

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?

=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 14 Jul 2019 15:33

Like why did I have to act out? Seriously? Couldn't hold myself in?! I'm so upset..

Then I woke up.....

=====

Re: A struggling bochur

Posted by Hashem Help Me - 15 Jul 2019 00:20

[2626 wrote on 11 Jul 2019 08:43:](#)

Hi guys I'm 19 and I'm a Bachur in Yeshiva learning, and yes I'm addicted to porn, and this is my first day on gye and hopefully b"h I get the help I need to get rid of this yestzer hara of mine and all the shtusim I'm doing every day or night! It's very hard even though my few devices are filtered, but you know how it goes the second I have something unfiltered or I find a hack or something I'm right back to it!

WEIcome. It should be with hatzlocha. Stay connected. Keep posting. lyh everyone here will

help you get out of this mess.

=====
=====

Re: A struggling bochur

Posted by stillgoing - 17 Jul 2019 14:20

PPepsi

=====
=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 24 Jul 2019 21:44

So recently I had an opportunity to spend some time with dov and just wanted to share one amazing insight I learnt from him.

#surrender, there's plenty of definitions to that, but this is how **I** understand and how **I** apply it **my** life.

When I see a pretty woman in the street, I tell myself "I'm never going to have her, speak with her, have anything to do with her" "she doesn't want to have anything to with me, she's not trying to please me".

As dov puts it, "a pretty woman isn't lust"! I'm just using her to feed my lust and I really love that line because that totally changed my perspective, as in it used to be me telling myself that she's causing me to lust, so to separate **her** from **her** lusting activities (her pretty clothes etc) was hard for me and made it a impossible fight, now that I know it's just **my** lust I'm imposing on her, and I realize that it's not about her, it's just **me** then I can tell myself to take a chill, live life and surrender that desire, and try stop objectifying her.

Although it's still a fight for me to go into my personal surrender mode, nevertheless it's not unbearable as it used to be, but there's still a long road ahead to recovery, and BH past 6 weeks that I've been clean I consider it clean not "dry drunk"

Tomorrow evening I'll iyh be starting to attend weekly face to face SMART recovery" meetings.

=====

Re: A struggling bochur

Posted by gyehelp2017 - 25 Jul 2019 03:12

[Shnitzel and kugel wrote on 24 Jul 2019 21:44:](#)

Tomorrow evening I'll iyh be starting to attend weekly face to face SMART recovery" meetings.

Please let us know how the SMART recovery meeting went, it will definitely be a help for a lot of us around here to learn some new stuff.

You are always so inspiring and insightful with your honest sharing, keep it up and keep us posted!

=====

Re: A struggling bochur

Posted by doingtshuva - 26 Jul 2019 00:10

[Shnitzel and kugel wrote on 24 Jul 2019 21:44:](#)

So recently I had an opportunity to spend some time with dov and just wanted to share one amazing insight I learnt from him.

#surrender, there's plenty of definitions to that, but this is how I understand and how I apply it **my** life.

When I see a pretty woman in the street, I tell myself "I'm never going to have her, speak with her, have anything to do with her" "she doesn't want to have anything to with me, she's not trying to please me".

As dov puts it, "a pretty woman isn't lust"! I'm just using her to feed my lust and I really love that line because that totally changed my perspective, as in it used to be me telling myself that she's causing me to lust, so to separate **her** from **her** lusting activities (her pretty clothes etc) was hard for me and made it a impossible fight, now that I know it's just **my** lust I'm imposing on her, and I realize that it's not about her, it's just **me** then I can tell myself to take a chill, live life and surrender that desire, and try stop objectifying her.

Although it's still a fight for me to go into my personal surrender mode, nevertheless it's not unbearable as it used to be, but there's still a long road ahead to recovery, and BH past 6 weeks that I've been clean I consider it clean not "dry drunk"

Tomorrow evening I'll iyh be starting to attend weekly face to face SMART recovery" meetings.

Strong post!!

Success with your meeting

=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Jul 2019 12:34

So...

Yesterday I showed up to a "SMART recovery meeting" there were 8 people there including one woman which BH wasn't a problem for me.

SMART recovery is for all types of addictions, everyone introduced themselves saying why they were there, how their week was, I just said I have "maladaptive behavior" that's what was suggested I say, because no one would accept me fully if I say I've got sexual issues.

People there were either alcoholics or on drugs, really sad to see these people which looking like they've nearly killed themselves, they looked terrible and ill.

The facilitator went through everyone personally asking them questions, one of the things I said was, that Shabbos stopped me from using my drug (porn) it was a tremendous Kiddush hashem, and people really respected that, point is the facilitator is like you see how you can stop if you really want to. In smart we believe everyone can stop in their own... No higher power etc as in 12 steps..

Then he went through a exercise to help us realize, we convinced ourselves that giving in once to the drug isn't an issue, look where we end up each time we give in, and how we need to rewire the way we think

Then the hat was passed around for donations.

That's my first experience in short and without sharing private stuff...

=====
=====

Re: A struggling bochur

Posted by Markz - 26 Jul 2019 18:36

[Shnitzel and kugel wrote on 26 Jul 2019 12:34:](#)

So...

Yesterday I showed up to a "SMART recovery meeting" there were 8 people there including one woman which BH wasn't a problem for me.

SMART recovery is for all types of addictions, everyone introduced themselves saying why they were there, how their week was, I just said I have "maladaptive behavior" that's what was suggested I say, because no one would accept me fully if I say I've got sexual issues.

People there were either alcoholics or on drugs, really sad to see these people which looking like they've nearly killed themselves, they looked terrible and ill.

The facilitator went through everyone personally asking them questions, one of the things I said was, that Shabbos stopped me from using my drug (porn) it was a tremendous Kiddush hashem, and people really respected that, point is the facilitator is like you see how you can stop if you really want to. In smart we believe everyone can stop in their own... No higher power etc as in 12 steps..

Then he went through a exercise to help us realize, we convinced ourselves that giving in once to the drug isn't an issue, look where we end up each time we give in, and how we need to rewire the way we think

Then the hat was passed around for donations.

That's my first experience in short and without sharing private stuff...

"no one would accept me fully if I say I've got sexual issues"

Why do you think so?

It's such a normal thing.

=====
=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Jul 2019 18:37

Not in SMART recovery, I've been told by smart recovery vets not to say..

=====

=====

Re: A struggling bochur

Posted by stillgoing - 26 Jul 2019 21:12

The pirshay HaMarkz shlita explain that he was joking. No one thinks s-x addiction is normal unless he's a s-x addict. :-)

Hatzlacha on SMART.

It does sound very different then 12 steps.

Please keep us posted if you don't mind.

Kit

sg

=====

=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 28 Jul 2019 04:22

Not sure why I have giant urges tonight/today... My brains craving for that enjoyment which comes through masturbation.... maybe because I've been surrendering my lust past 7 weeks which is a first for me...

G-D help me....

=====

=====

Re: A struggling bochur

Posted by Onceandforall - 28 Jul 2019 12:22

I also am having a tough day with cravings- I feel like this is the first big fight since I have began to stay clean. There were other tough urges but this one is persistent and the type that makes me give in and I usually fall.

i know my plan is to make sure to not even go to a room where I'll be alone if I can help it. Don't want to put myself in any sakana on a tough day like today.

Wishing you lots of strength today- let's get through it together!

=====

=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 31 Jul 2019 22:07

So although I don't feel comfortable sharing my sexual acting out during the meetings which is a big disadvantage compared to **sa**, however the actual being part of a group of people which are all there to get rid of their personal drug really helps me.

For instance I've been hearing different ideas on gye which didn't sit well with me, somehow the facilitator meantioned one last week and I decided to use it just a temporary tool when big urges sweep over me.

Second meeting tomorrow iyh.

=====

=====

Re: A struggling bochur

Posted by Shnitzel and kugel - 02 Aug 2019 15:15

My whole post got deleted, let's try again;)

Yesterday was my second meeting, it was BH a small crowd so got more attention, the meetings are 1.5 hours long and extremely emotionally draining for me, I go to a nearby 7-11 to get a slurpy to treat myself and let out some tension.

So the beginning of the meeting everyone introduces themselves, how long they're in recovery for, sober streak and how the past week was, then the facilitator will add some thoughts, tools for that specific person and situation.

Then the facilitator goes through a different tool each meeting, yesterday it was a simple one in which they use in business, costs of using the "drug" benefits of using it, costs of stopping and benefits of stopping, everyone said what they thought of we discussed it in detail, this just puts things into perspective when written down, I get more clarity, and next time I get an urge this paper will come to use.

Then the hat was passed around for donations..

This coming week I celebrate 2 months of being clean, last time I hit this number was 10 months ago!! And even then it was dry drunk, I was still constantly lusting, now it's way less bh since I've mastered my personal surrender method, and it's also the second highest number I've reached since joining gye.

So again I'm so grateful to the one above for leading me to this site, the guard shlita for starting it, the guys on gye for the support and encouragement.

Good Shabbos to all, bezh continued good news!

=====
=====