

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! 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 Shnitzel and kugel - 06 Aug 2018 20:46

Sounds crazy, but sometimes I would go through the forums just because I had a big lust, and that was my only way to let it out.

i know there was once a thread about this a few years ago, I realized I had this problem recently but apparently im not the only one.

Apparently i didn't give my lust up completely and the ????" is very smart, so iyh I'll stop looking at other people's forums, for me it could do more damage than fixing my problem...

Also some articles from the daily emails sometimes gets me triggered, cuz anything small turns me on.. but bh nevertheless bh it didn't cause my to watch pornography or masturbate, 57 days clean bh!

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Re: A struggling bochur

Posted by Shnitzel and kugel - 09 Aug 2018 03:44

Bh I've reached 60 days clean today!! Only with hashems help was it possible! That's two full months clean!! 2/3 there, still have to fight, yesterday I nearly fell... But thanks also for everyone's encouragement and support!

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Re: A struggling bochur
Posted by Shnitzel and kugel - 10 Aug 2018 17:05

61 days, Shabbat shalom to all!

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Re: A struggling bochur
Posted by Shnitzel and kugel - 17 Aug 2018 05:48

68 days clean bh!

shabbat shalom to all

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Re: A struggling bochur
Posted by Shnitzel and kugel - 19 Aug 2018 02:54

Gut voch to all!

bh reached 70 days clean today! First try ka"h

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Re: A struggling bochur
Posted by Shnitzel and kugel - 24 Aug 2018 02:52

75 days clean bh!

shabbat shalom to all!

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Re: A struggling bochur
Posted by Realestatemogul - 24 Aug 2018 04:38

What a way to go into shabbos! I am rooting for you #90

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Re: A struggling bochur
Posted by Shnitzel and kugel - 29 Aug 2018 05:51

80 days bh!

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Re: A struggling bochur
Posted by cordnoy - 29 Aug 2018 07:11

[Shnitzel and kugel wrote on 29 Aug 2018 05:51:](#)

80 days bh!

Some more side dishes please.

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Re: A struggling bochur
Posted by Hashem Help Me - 29 Aug 2018 17:33

[Shnitzel and kugel wrote on 29 Aug 2018 05:51:](#)

80 days bh!

Ben shmonim l'gvura - Eizehu gibbor, hakovesh es yitzro.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 02 Sep 2018 02:45

What better time to start saying selichois then when I'm holding at day 84 on first try bh!

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Re: A struggling bochur
Posted by Realestatemogul - 02 Sep 2018 03:53

Good for you!

Have me in mind for slichah, I am only on day 20.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 02 Sep 2018 06:01

, I am only on day 20.

only at day 20? I'd say **already** at day 20!

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Re: A struggling bochur
Posted by Realestatemogul - 02 Sep 2018 06:27

True that!

But I wont have a full 90 like you will this yomim noraim!

Good for you! it must feel good knowing you have conquered this so well.

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Re: A struggling bochur
Posted by JoyOfLife - 02 Sep 2018 06:35

Very impressive on almost getting to 90! I'm jealous! You are an inspiration to others showing that it is in fact possible to do this.

Realestatemogul - 90 days is certainly an achievement but 90 days in of itself doesn't mean much. It's the journey of change which is important. A person that hits 90 shows that he has mastered to a certain degree overcoming the addiction. The fact that you are holding on strong at day 20 means that you are well on your way to recovery. In my eyes the change is much more meaningful than just hitting the numbers with the numbers simply a siman that the change has occurred/is occurring.

Congratulations once again on this milestone! Mechayil el chayil!

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