

I'm here! Am I?

Posted by adventurouspanther96 - 02 Feb 2025 17:45

Hello everyone this is my first time writing a few words to my fellow fighters fighters.

I hope this is the first of many!

To those who post consistently, how does it help in your journey? How do you keep it consistent?

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Re: I'm here! Am I?

Posted by stopsurvivingstartliving - 02 Feb 2025 17:52

Welcome! Welcome! Welcome!

You've just joined the warmest family in Klal Yisroel. Feel free to share your story, it can be very helpful and healing to unload your story here. You'll get feedback and chizuk from the oilam here.

A recommendation to all those joining is to reach out to @Hashem Help Me. He can be reached at michelgelner@gmail.com. He has been through his own struggles and was clean for years. Many many hear can testify that he got them on their feet to start fighting the Battle of the Generation.

Hatzlacha and please keep us posted.

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Re: I'm here! Am I?

Posted by vehkam - 02 Feb 2025 17:57

[adventurouspanther96 wrote on 02 Feb 2025 17:45:](#)

Hello everyone this is my first time writing a few words to my fellow fighters fighters.

I hope this is the first of many!

To those who post consistently, how does it help in your journey? How do you keep it consistent?

While breaking free posting consistently can help by reminding you and ingraining in you that you are a fighter and are not giving in.

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Re: I'm here! Am I? YOU BET!

Posted by proudyungerman - 03 Feb 2025 14:57

Welcome to the warmest family in the world!

To answer your question, after you see how the oilam is here for you, you ain't goin' anywhere!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the [Vaad Program](#) (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

The Vaad can be a great way of connectin' with other guys.

There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com.

Some of the other great guys here are Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, Reb Akiva - mevakesh247@gmail.com iwantlife - iwantlifegye@proton.me

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

And don't forget, as always, KOMT!!

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Re: I'm here! Am I?

Posted by gibor20 - 09 Feb 2025 16:44

Here comes part of my story.

I have been struggling with M from when I was a little kid, For sure from when I was 4 years old. Nowadays my mind is so S minded that I see every gesture from others as a signal that they want to engage in S. I have vivid dreams that cause me to have a huge fight in the morning.

BH I'm now seven days clean from M, but my mind is not out of the mud yet.

Can anyone help?

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Re: I'm here! Am I?

Posted by shulem25 - 09 Feb 2025 16:54

first off all you should know you are not alone, i am on the same page, i am only now 4 days clean, things don't change over night.

the main thing is don't look back the whole time where am i holding, just go go further, just keep on doing what is right.

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Re: I'm here! Am I?

Posted by jollylemur95 - 10 Feb 2025 04:36

Welcome my friend!

I can only second what the others have told you.

You are in the best place!

The thoughts are in some ways more difficult than acting out because they can enter your mind inadvertently. the main thing is try not to focus on it and gently let your mind drift to something else. Maybe a sugya, a sports team, current events, or whatever else may interest you. the best is obviously limud hatorah as the Stiepler ZTL writes that not only are you filling your mind with something else but it actively works to keep these thoughts at bay even later.

Thank you for posting!

Please keep in touch!

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Re: I'm here! Am I?

Posted by lamaazavtuni - 10 Feb 2025 12:49

Hey gibor ah git murgin!!! Welcome to the family. #1 you're not responsible for your thoughts that hit you you're responsible if you continue thinking them and if you act on them. Also the main thing that seems to be working for us new guys is speaking to the chevra on here personally on the phone and you'll get a good plan what you wanna do and how you'll do it. But mainly you'll get a connection which works wonders when you have a urge it's really gonna hold u back by calling a friend from here. Hatslacha my brother !! Welcome, keep posting, stay in touch

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Re: I'm here! Am I?

Posted by shulem25 - 10 Feb 2025 15:54

its my 4th day that im clean for me its great progress, being addicted to porn an masturbation for over 10 years

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Re: I'm here! Am I?

Posted by shulem25 - 16 Feb 2025 16:28

"I've officially completed an entire week without watching porn and with out MB—this is the longest stretch I've ever had! Feeling proud of myself for making it this far and looking forward to keeping the momentum going."

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Re: I'm here! Am I?

Posted by jewizard21 - 16 Feb 2025 16:38

This is truly amazing!!

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Re: I'm here! Am I?

Posted by trying23 - 16 Feb 2025 17:10

Keep it up, I'm not much ahead of you. I try to remember that I can't even start getting distracted, even just a extra look on the street can bring me back to step 1.

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Re: I'm here! Am I?

Posted by shulem25 - 16 Feb 2025 17:19

yes i know im also still very vulnerable. we gotta stay focuse on our misson.

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Re: I'm here! Am I?

Posted by m111 - 16 Feb 2025 19:49

Hi,

My struggle with masturbation and urges to look at non-tznius also started at a young age, at seven years old.

But there's hope and light at the end.

It's a process, and we're with you.

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Re: I'm here! Am I?

Posted by shulem25 - 17 Feb 2025 16:43

"I know you're going through a tough time, and I admire your effort to get out of this. It's really hard, and it's okay to feel like your mind is still in the mud, but it doesn't mean you're stuck. Every step you take, no matter how small, is progress. Change doesn't happen overnight, but you're doing something really important by working on this. Be kind to yourself—it's okay to struggle, but remember, you don't have to face it alone. we are all in together, we are all here for you, and together, we can find the strength to keep moving forward.

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