

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 Sapy - 22 Aug 2022 18:28

[cordnoy wrote on 22 Aug 2022 02:21:](#)

[Shnitzel and kugel wrote on 21 Aug 2022 23:26:](#)

A little harsh this post but truth is the truth and it has to be said and understood.

There was never, never will be anyone that struggles with porn and masturbation on a daily basis that is emotionally healthy. There is **always** an underlying cause to why a person is using porn to feel good or escape. It has **nothing** to do with sex drive and is **never** the cause, it has always to do with something deeper.

The reason why its so important to know this is because if **anyone** reading this wants to put a complete stop to this, after trying so many other things, the **only** way they will be successful is by identifying the cause. It isnt what you are doing it is **why** you are doing it.

we all have denial and it can look like many things, part of it is fooling ourselves by saying "hey nothing is wrong, its just a sex drive" . To be blunt, you cant be successful if you dont take care of the underlying cause.

your journey begins by thinking through your life and realizing what made you have the **need** to use porn as a coping mechanism in that specific period ? And thinking through your current life to when yo use porn more then other days and what happened those days that made you have to use porn more often?

This is just the truth, think it through before you respond.

These absolutes are false. Sorry.

As are most absolutes. However I agree with the initial poster, that this is the case for most heavy Porn watchers among us. And it isnt maybe said enough, relative to streaks, tafshics, filters, books, among other great ideas.

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Re: A struggling bochur
Posted by cordnoy - 22 Aug 2022 19:20

Seems to me that there's an inherent contradiction goin' on; GYE brass and many posters here say that the porn-watchin' and the masturbation-jerkin' are rampant in today's society - 200,000 orthodox Jews at any given time are shpritzin' all over the place; 1 outta every 3 litvishe bochurim or 2 of every 5 are sextin' with chatty girls; out of 8 chabatzkers or general beaver hats - 5 outta 8 are gettin' massages, and then we say that every one of them is unhealthy and escapin' from some trauma!? Is the entire world crazy? Maybe we're all runnin' and chasin' our tail, for we need to put distance away from our other personality? And yes, wife's are always right as well! Of course, because the menfolk are absolutely nuts!

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Re: A struggling bochur
Posted by Sapy - 22 Aug 2022 20:31

Among us I meant on GYE, guys that are her for a longer time, working hard, and keep on doing it again and again, after saying Ashrei backwards and making a tumblesuace in the mik backwards.. (What a scene...)

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Re: A struggling bochur
Posted by Shmuel - 22 Aug 2022 22:04

Would you agree that a large percent of the guys on here are using Porn and Masturbation as a coping method of some sort?

It seems that MANY of the forums describe how stressful the day was leading up to a fall...

On a separate but related note, how do you feel about porn being considered a drug similar to alcohol and other common ingestible drugs?

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Re: A struggling bochur
Posted by Shmuel - 22 Aug 2022 22:06

[cordnoy wrote on 22 Aug 2022 19:20:](#)

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Re: A struggling bochur

Posted by Captain - 22 Aug 2022 22:19

[Sapy wrote on 22 Aug 2022 18:28:](#)

[cordnoy wrote on 22 Aug 2022 02:21:](#)

[Shnitzel and kugel wrote on 21 Aug 2022 23:26:](#)

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And I was about to say that ALL absolutes are wrong ;-)

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Posted by cordnoy - 22 Aug 2022 23:21

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[cordnoy wrote on 22 Aug 2022 19:20:](#)

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People smoke, play games on their phone, peruse Matzav and drink Gatorade, all as means of copin' somewhat; does that make them all unhealthy?

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Re: A struggling bochur
Posted by Hakolhevel - 23 Aug 2022 00:50

Personally I would say my general OBSESIVE draw to porn and masturbation is because of underlying issues.

However, even when I'm in a good place internally, I still am drawn to porn and masturbation (though not as much) simply because porn is nice. I like it. I stay away from it because it causes me to go nutso, but my draw to it i not ALWAYS to escape some deeper void.

That is the danger with saying absolute. Not every time I desire porn, do I have to doscover my inner void or issue. Sometimes it's just Taava.

I would agree though, that MANY of us here that OBSESS over porn in very unhealthy ways, should dig deep and see whats going on.

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Re: A struggling bochur
Posted by Hashem Help Me - 24 Aug 2022 03:23

Although many of us act out/acted out due to underlying issues, there are definitely people that simply struggle and fall with good old fashioned lust. In fact, most of us who belong to the

"underlying issues" group, will probably agree that there were times that we also acted out solely due to ta'avah.

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Re: A struggling bochur
Posted by ColinColin - 24 Aug 2022 21:27

Fascinating discussion.

My tuppence is that for me, porn/masturbation etc is primarily a coping mechanism for emotional distress.

But that doesn't mean that I am emotional distressed on a permanent basis.

I do have underlying issues which make me prone to that distress under certain circumstances.

But porn/masturbation can also be out of simple lust.

One can be happy, and still be drawn to lust.

There is actually a non-Jewish guy somewhere online who has made point of saying how different sex addiction is from alcohol, drug and gambling addiction.

He says that the sex drive is a normal human drive such as the drive for food and drink.

The other addictions are somehow learned.

So sex addiction must be regarded differently.

He is partially correct...he says that a way to curing people is to be in a healthy monogomous

relationship.

This is a help for some people.

But as this forum shows, it is not the cure.

Because there are married people on this forum too.

We do have an inner drive to look at attractive women...it is a biological impetus to selecting a woman we believe will be a suitable mother to our children.

The attractiveness is supposed to represent health.

But as we know, outward appearances can be very deceptive.

As Jews, we are encouraged to look beyond the outer, to inspect the character and personality traits of the woman.

So if you are happy, looking at porn is like a virtual reality.

It fools you into thinking you are with that attractive woman in person.

When instead you are alone with your phone or computer.

It wastes time that could be spent being productive or simply relaxing.

It's fools gold.

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Re: A struggling bochur

Posted by MenachemGYE - 25 Aug 2022 13:25

According to [Peer Briken](#), a world expert on the topic, compulsive sexual behavior can be caused by many things, and there isn't a single cause that can be said to apply to everyone

across the board.

That said, anyone that feels that they **often** engage in problematic sexual behaviors when experiencing uncomfortable feelings (e.g. worry, sadness, boredom, frustration, guilt, or shame), would need to deal with those underlying issues to achieve lasting freedom. It might be enough to just learn healthy coping strategies like the ones described in the F2F Cabin Pressure lesson, or they might need to do deeper work with a therapist. Similarly, if someone suffered in the past from abuse, or has a psychiatric issue - those issues are likely related and need to be worked out with a professional.

However, in other cases, struggles with P&M comes from a mix of hormones, easy access to porn, impulse control issues, and ??? ?????? ?????? - the allure of forbidden fruit. Negative attitudes towards sexuality/pornography ironically make the struggle more difficult, as some guys mentioned here. (My point is not that we should change our attitude, at least not to porn, but it's just a statement of fact.) Also, when P&M is used repeatedly, it can become a habit that is resistant to change.

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Re: A struggling bochur
Posted by Captain - 25 Aug 2022 16:50

[MenachemGYE wrote on 25 Aug 2022 13:25:](#)

Negative attitudes towards sexuality/pornography ironically make the struggle more difficult, as some guys mentioned here. (My point is not that we should change our attitude, at least not to porn, but it's just a statement of fact.)

I feel that The Battle of the Generation is very good for this.

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Re: A struggling bochur
Posted by Hashem Help Me - 26 Aug 2022 00:13

[MenachemGYE wrote on 25 Aug 2022 13:25:](#)

Negative attitudes towards sexuality/pornography ironically make the struggle more difficult, as some guys mentioned here. (My point is not that we should change our attitude, at least not to porn, but it's just a statement of fact.)

This is an interesting subject. This has strong basis in the host religion of most Western cultures and countries (which developed and commercialized the pornography industry), where sex is viewed as a sin, and their religious leaders practice celibacy.

In addition, *fear* of sexuality and pornography/masturbation is a major trigger. In many people's minds they have shoved these items into a "basement closet" and locked it with numerous locks to the extent that they will not say or write these words. The problem is that they ooze out of the closet from all sides. The panic/anxiety caused by this makes these items into larger than life monsters, that one believes cannot be vanquished. Better would be to take them out of the closet and examine them clinically, dissect them, and dispose of them in a calm manner.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 02 Apr 2023 06:40

Time flies! apparently its been 8 months since i was here last.. bh im still clean, its crazy how its been close to 4 years without going online to watch porn, although i wish i still can

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