

New Here

Posted by BenTorah4L - 27 Feb 2023 22:14

Hey, this is my first time posting here. I first came to this website about a week ago after a friend recommended it to me, and I felt somewhat lost because of all of the resources offered here. I am in AA and I am very used to a simple method of coming to meetings, getting a sponsor, and doing the 12 steps, so I felt super directionless when I came here. I read somewhere that a good thing to do is to get involved with people on the forum so I thought I would make my first post. I am a bochur in my 3rd year of Yeshiva, and I'm gradually growing in my yiddishkeit and in many other things. One thing that I have struggled with for years is Shmiras Habris and Shmiras Einayim which I didn't even see as a problem for many years until I came to Yeshiva. Now that I'm here I am finding it to be extremely hard to stop doing. I am trying very hard to be consistent in my learning and emotional health but when break Shmiras habris it often throws me into a downward spiral. P is also a huge part of my issue, and i am fully filtered but when the urge really comes I lose all self control to the point where I will take friends computers without asking in order to watch P. There is also this shame that comes along with being 3rd year in Yeshiva yet still struggling with this. After trying to stop countless times unsuccessfully, I was recommended GYE and I have been navigating my way through it for the last week which I have been clean. I do the Progress report every week and I check in everyday on if I had urges. I also watched a few videos on urge surfing. I'm not sure what else to do... any help is greatly appreciated!

=====

=====

Re: New Here

Posted by Tun - 27 Feb 2023 23:52

First of all, welcome!!!

welcome to the club where we are all trying very hard to do our best

let anyone here know how we can help

=====

=====

Re: New Here

Posted by Vehkam - 28 Feb 2023 00:26

[BenTorah4L wrote on 27 Feb 2023 22:14:](#)

Hey, this is my first time posting here. I first came to this website about a week ago after a friend recommended it to me, and I felt somewhat lost because of all of the resources offered here. I am in AA and I am very used to a simple method of coming to meetings, getting a sponsor, and doing the 12 steps, so I felt super directionless when I came here. I read somewhere that a good thing to do is to get involved with people on the forum so I thought I would make my first post. I am a bochur in my 3rd year of Yeshiva, and I'm gradually growing in my yiddishkeit and in many other things. One thing that I have struggled with for years is Shmiras Habris and Shmiras Einayim which I didn't even see as a problem for many years until I came to Yeshiva. Now that I'm here I am finding it to be extremely hard to stop doing. I am trying very hard to be consistent in my learning and emotional health but when break Shmiras habris it often throws me into a downward spiral. P is also a huge part of my issue, and i am fully filtered but when the urge really comes I lose all self control to the point where I will take friends computers without asking in order to watch P. There is also this shame that comes along with being 3rd year in Yeshiva yet still struggling with this. After trying to stop countless times unsuccessfully, I was recommended GYE and I have been navigating my way through it for the last week which I have been clean. I do the Progress report every week and I check in everyday on if I had urges. I also watched a few videos on urge surfing. I'm not sure what else to do... any help is greatly appreciated!

Hi there. A great resource is the book The battle of the generation. Send me a pm or email if you would like me to get you a copy. I read it every night and it has changed my perspective in this battle.

best wishes

vehkam

=====

=====

Re: New Here

Posted by Eerie - 28 Feb 2023 00:57

Welcome, dear brother! Here we are friends and family, we are here for you and we want to hear from you. So please stick around, there's so much to learn, connect with the chevrah, keep posting and of course, KEEP TRUCKING!

BTW, there are many people here way past 3rd year struggling mightily, myself included. Try kollel yungerman, ~~maggid shur~~, etc. This battle is across all lines and denominations. And you came to the right place to stop it all. Stay around!

=====

=====

Re: New Here

Posted by jackthejew - 28 Feb 2023 20:56

[BenTorah4L wrote on 27 Feb 2023 22:14:](#)

Hey, this is my first time posting here. I first came to this website about a week ago after a friend recommended it to me, and I felt somewhat lost because of all of the resources offered here. I am in AA and I am very used to a simple method of coming to meetings, getting a sponsor, and doing the 12 steps, so I felt super directionless when I came here. I read somewhere that a good thing to do is to get involved with people on the forum so I thought I would make my first post. I am a bochur in my 3rd year of Yeshiva, and I'm gradually growing in my yiddishkeit and in many other things.

12 Steps of AA have been translated for SA as well. If you are used to a 12 steps Mehalech it may be easier for you to start with the white book and learn the technique that way, and then move over to the techniques here. Just off the top of my head. Maybe some of the oldies here can tell me if I'm off on this.

=====
=====