

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 Gevura Shebyesod - 26 Sep 2019 10:12

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Re: A struggling bochur

Posted by Hashem Help Me - 26 Sep 2019 11:26

Mazel tov!!! Your wife will iyh be one fortunate kallah!

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Re: A struggling bochur

Posted by Dave M - 26 Sep 2019 12:57

Mazol Tov! You'll soon see that all the hard work you put into as a bochur will help your marriage.

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Re: A struggling bochur
Posted by gyehelp2017 - 26 Sep 2019 15:22

Mazel tov Mazel tov!!! Thanks for sharing. So happy to hear! May you be zoche to build a happy and pure home.

And in the zichus of doing so much great work yourself and with others, may you only see simcha in your own home!

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Re: A struggling bochur
Posted by Onceandforall - 03 Oct 2019 19:46

Mazel Tov!! Wonderful news!!

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Re: A struggling bochur
Posted by Shnitzel and kugel - 04 Oct 2019 03:31

Thanks everyone for your wishes! BH it was the first and only person I met, perhaps in the merit of gye..

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Re: A struggling bochur
Posted by Shnitzel and kugel - 16 Oct 2019 06:18

Gut moied everyone,

I know there's many bochurim who read my thread as I keep getting pm and emails.

I'm not really active on gye anymore as I dont really have service in Yeshivah and I'm BH a choson getting married in a few weeks but....

...for some reason the eibishter had rachmonus on some struggling bochurim like me and redirected them to this site, most people on gye aren't as lucky as us.

I'm super happy that I had some guts to

- start my own thread
- keep posting my journey
- approach a random mashpia and tell him first thing about my porn issue
- go to therapy
- attend live SMART recovery meetings (thanks to lenegditamid100, which took great courage for me to meet face to face with him a bunch of times, great guy, keep up your amazing work!!!!)
- join dov's calls
- taphsik method etc

Bh I had the courage to continue fighting and fighting no matter what came my way, and as i was telling one bochur tonight there's no easy way to stop the lusting life but the fact you know about gye as a bochur, use it out to the fullest!! Do whatever it takes and fight and fight! And bezh when you get married you won't need gye anymore.

So bochur'l, shvitz and use out the awesome opportunity presented to you now to fix this issue whilst you're still single.

Looking forward to seeing more bochurim posting their success story!!

Shnitzel,

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Re: A struggling bochur
Posted by higher - 16 Oct 2019 22:50

mazel tov! may you only have simcha and nachas and wonderful shalom bayis!

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Re: A struggling bochur
Posted by doingtshuva - 16 Oct 2019 23:37

Beutiful post but one sentence hit me.

You wrote,

"And bezh when you get married you won't need gye anymore."

Marriage doesn't fix, sometimes even makes worse.

Wishing you a Mazel tov for the wedding.

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Re: A struggling bochur
Posted by doingtshuva - 17 Oct 2019 00:13

[Shnitzel and kugel wrote on 16 Oct 2019 06:18:](#)

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Looking forward to seeing more bochurim posting their success story!!

Shnitzel,

Beautiful post but one sentence hit me.

You wrote,

"And bezh when you get married you won't need gye anymore."

Sorry, but Marriage doesn't fix, sometimes even makes worse.

Wishing you a Mazel tov for the wedding.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 25 Oct 2019 04:45

Thanks everyone for their wishes and wonderful brochos!

Being that I'm getting married iyh very soon this is my official last post on gye for now, I really hope I **never** have to come visit gye again and I'll start off my married life with gye behind me.

Thanks everyone for their encouragement since day 1, for the tips, for the cheering and I'm soooo glad I found this site 1.5 years ago.

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Re: A struggling bochur
Posted by Hashem Help Me - 25 Oct 2019 04:57

Fortunate is the chosson who goes to his chupa clean and with a healthy and proper perspective on sexuality. And very fortunate is his kallah..... May Hashem shower you with mazel and brocho!

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Re: A struggling bochur
Posted by Hakolhevel - 25 Oct 2019 21:55

[Shnitzel and kugel wrote on 25 Oct 2019 04:45:](#)

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Mazal Tov. May you merit to visit gye just to give them donations.

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Re: A struggling bochur
Posted by sleepy - 27 Oct 2019 18:08

mazal tov again and thanks for all your chizuk!

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Re: A struggling bochur
Posted by Shteigen613 - 28 Oct 2019 13:42

I just wanted to elaborate on a certain point you raised:" marriage.. sometimes even makes

worse."

not to vent too much, but that was my experience.

I expected marriage and intimacy to be great. Problem was, my wife wasn't into it, and didn't like it. No matter what I tried or spoke, physically or verbally. This went on for over ten years. She constantly blamed me for being too worked up, too masculine, too needy.

needless to say, this contributed greatly to the stage (@utilizing the amazing tools of gye) that I am in now. I take full responsibility for any wrong doing that I have committed. Yet, I kinda think that had my wife been into things more, or at least had a positive compromising attitude, I would have been less likely to have sunk to my present position.

I spoke with some knowledgeable people, (chasson teachers, therapists) who say my marital issues are common amongst yeshiva people.

and yes, we have attended couples therapy.... For years...

even though she did recently turn around a bit, I still harbour resentment (unfortunately). That makes working on this relationship quite difficult.

So my friend, good luck on your marriage. My advice, keep expectations low for now, you may be presently surprised.

sorry to dampen the mood, i just wish someone would have told this to me when I was at your stage.

mazal tov.

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