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 ??? ??? - 28 Sep 2018 04:42

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Can get very hard , Chol Hamoed with everyone out. Best ??? for me is not a day or an hour or even a minute at a time. However every once in a while after first sight say ill look away for three seconds until we pass each other and that will be ???? ??? ??? ???? ?????-????? ????? ????? ??? ?? ???? ???.

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Re: A struggling bochur
Posted by mzl - 28 Sep 2018 10:14

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Shnitzel and kugel wrote on 28 Sep 2018 01:34**:**

Day #110 on first try bh!

My main struggle currently is staring at women in the street, sometimes it's easy, today was very tough though, but we never give up and kot!

I am aware of a couple of different behaviors you can use there. If you became aware that a woman is there but have not seen anything that arouses you yet (hair, skin, shoes ...) then you can think "I cannot really know for sure that she's a beautiful woman." If you think that you will no longer want to check her out, so to speak. The emphasis in that thought is on the "for sure". The point is that you don't really, truly know the future (will she turn out to be beautiful?)

On the other hand if you already saw some part of her that arouses you, then the typical behavior on GYE is to use surrender.

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Re: A struggling bochur
Posted by KoachCheshvan - 28 Sep 2018 12:29

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I'm always inspired by the struggling frumer yid. They usually have a good solid religious and moral foundation to work from. It sounds like you know what to do.

I guess I'm like an Alter Bochur..lol, 48 and never been married. Just waiting for my beshert to come along. lol.

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Re: A struggling bochur
Posted by mzl - 28 Sep 2018 13:21

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KoachCheshvan wrote on 28 Sep 2018 12:29**:**

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I guess I'm like an Alter Bochur..lol, 48 and never been married. Just waiting for my beshert to come along. lol.

I find the beshert metaphor to be counterproductive. It's only helpful after you are married, to

deter you from throwing in the towel.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 03 Oct 2018 05:24

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Day #115 on first try bh!

Yesterday we started parshas bereishis which talks about ???"?, which reminded the vort I saw a while back in ??? ???????? that ???"? also had the sin of mz"l, I couldn't believe it when I saw it! After ??? ?? ???? he started lusting and was mz"l...

Everyone can translate it in their way..

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Re: A struggling bochur
Posted by Hashem Help Me - 03 Oct 2018 05:35

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Although it is a great chizuk to hear that this issue has plagued the great amongst us, we have to be very very cautious when dealing with personalities from Tanach - especially yetzir kapv shel HKBH who conversed directly with Hashem - and especially that it is brought in sifrei kabala which most of us are quite ignorant in how to properly interpret...

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Re: A struggling bochur
Posted by Markz - 03 Oct 2018 10:51

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Shnitzel and kugel wrote on 03 Oct 2018 05:24**:**

Day #115 on first try bh!

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Everyone can translate it in their way..

I didn't check google translate, but I think the lesson for some people may be to keep a safe distance from any "Apple" devices, despite the safety features and virtual tree of knowledge...

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Re: A struggling bochur
Posted by KoachCheshvan - 03 Oct 2018 14:10

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at the "apple" joke.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 07 Oct 2018 02:04

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Day #119

The struggle is getting harder again just like in the beginning when I joined, one of the things that personally helps me is to post my success, so I'll try post more often, maybe even daily.

Gut voch to all!

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Re: A struggling bochur

Posted by Gevura Shebyesod - 07 Oct 2018 02:34

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Re: A struggling bochur
Posted by Gevura Shebyesod - 07 Oct 2018 02:34
Ad Meah V'esrim! ODAAT!

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Re: A struggling bochur
Posted by i-man - 07 Oct 2018 04:40

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Post away B'H a lot of success here...

at the same time maybe you should build up your arsenal of tools and methods to fight with(if you haven't already)

Ad Meah V'esrim! ODAAT!

Hhatzlacha keep strong !

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Re: A struggling bochur
Posted by Shnitzel and kugel - 08 Oct 2018 02:42

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Bh #**120** days on first try!

I definitely need to build up my arsenal of tools because the ones I had till now helped due to the inital excitement I had, unfortunately It has worn off and I have this feeling that even of I c"v

fall now, it's not that bad because I've been clean for 4 months already, but I know its not true and it ain't worth breaking the streak for a 30 sec enjoyment, to have a 30 day regret right afterwards...

So I've started going on walks which really helped last night, I even bought a zman to read in my spare time to distract myself lol, going to learn won't always make the urges go away, exercises haven't really helped me. I don't think calling someone will help, distracting myself by doing something else completely so far is the best method.

And I can't even say odaat, unfortunately it's one minute at a time.

Bezh I'll stay strong! Please hashem!

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Re: A struggling bochur
Posted by mikestruggling - 08 Oct 2018 05:46

Shnitzel and kugel wrote on 08 Oct 2018 02:42**:**

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And I can't even say odaat, unfortunately it's one minute at a time.

Bezh I'll stay strong! Please hashem!

That's how I feel now. I'm not having hatzlacha staying clean. it may or may not work for you but i don't think you have anything to lose by making a phone call.

Best of luck

your an inspiration to me

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Re: A struggling bochur
Posted by Shnitzel and kugel - 09 Oct 2018 04:11
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Phew, thanks for everyone's encouragement I made it to #**121** days, bh the urges went away this morning once I woke up, but after all being a bochur is tough..lol

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