

Trying to stop

Posted by yeshivabachur111 - 13 Mar 2025 00:51

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Not really comfortable yet discussing in detail my situation. Basically I'm 19 years old trying to stop MB.

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Re: Trying to stop

Posted by puppy - 13 Mar 2025 01:37

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Hay brother welcome to the family!

Here a hand and a tight hug

first of all there nothing to be uncomfortable we all are in the same fight it's normal and natural to have such desires

You are not alone, and you can break free it's sound like Impossible (sometimes)

Here you will get love, warmth and chizuk,

wait and see

When you get comfortable please tell us

what's on your heart and we will hold your

hands to help break free

keep strong

with love

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Re: Trying to stop  
Posted by BenHashemBH - 13 Mar 2025 01:37

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[yeshivabachur111 wrote on 13 Mar 2025 00:51:](#)

Not really comfortable yet discussing in detail my situation. Basically I'm 19 years old trying to stop MB.

Shalom Brother,

Absolutely no pressure. There are lots of great tools here and you can still connect with the chevra and decide later if you want to share more or not.

Hatzlacha

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Re: Trying to stop  
Posted by blissfulwolf33 - 13 Mar 2025 08:37

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Hashem should help you

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Re: Trying to stop  
Posted by lamaazavtuni - 13 Mar 2025 12:44

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Welcome welcome !!! We been where you've been we understand were your coming from. Hazlacha on your journey we're here to support you. If you haven't done yet I would recommend to read through ppl's threads to realize your not alone And there's a way to get out of the YH. Keep it going my friend

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Re: Trying to stop  
Posted by captain - 13 Mar 2025 12:55

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Welcome! Try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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Re: Trying to stop  
Posted by proudyungerman - 13 Mar 2025 19:03

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Welcome to the warmest family in the world!

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

Here you will learn that you CAN break free!

As has been mentioned, there are many tools here to help you in this fight. Some of them you may be familiar with, some may be new.

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, as you mentioned.

Posting is a great way to connect, learn, and grow also.

(The Hall of Fame Thread is a great compilation of some the great threads on GYE.)

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 [micgelner@gmail.com](mailto:micgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com) amevakesh - [amevakesh23@gmail.com](mailto:amevakesh23@gmail.com)

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: Trying to stop  
Posted by proudyungerman - 13 Mar 2025 19:04

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- [amevakesh23@gmail.com](mailto:amevakesh23@gmail.com)

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

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Re: Trying to stop  
Posted by eerie - 13 Mar 2025 20:01

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Teire bachur, stick around, connect with the wonderful oilam, and BeH you'll see there's a way out

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Re: Trying to stop  
Posted by yeshivabachur111 - 16 Mar 2025 05:22

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Re: Trying to stop  
Posted by happy guy - 16 Mar 2025 05:54

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Hi

You are a Yeshiva Bochur! There is so much to you, your are a remarkable asset to the community. Yes, you (just like a great many other bachurim) have a certain challenge. But that challenge does not define you. It is just a single ??? in the ???.

Remember that your friend is exactly the same. He has ????? and he has ???????, and there is a great deal more to him than what he told your on ????? .

I would venture to say that a very big ??? of your ????? share this same exact struggle.

We have a weakness, we are hopefully trying to control it, but we don't allow ourselves to be defined by it. Same goes for you, save goes for him.

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Re: Trying to stop  
Posted by cleanmendy - 16 Mar 2025 14:46

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[yeshivabachur111 wrote on 16 Mar 2025 05:22:](#)

So on purim when I was drunk, I shared my struggle with my friend. He said that he has the same problem. Now I feel uncomfortable with him.

I guess now you know your normal and healthy!

So many of us struggled, mostly cause we were never taught how not to struggle. There is a mehalech, pretty simple actually.

Getting to understand ourselves, our bodies and our sexuality. Understanding what Hashem wants from us in this crazy world, and having a support system of friends who care for you to beat this.

I would venture to say that the best way to get there is by talking to one of the mentors on here, and keep on posting, we really wanna hear how your doing, there is no more caring and non judgmental place than GYE.

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Re: Trying to stop  
Posted by jonthen123 - 17 Mar 2025 03:28

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hi how are you doing first of all you or amazing for reaching out i think a lot of us could have and would have used this when we were boochrim, and to add what the amazing cleanmendy had said you or 1000 percent normal and you dont know how many boochrim unfortunately go through this by them self what any help advice and ( which prob needs to be discussed y but here, and now is not the place) ,not even a friend to laugh and share about this,so frisky welcome to this tremendous sight and reach out to the older and just conked with friends and i which you a lot of hatzlacha in this holy journey

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Re: Trying to stop  
Posted by yeshivabachur111 - 19 Mar 2025 00:12

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Re: Trying to stop  
Posted by renewedunicorn23 - 19 Mar 2025 03:23

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I haven't heard of a Rabbi Kimmel, but what I CAN say is that there are so many amazing people here that want to help, and you can reach out to. I'm around the same age as you and struggled for a very long time with masturbation, feel free to shoot me a message if you want to talk.

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