enlightening in some way oif a new perspective great. If not.. leave it with the rest of the leftovers and someone will be along to clear the table shortly. (I had shnitzel for lunch.. lol)

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