

A Bachur's struggle

Posted by livingagain - 23 Sep 2024 23:33

Trying to gain control over the natural urges. Have read some materials on the site and some of the threads. Seems like others have seen results.

Hoping for the same.

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Re: A Bachur's struggle

Posted by yitzchokm - 23 Sep 2024 23:36

Incredible post. Keep them coming. Your honesty is key and you will eventually reach freedom. I suggest that you reach out to Hashem Help Me at michelgelner@gmail.com when you feel ready to do so. There are many on GYE regularly reading The Battle of the Generation. You can access it over here:

<https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

Are you doing the Flight to Freedom program?

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Re: A Bachur's struggle

Posted by upanddown - 23 Sep 2024 23:52

[livingagain wrote on 23 Sep 2024 23:33:](#)

Trying to gain control over the natural urges. Have read some materials on the site and some of the threads. Seems like others have seen results.

Hoping for the same.

Welcome back!

The next step is to share with us your story... After that you'll be able to work out the best way forward.

Love your username

Much Hatzlacha!

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Re: A Bachur's struggle

Posted by jubilantsparrowqa - 24 Sep 2024 18:38

Hi! Many people have found freedom here. Feel free to share your journey and struggles, we all are in this together.

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Re: A Bachur's struggle

Posted by livingagain - 24 Sep 2024 19:22

[jubilantsparrowqa wrote on 24 Sep 2024 18:38:](#)

Hi! Many people have found freedom here. Feel free to share your journey and struggles, we all are in this together.

I hope to update this thread with any progress that I may make. I understand that it might take some time. I'm in it for the long haul.

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Re: A Bachur's struggle

Posted by yitzchokm - 25 Sep 2024 00:11

[livingagain wrote on 24 Sep 2024 19:22:](#)

[jubilantsparrowqa wrote on 24 Sep 2024 18:38:](#)

Hi! Many people have found freedom here. Feel free to share your journey and struggles, we all are in this together.

I hope to update this thread with any progress that I may make. I understand that it might take some time. I'm in it for the long haul.

Great attitude. Sometimes it can take a lot of hard work but once we have a long term goal and we make small steps to reach that goal we will eventually reach freedom. You are doing an amazing job and it is great to see how you are growing. If you find it helpful there is no reason to be afraid to post something vulnerable. We have all been there and we understand these struggles all too well. What counts is that you aren't giving up and that you are working hard. The end result is in Hashem's hands. With work, determination, friends and faith you will reach your goals. Keep up your good work.

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Re: A Bachur's struggle

Posted by funbuchur - 25 Sep 2024 03:57

Welcome.

I am a bachur also, not sure if we have similar circumstances but also working to get out of the shmutz you're not alone. Hatzlacha!!

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Re: A Bachur's struggle

Posted by livingagain - 25 Sep 2024 04:27

Welcome.

I am a bachur also, not sure if we have similar circumstances but also working to get out of the shmutz you're not alone. Hatzlacha!! Im truly inspired by other bachurim who manage to resist the temptations that bombard and trigger us constantly. With no permitted outlet for these sensations, it presents with an untenable situation. For me trigger avoidance is the most effective solution, but not always practical. I struggle with the challenges and sometimes succumb, but from reading the material here, and with the support, encouragement and inspiration from some of my friends here, I continue to make progress. As a bachur, we should take pride in even minuscule accomplishments. But to be clear, it's continuous battle with the urges.

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