

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 stillgoing - 04 Aug 2019 11:02

[doingtshuva wrote on 03 Aug 2019 23:57:](#)

All I can say, is that I am so jealous of all you guys that had/have the courage to attend live meetings.

For me, I don't know that it was about courage. Maybe more about a moment of real honesty.

I had been on gye for years, I met and smoke spoke to people from here, I tried many tools, for a time I posted numornum times a day, I had good streaks, I fell, I had bad streaks, I fell. I did well then I fell. At some point, I said that although I have made so much progress and have learnt so many new tactics, if I don't try something different/new I will be going in this viscous cycle my entire life! I wasn't willing to sit back and just ignore that fact, and in truth my entire life has changed for the better during the last 8 months since I joined. In business, family life, and my emotional life..

Hatzlachasg

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Re: A struggling bochur

Posted by jake08 - 04 Aug 2019 16:13

Hi,

Just want to share some experience that before I attended a live meeting I also thought the world would come to an end when I walked in. Maybe I would know someone (I did:)), maybe someone would know me, I would be mortified exposed etc. When I reached a point where I had to and went to my first SA meeting all I found was acceptance, caring, and people who related to me and I related to them 100% (ok and the occasional kvetch). It was scary in the beginning but is now the most natural thing in the world for me. And after about 16 years of struggling and just wanting to get sober or die I'm now sober with the help of SA almost 2 years.

Point being for me it was one of the last lies I told myself that going to SA would be impossible when in reality it is the best most accepting place for me. And for me the only place I was able to recover.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 04 Aug 2019 16:39

Pretty much same for me, obviously i had to have courage to go, however after my last fall I was fed up with trying and falling and trying and falling and constantly lusting, so I was going to go to a SA meeting, however I met someone from gye which went to SMART, and so I go in order to learn how to stop.

For me It's about realizing, there's only one way ahead, and so I can choose between living a constant uncomfortable life without pushing my limits or push myself for a while and eventually have a comfortable life, I chose the latter....

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Re: A struggling bochur

Posted by Shnitzel and kugel - 08 Aug 2019 21:56

Here I am entering my 3rd month being clean and entering my 3rd SMART recovery live meeting.

Trying to chap arein as most as possible before I'm married...

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Re: A struggling bochur

Posted by Realestatemogul - 09 Aug 2019 04:15

How is SMART different then the GYE Forums?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 09 Aug 2019 21:24

Thanks.

I am soooo happy for you! You sound like you are in a really good place.
SMART is like a 12 step meeting just different in philosophy and approach. There's real people with real names with real honesty, real recovery and real friendship, which can't be compared in any way to a forum, like one can't compare reading a book vs being part of the story etc.

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Re: A struggling bochur

Posted by Egg and Onion - 11 Aug 2019 16:22

Hi

I am new to gye. I am also a bochur struggling with porn and masturbation.

Hope to start the 90 day challenge soon together with Taphsic!

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Re: A struggling bochur

Posted by gyehelp2017 - 12 Aug 2019 05:06

[Egg and Onion wrote on 11 Aug 2019 16:22:](#)

Hi

I am new to gye. I am also a bochur struggling with porn and masturbation.

Hope to start the 90 day challenge soon together with Taphsic!

Hi, and welcome aboard,

You came to the right place, all of us around here are in the same boat one way or another. Stick around, post, chat and keep us updated with your progress, so that you can be inspired and inspire others too.

Hatzlucha on your journey!!

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Re: A struggling bochur

Posted by gye5770 - 12 Aug 2019 11:44

[Shnitzel and kugel wrote on 09 Aug 2019 21:24:](#)

Just signing up has given me chizuk already!

Thanks.

SMART is like a 12 step meeting just different in philosophy and approach. There's real people with real names with real honesty, real recovery and real friendship, which can't be compared in

any way to a forum, like one can't compare reading a book vs being part of the story etc.

I just want to understand - so its basically like a live 12 step meeting - which is also with real people, real problems, real recovery and real friendship and real solutions?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 12 Aug 2019 11:52

Not sure whether you're trying to make fun or not, as long as it makes you feel good..

I personally won't leave gye because of someone trying to poke fun but some newcomers do get put off by some stupid comments which come from people who think they are funny but really aren't... If they can take responsibility for someone giving up on gye then feel free to keep the smart comments coming...

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Re: A struggling bochur

Posted by Dave M - 12 Aug 2019 13:03

I don't think he was trying to make fun of you. The way I'm reading it, he was trying to understand the different between the 2 programs.

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Re: A struggling bochur

Posted by stillgoing - 13 Aug 2019 04:23

Hi Shnitz.

sounds like you're a little insulted. I don't know the writer, but I agree with Dave.

Many people are probably confused between the many different kinds of recovery programs. Live meetings are definitely more intense than an anonymous forum. That's a clear difference to

be pointed out.

As far as the types of live meetings, there are some who practice the 12 steps of Alcoholic Anonymous such as SA and PA, and there are others who don't such as SMART.

Personally I only have experience with one of those groups, but I would assume that all of them would offer the benefits of real people. etc... (assuming that there are enough people in your area to make an active meeting).

As far as the program of the meeting itself, there are many colors in the rainbow, let's let each person try and find what will work (and stay worked) for them.

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Re: A struggling bochur
Posted by Realestatemogul - 13 Aug 2019 05:07

Hmmm....and here I was wondering if he thought the eggs and onion guy was making fun of him....

I am still behind you 100%!!!

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Re: A struggling bochur
Posted by stillgoing - 13 Aug 2019 13:38

[Realestatemogul wrote on 13 Aug 2019 05:07:](#)

Hmmm....and here I was wondering if he thought the eggs and onion guy was making fun of him....

I am still behind you 100%!

Could be that I'm just hungry, but I can't help thinking that shnitzel and kugel go Fri night, eggs and onions are for shabbos day, and, um, I guess the real estate mogul comes for shaloshidis. (Gotta work on the third one, I know)

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