

trying to stay pure

Posted by stopsurvivingstartliving - 23 Jul 2024 23:05

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hey there i'm new to the forum and i figured i will introduce myself. *i am a bochur who was in a top mesivta and beis medrash. At one point a few months ago i started watching porn. my shame was bad and i reached out to gye and they hooked me up with an amazing mentor who i contact almost every night via text if that day was a clean day. bh i was clean since then with a few falls.*

*i am in israel now and the streets are filled with hashems beautiful human beings and i cant control myself from looking. all this causing masturbation almost on a daily basis. Anyone with practical eitzos and words of chizuk i'll be glad to hear.*

Sincerely,

stopsurvivingstartliving

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Re: trying to stay pure

Posted by tzaddikvikam13 - 01 Sep 2024 14:01

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tried them all, gone through every 'top doctor'. it helps, but only to a certain extent.

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Re: trying to stay pure

Posted by hopefulswan89 - 01 Sep 2024 14:21

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[tzaddikvikam13 wrote on 01 Sep 2024 14:01:](#)

tried them all, gone through every 'top doctor'. it helps, but only to a certain extent.

Maybe you need to increase the dosage

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Re: trying to stay pure

Posted by tzaddikvikam13 - 01 Sep 2024 14:40

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Thanks for trying to be helpful, but unless you tell me about something that just came out yesterday, you're not going to be mechadesh anything to me. I know the sugyah very well. Gone through all the options. There isn't that much that I can change to make things better. The only thing would make things better that I'm not doing now would be staying off of sugar, which is not easy.

Not looking to hijack stopsurvivingstartliving's thread, if you want to reply to me you can respond on [my thread](#).

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Re: trying to stay pure

Posted by hopefulswan89 - 01 Sep 2024 15:04

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[tzaddikvikam13 wrote on 01 Sep 2024 14:40:](#)

"tzaddikvikam13" post=420494 date=1725201631 catid=19

Thanks for trying to be helpful, but unless you tell me about something that just came out yesterday, you're not going to be mechadesh anything to me. I know the sugyah very well. Gone through all the options. There isn't that much that I can change to make things better. The only thing would make things better that I'm not doing now would be staying off of sugar, which is not easy.

Not looking to hijack stopsurvivingstartliving's thread, if you want to reply to me you can respond on [my thread](#).

The link to your thread is not working for me. I know someone with adhd who was helped by a good therapist

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Re: trying to stay pure

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Posted by stopsurvivingstartliving - 01 Sep 2024 15:10

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Here is a better

link [guardyoureyes.com/forum/19-Introduce-Yourself/420217-My-struggles-with-kedushah](https://guardyoureyes.com/forum/19-Introduce-Yourself/420217-My-struggles-with-kedushah)

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Re: trying to stay pure

Posted by BenHashemBH - 03 Sep 2024 22:59

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[stopsurvivingstartliving wrote on 31 Aug 2024 20:19:](#)

I understand GYE forum is for kedusha related problems. But since I have no where else to do this I will do it here.

Right now I am burned out of learning and I don't know what to do going into a new zman and moving forward in life.

I grew up in a regular yeshivishe home where the basic is to learn until I get married and then learn a nice amount in kollel. That is what is expected of me. Therefore dropping everything and going to work is not that simple. I am a pretty smart guy and therefore school went well. Got good marks generally. Then came mesivta where I was motivated to learn and I did a pretty good job. Moving onto beis medrash I had some mental struggles which were very painful but bh I took care of it. But then based off the more intense learning as we get older I had a very hard time. I was always self doubting myself if I know what I am doing or not which made the learning a whole lot harder. On top of that some more mental stuff kicked in and made it very hard for me.

I went to Israel hoping for a new start and without much of a plan why things should be different, nothing changed.

So here I am in Israel burnt crisp and not knowing what to do.

So you ask why don't I feel good that in the p and m area I am doing quite well? It's because moving on in life I am pretty lost.

I personally don't see any light at the end of the tunnel moving forward. But as I learned in the past there are big and smart people on this forum that can help.

Waiting to hear from you!

Sincerely,

Someone who wants to stop surviving and start living!

I can speak as the only one in my family that did not stay in learning + go to Kollel.

Staying in learning is a beautiful thing, but it's not everyone's thing. A proper Jewish life comes in many flavors. I hope you find support, chizuk, and inspiration to learn shtark. If you don't, please don't see that as any sort of failure.

I could talk about the maalos of living the life that I do (Rabbi Lopianaky has an amazing book - Ben Torah for Life), but I feel that may not be appropriate at this time. Perhaps just knowing that you can be the most amazing you either way could take away some of the pressure and let you focus on just being the special you that you are.

FYI. I've found after a lot of searching that the most inspiring person in my life is  
**Warning: Spoiler!**

Edit: I also want to add that people's expectations of me sometimes helped and other times hurt a lot. Listen for the people who support your inside at least as much as your outside.

Hatzlacha!

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 09 Sep 2024 19:38

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[Beautiful song](#) with so much pain dripping out of it!

I think we should make a version for us suffering with porn and masturbation etc. to promote GYE!

Any sponsors?

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 23 Sep 2024 21:23

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I am currently listening to the amudim event from a few hours ago. It features R' YY Jacobson and Dr. Shloime Zimmerman on discussing intimacy with children. I can relate to every single word. It is bringing up so much pain. So much of my past few years being told by people who never heard my story. I almost want to not listen to it its so true.

I recommend you guys listen to it.

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Re: trying to stay pure

Posted by eerie - 24 Sep 2024 05:05

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Can you put a link to it?

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 24 Sep 2024 12:26

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[stopsurvivingstartliving wrote on 23 Sep 2024 21:23:](#)

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Here's the link: [unitetoheal.com/discussing-intimacy-with-our-teens](https://unitetoheal.com/discussing-intimacy-with-our-teens)

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Re: trying to stay pure

Posted by redfaced - 24 Sep 2024 14:09

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[stopsurvivingstartliving wrote on 24 Sep 2024 12:26:](#)

[stopsurvivingstartliving wrote on 23 Sep 2024 21:23:](#)

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Aaaannnndd- blocked by filter!

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Re: trying to stay pure

Posted by BenHashemBH - 24 Sep 2024 15:19

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[redfaced wrote on 24 Sep 2024 14:09:](#)

[stopsurvivingstartliving wrote on 24 Sep 2024 12:26:](#)

[stopsurvivingstartliving wrote on 23 Sep 2024 21:23:](#)

I am currently listening to the amudim event from a few hours ago. It features R' YY Jacobson and Dr. Shloime Zimmerman on discussing intimacy with children. I can relate to every single word. It is bringing up so much pain. So much of my past few years being told by people who never heard my story. I almost want to not listen to it its so true.

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Aaaannnndd- blocked by filter!

Lol.

I can follow the link, but the video isn't available

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Re: trying to stay pure

Posted by BenHashemBH - 24 Sep 2024 18:31

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Thank you for sharing SSSL,

I couldn't get it to work yet, but BezH I'll figure it out and look forward to listening.

While I was poking around on the Amudim page, I happened upon a different interview with Rabbi YY. A few minutes at the end, starting from ~43:20 is particularly k'dai if you have a moment.

[unitetoheal.com/growing-up-to-be-a-leader-in-am-yisrael](https://unitetoheal.com/growing-up-to-be-a-leader-in-am-yisrael)

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 24 Sep 2024 22:34

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[BenHashemBH wrote on 24 Sep 2024 18:31:](#)

Thank you for sharing SSSL,

I couldn't get it to work yet, but BezH I'll figure it out and look forward to listening.

The link isn't working for me either. I watched the show by skipping back during the live event. I think that is the right link it just may take time for them to upload the video to that page.

While I was poking around on the Amudim page, I happened upon a different interview with Rabbi YY. A few minutes at the end, starting from ~43:20 is particularly k'dai if you have a moment.

[unitetoheal.com/growing-up-to-be-a-leader-in-am-yisrael](http://unitetoheal.com/growing-up-to-be-a-leader-in-am-yisrael)

Thanks for that, I hope to get to it.

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