

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 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 gye5770 - 14 Aug 2019 10:32

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[Shnitzel and kugel wrote on 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...

Sorry if you thought i was making fun of you - absolutely no way. I go to 12 step meetings and i was wondering if this would help me better or if its to similar to the meetings i am going to now already.

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Re: A struggling bochur

Posted by sbj - 15 Aug 2019 19:00

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Shnitzkugel:

Would you elaborate more on the nature of the SMART program? I could help by starting and then you can take over...

As it seems to me from the outside, one major point is that it's empowering rather than the dis-empowering powerlessness approach of the 12 steps. Another major one is that it doesn't label addiction as an incurable disease. Yet another one is that it focuses more on building your life, adding positive goals and working towards them. Now the mic is yours, take it please..

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Re: A struggling bochur

Posted by Shnitzel and kugel - 19 Aug 2019 12:59

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First two are spot on, we believe everyone has the power to stop on their own, obviously with group support but no need for higher powers, we're not powerless.

Also we don't label ourselves as addicts in our introductions, however when we discuss SMART tools we do call it addiction.

12 steps is a more spiritual program, SMART is scientific which would work for atheists as well.

I've only been to 3 sessions so far so my knowledge is limited, I didn't go last week because I'm not happy with that locations administrator, too much talking and wasting time, and not serious enough.

Either I'll find a new location or perhaps do online meeting, also I can't be open about my sexual issues as no one else in that group has a sexual issue so it's not helpful enough as there's no real honest, vulnerability etc.

On another note last night I had a fall, I reached around 70 days, longest in a year! Also quickest I've ever risen again, and I didn't watch porn like I always did once I fell by

mastrubating, so we're definitely getting somewhere BH.

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Re: A struggling bochur

Posted by stillgoing - 19 Aug 2019 21:38

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[Shnitzel and kugel wrote on 19 Aug 2019 12:59:](#)

..... we're definitely getting somewhere BH.

Where?

Love ya

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Re: A struggling bochur

Posted by Markz - 20 Aug 2019 02:35

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sG

**Warning: Spoiler!**

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Re: A struggling bochur  
Posted by Shnitzel and kugel - 20 Aug 2019 18:55

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Yesterday I made a shvauh for a week because the urges to act out again once I fell anyways were too big, and bezh in a week the small momentum will give me Abit of a boost to continue.

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Re: A struggling bochur  
Posted by gyehelp2017 - 20 Aug 2019 19:31

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Keep it up S&k, we are all praying for your success and following you along on your journey!!!!

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Re: A struggling bochur  
Posted by sleepy - 20 Aug 2019 20:08

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[Shnitzel and kugel wrote on 20 Aug 2019 18:55:](#)

Yesterday I made a shvauh for a week because the urges to act out again once I fell anyways were too big, and bezh in a week the small momentum will give me Abit of a boost to continue.

in the zechus of your "shavua", you should zoche to have "shavua"(sheva) berachos"with your intended when youre ripe and ready!

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Re: A struggling bochur  
Posted by Shnitzel and kugel - 21 Aug 2019 13:16

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Haha, thanks. I've got no idea when I'm ready, I keep backing in and out of shiduchim, cuz maybe I should wait, now it's up to the one above;)

thanks gyehelp for your much needed encouragement!

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Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Aug 2019 02:42

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A quote from today's rambam..

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Explain it how you understand it...

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Re: A struggling bochur

Posted by Shnitzel and kugel - 28 Aug 2019 03:10

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As Reb sleepy mentioned on his forum, there are a few individuals on gye who's ego have convinced them that since they're considered a gye veteran, and have high karma they have the right to say redicilus comments, assuming they're funny but they simply aren't, on the contrary they're just putting people off including me. So enough with the corny jokes, and mean comments.

Most people on gye for some reason, don't offend people with their comments because they are here to help, some however just have to comment because they are bored, or jealous other people gave good advice, wtvr the case is just **stop!**

Seriously guys....

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Re: A struggling bochur  
Posted by i-man - 28 Aug 2019 04:31

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I was told personally by 1 of the most choshuv and beloved people on gye (and I have never come across an unkind word in his thousands of posts)

that jokes and lighthearted conversation is important as it hhelps build comradry and friendship wwhich is necessary to get out of isolation , and if you look back a couple years there was such a culture on Gye and honestly it seems pretty awesome ,so unless its negative I dont see why corny jokes are unwarranted. And yes everyone should be treated respectfully.

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Re: A struggling bochur  
Posted by i-man - 28 Aug 2019 04:40

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Re: A struggling bochur  
Posted by sleepy - 28 Aug 2019 04:48

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thanks guys for validating my feelings, i was just wondering if i was the only one who felt that way, and why am i feeling it more than others , just knowing that what i posted wasnt so off the mark,makes me feel better, and im ready to go further in the battle of my yetzer hara,may **we all** see hatzlacha!

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