

Breaking the Ice

Posted by Icebreaker - 24 Jun 2024 23:56

Was just going thru HHM's tips/guidebook (17 pages, a recommended read), reminded me of the call I had with him, basically same info was said, still inspiring tho.

EDIT: see page 2 for intro post

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Re: Breaking the Ice

Posted by eerie - 05 Jul 2024 15:44

Hey, the way we break ice is not with hammers and axes, we just bring in some warmth!

My friend, you write that you'll have less access to GYE, which will minimize the chizuk. Many people have stopped coming here but keep up with the friends they made here! So, you can do the same.

Dear friend, make your life a whole lot easier and get rid of the old device. I've been around the block, with the YH walking alongside me...

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Re: Breaking the Ice

Posted by Icebreaker - 05 Jul 2024 19:45

[eerie wrote on 05 Jul 2024 15:44:](#)

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Dear friend, make your life a whole lot easier and get rid of the old device. I've been around the block, with the YH walking alongside me...

P.s. something I heard recently that inspired me was the gemara in Bava Basra 11a: ?? ??????
 ??? ??? ?????? ?????? ?????? ??? my point is if you have the ability to help save even one
 person from this ?????, then ?????!

Re: Breaking the Ice
Posted by Icebreaker - 05 Jul 2024 20:14

[illegible]

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Re: Breaking the Ice

Posted by proudyungerman - 07 Jul 2024 16:08

[Icebreaker wrote on 05 Jul 2024 19:45:](#)

[eerie wrote on 05 Jul 2024 15:44:](#)

Hey, the way we break ice is not with hammers and axes, we just bring in some warmth!

My friend, you write that you'll have less access to GYE, which will minimize the chizuk. Many people have stopped coming here but keep up with the friends they made here! So, you can do the same.

Dear friend, make your life a whole lot easier and get rid of the old device. I've been around the block, with the YH walking alongside me...

update: step 2 complete. As for step 3 I wanna wait (or so my yh tells me) for a certain friend to come back from Israel to states to have a smashing phone party. Also it would be mightily convenient to have WhatsApp for summer, only wanna get rid of it bec its a massive timewaster and its against the yeshiva rules (duh). Gonna hold off on step 3 for a little bit, if only it was a "whole lot easier" to get rid of as Reb Eerie put it. Good Shabbos!

P.s. something I heard recently that inspired me was the gemara in Bava Basra 11a: ?? ?????? ??? ??? ?????? ?????? ??? my point is if you have the ability to help save even one person from this ?????, then ?????!

Amazing work!

Keep it up!

I must second and be ????? that which Reb Eerie said. The power of friends is inestimable, especially ones who get it.

I know the thought is daunting, and makes your heart pound, but I beg you, please reach out to some people from GYE before you lose access.

You wont regret it!

KOMT!

(Think back to your conversation with HHM; do you regret that one? How hard was it to call him?)

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Re: Breaking the Ice

Posted by Icebreaker - 07 Jul 2024 18:08

Lol, I beat the system at its own game, w my browser I got the gye .apk file then deleted browser, and updated my phone thereby preventing me from getting new .apk's. So I have gye (tho daily tracker is blocked, still have forum and chat. Besides some ppl say not so good to

EDIT: p.s. working on material for a "What works for me" Thread.

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Re: Breaking the Ice

Posted by Icebreaker - 07 Jul 2024 23:26

My biggest concern on this new streak of (I can't update, that feature of app is blocked on my phone) 6 days so far is not if I fall or even when I fall ("?"), rather its me telling myself "practice what you preach", "???? ???? ?????" "???? ??????" etc. and who am I... So for now I'm not really posting on other (peoples) threads, OTOH, I think it was the Lubavitcher Rebbe who said: " if you know ??? (as in the letter), teach ???" as well as Rav Chaim Kanievsky writes in the Hakdama to his Mussar Sefer (specifically written for this ???) "?????? ????", that since we're all lacking so much nowadays and no one's perfect, a person has a "???? of ?????? ?????? ?? ??????" nonetheless.

focus on streak and update everyday) but no browser

Another point: I gave a basic sketch of what worked for me on my path towards my longest streak, aye... why/how did I fall? Answer is: everything in life is easier said than done, and those guidelines are not meant for a speed-dieter but rather its about making lifestyle changes, it's a lifelong commitment towards bettering one's self. And people make mistakes (which I've

hopefully grown from).

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Re: Breaking the Ice

Posted by eerie - 09 Jul 2024 17:29

[Icebreaker wrote on 05 Jul 2024 19:45:](#)

[eerie wrote on 05 Jul 2024 15:44:](#)

Dear friend, make your life a whole lot easier and get rid of the old device. I've been around the block, with the YH walking alongside me...

Gonna hold off on step 3 for a little bit, if only it was a **"whole lot easier"** to get rid of as Reb Eerie put it. Good Shabbos!

I said you will make your life so easier, you'll make your living with purity and cleanliness so much more attainable, if you take the not so easy step of ridding yourself of your old device. Keep truckin'!!!!

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Re: Breaking the Ice

Posted by Icebreaker - 09 Jul 2024 18:39

I mean I guess I could give it to a friend who doesn't know the passcode for now. I can just imagine me trying to explain to this guy why I suddenly need it... "So you see, I kinda need it for

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Re: Breaking the Ice

Posted by Icebreaker - 09 Jul 2024 20:05

[eerie wrote on 25 Jun 2024 16:05:](#)

Friend, what can you share about your journey? What has been working? We are hear to listen. We care about you and **want to hear what's going on in your life.**

Aight here goes intro pt. 1: I'm a single yeshiva bochur not yet in shidduchim, FFB. I may be typical but... [In other words, although it could be most people on this site are like me (for sure our type don't post on the forum), and GYE does cater to the whole spectrum, from my experience I feel like I'm the waldo in the crowd, whatever. If you're in a similar situation feel free to pm me.] I struggled with P & M for a bunch of years and only had one really good streak (500 or so days, worded as such bec. any streak even one day is amazing) I've spoken to hhm twice and picked up a thing or 451 about how we should look at our victories and how don't focus on the schar v'onesh aspect along with many other interesting tidbits on the sugya. (For more on my mehalech, read my thread under "what works for me" called road to 500 (not clickbait)) I guess you could say I became addicted to the stuff/feeling at a tender age and lost sensitivity to the extent that I used every rationalization under the sun to not be bothered by the fact that I was oiver issurei chamuros almost daily, for years. Sigh. New meaning to "????? ?? ??????" was achieved. One day corona hit and I was tempted to kick the habit which I did temporarily (for a couple of months, total stop to all problematic behavior a.k.a. P & M, that was the extent of my issue, BH) and then I fell and had some short streaks before my big streak and now I had to restart and I'm at day 8. A compliment from hhm (who doesn't get one when they call?) to me was that I basically was in a great place, I had the components necessary for REAL change etc (k, maybe I had a fall...) and what struck me was that he kinda said that he thinks from his (albeit not-so-detailed) perspective on my struggle that "I have it soooo much easier" comparatively to some other guys who he deals with and that really has me thinking: either I should get off the site, or kick this habit for good bec. what's my excuse gonna be?? (I hope to choose the latter option)

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Re: Breaking the Ice

Posted by BenHashemBH - 09 Jul 2024 20:15

[Icebreaker wrote on 09 Jul 2024 20:05:](#)

[eerie wrote on 25 Jun 2024 16:05:](#)

Friend, what can you share about your journey? What has been working? We are hear to listen. We care about you and **want to hear what's going on in your life.**

Aight here goes intro pt. 1: I'm a single yeshiva bochur not yet in shidduchim, FFB. I may be typical but... [In other words, although it could be most people on this site are like me (for sure our type don't post on the forum), and GYE does cater to the whole spectrum, from my experience I feel like I'm the waldo in the crowd, whatever. If you're in a similar situation feel free to pm me.] I struggled with P & M for a bunch of years and only had one really good streak (500 or so days, worded as such bec. any streak even one day is amazing) I've spoken to hhm twice and picked up a thing or 451 about how we should look at our victories and how don't focus on the schar v'onesh aspect along with many other interesting tidbits on the sugya. (For more on my mehalech, read my thread under "what works for me" called road to 500 (not clickbait)) I guess you could say I became addicted to the stuff/feeling at a tender age and lost sensitivity to the extent that I used every rationalization under the sun to not be bothered by the fact that I was oiver issurei chamuros almost daily, for years. Sigh. New meaning to "????? ?? ??????" was achieved. One day corona hit and I was tempted to kick the habit which I did temporarily (for a couple of months, total stop to all problematic behavior a.k.a. P & M, that was the extent of my issue, BH) and then I fell and had some short streaks before my big streak and now I had to restart and I'm at day 8. A compliment from hhm (who doesn't get one when they call?) to me was that I basically was in a great place, I had the components necessary for REAL change etc (k, maybe I had a fall...) and what struck me was that he kinda said that he thinks from his (albeit not-so-detailed) perspective on my struggle that "I have it soooo much easier" comparatively to some other guys who he deals with and that really has me thinking: either I should get off the site, or kick this habit for good bec. what's my excuse gonna be?? (I hope to choose the latter option)

Thank you for sharing.

Don't want to put words in his mouth, but no one gets to tell anyone else how easy or hard something is.

Perhaps what he meant was that you have an objectively simpler solution, vis-a-vis you got 500 days under your belt and with perhaps a minor bump in the road, you're already very much

Hatzlacha

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Re: Breaking the Ice

Posted by chosemyshem - 09 Jul 2024 20:19

[Icebreaker wrote on 09 Jul 2024 20:05:](#)

Aight here goes intro pt. 1: I'm a single yeshiva bochur not yet in shidduchim, FFB. I may be typical and therefore I struggled with P & M for a bunch of years like many bochurim. ~~and only had one really good streak (500 or so days, worded as such bec. any streak even one day is amazing)~~ I got totally clean almost two years ago, but recently fell once or twice like many normal men. I've spoken to hhm twice and picked up a thing or 451 about how we should look at our victories and how don't focus on the schar v'onesh aspect along with many other interesting tidbits on the sugya. (For more on my mehalech, read my thread under "what works for me" called road to 500 (not clickbait)) I guess you could say I became addicted to the stuff/feeling at a tender age and lost sensitivity to the extent that I used every rationalization under the sun to not be bothered by the fact that I was oiver issurei chamuros almost daily, for years. Sigh. ~~New meaning~~ The same meaning everyone else around here gave to "????? ?? ??????" was achieved. One day corona hit and I was tempted to kick the habit which I did temporarily (for a couple of months, total stop to all problematic behavior a.k.a. P & M, that was the extent of my issue, BH) and then I fell and went through some very normal ups and downs on the way to ~~and had some short streaks before~~ my big streak and now I ~~had to restart~~ Had a small fall and I'm ~~at day 8~~ still clean but technically restarting the count (because I find it motivating?) and therefore am posting a little to ensure this small fall doesn't expand to a bigger one. A well-earned compliment from hhm (~~who doesn't get one when they call?~~) to me was that I basically was in a great place, I had the components necessary for REAL change etc (k, maybe I had a fall...) and what struck me was that he kinda said that he thinks from his (albeit not-so-detailed) perspective on my struggle that "I have it soooo much easier" comparatively to some other guys who he deals with and that really has me thinking: ~~either I should get off~~ stay on the site as long as it is providing helpful chizzuk or can help someone else, such as another bochur who hasn't gotten there yet, ~~or~~ and also kick this habit for good bec. ~~what's my excuse gonna be??~~ otherwise I might end up like one of these sad old married men who also "just" had a "small p&m problem" when they were single but didn't learn the tools then to cope (I hope to choose the latter option)

Wow sorry bro editing other people's posts is really addictive.

Thank you for the honest share. Sounds like you've done amazingly well.

If the streak count is motivating, keep it up. If it's demotivating, then forget about it.

Hatzlacha and keep on trucking!

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Re: Breaking the Ice

Posted by Icebreaker - 09 Jul 2024 22:22

[chosemyschem wrote on 09 Jul 2024 20:19:](#)

[Icebreaker wrote on 09 Jul 2024 20:05:](#)

"Icebreaker" post=416789 date=1720555549 catid=19

Thank you for the honest share. Sounds like you've done amazingly well.

Hatzlacha

Although sometimes I get the feeling that everyone exaggerates a little to make their fellow feel a bit better (in due measure, a great thing), some of what you edited is eerily accurate...

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