

Hi. My first post.

Posted by yosefthet zadik - Yesterday 17:42

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Hi everyone, fellow fighters. This is my first post, trying to figure out how this forum works. Will post my journey shortly.

This forum seems to be quite complicated and confusing. I'm used to 2025 technology, this system seems older then the internet itself....

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Re: Hi. My first post.

Posted by yosefthet zadik - Yesterday 22:50

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I feel that pretty soon I'm gonna have to join an addiction recovery program to break free from

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Re: Hi. My first post.

Posted by vehkam - Yesterday 23:53

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There is tremendous wisdom here. Listen. Connect. Implement some of the suggestions.

Wishing you much success

vehkam

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Re: Hi. My first post.

this forum, I'm nearly addicted by now...  
Posted by eene - Yesterday 23:55

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WOW!!! YHaTzaddik! Your progress up until now is SUPER impressive!!! You are fantastic! Keep up the amazing work, and you'll be soaring in no time!

BTW, While I am married, I have had the pleasure of getting to know many bachurim, many of whom have really gotten this whole thing under control, so don't worry at all, you can too!!!

Looking forward to hearing more from you

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Re: Hi. My first post.

Posted by lamaazavtuni - Yesterday 23:57

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My dear friend Yosef, keep in mind although a lot of ppl on here are married kmat all of us if not every married person here struggled since they were a bochur .

so we can definitely relate to you , although i hear your point of that it's easier in a way cause we're married...

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Re: Hi. My first post.

Posted by BenHashemBH - Today 02:17

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[yosefthetzadik wrote on 30 Jun 2025 22:46:](#)

I see that almost everyone active on the chat sharing their story are married. Although it is a similar struggle, i do somewhat feel that a married person has somewhat of an advantage. Not that this is a competition. When I look at the 90 day chart, I see a trend that the higher you go, the less percentage people are singles. I set my eyes on that 90-day target, and it would be great to hear advice from singles how they reached that goal, and if in their opinion there is a difference between the struggles.

Shalom Brother,

Might I suggest the following posts from our (soon to no longer be) single Magic Man:

<https://guardyoureyes.com/forum/19-Introduce-Yourself/412126-Jewizard21s-Journey?limit=15&start=135#434605>

<https://guardyoureyes.com/forum/19-Introduce-Yourself/412126-Jewizard21s-Journey?limit=15&start=105#430003>

<https://guardyoureyes.com/forum/1-Break-Free/417787-nechama-for-the-singles?limit=15&start=15#424553>

Hatzlacha!

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Re: Hi. My first post.  
Posted by jewizard21 - Today 04:32

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Hey yosfthetzadik,  
**Warning: Spoiler!**

Please feel free to reach out whenever. I am 23 and single (soon not to be as BenHashemBH )

I used to use Porn and Masturbation daily or multiple times a day from age 12. Baruch Hashem I am currently at around 580 days of no Porn and 440 days of no Masturbation.

Here's another post of mine from a while ago mentioned

[guardyoureyes.com/forum/19-Introduce-Yourself/412126-Jewizard21s-Journey?limit=15&start=120#432410](https://guardyoureyes.com/forum/19-Introduce-Yourself/412126-Jewizard21s-Journey?limit=15&start=120#432410)

As for married men having it easier, it's not so simple and I can elaborate when I am not running

Also there is a stage where nobody really talks about and that is the engagement period, which I will also elaborate on at a different time.

For now, what have been your main motivators so far? and why do you think they haven't worked long term?

Keep on Trucking, One Day At A Time!

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Re: Hi. My first post.

Posted by justwannabefree - Today 04:58

~~off a few hours of sleep, 3 coffees, and it being 12:30am~~

Hey yosefthetzadik! welcome to the forum i joined pretty recently myself (although I've been in touch with gye mentors for some time) and I totally get what you mean about gye being an addiction, at first I was thinking did I replace one with another!?

Just wanted to respond to a couple of your points which resonated with me. Number one I totally understand what you mean about a difficult home life triggering this behavior, its very much the case with me and I think you'll find others on this forum in similar situations. I will say something obvious yet which deserves to be emphasized that although its fair to say that it adds tremendously to the nisayon, it makes you a whole lot cooler in every little victory because your fight is so much harder and you can bet Hashem keeps that in mind.

Also let's just say your not the only single who hangs out on here... I also would think that its harder for guys in our situation but at the same time you never know. For me personally it helps to think about the fact that at least you can look forward to a happy marriage with pas besalo (which of course doesn't mean that marriage is a replacement for P) For example let's say a guy is struggling with shalom bayis or maybe isn't interested in his wife that could be in a way much harder because he can start feeling deeply dissatisfied and he knows this is it there's no other form of pas besalo for him which I can imagine leads to all types of problems. That perspective sort of keeps the thing in perspective for me that you cant say the next situation in life will be the main time to deal with it because you just never know.

Anyway glad you've joined the struggle fellow bochur, yours truly, jwbf

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