

Posted by Tev - 04 Aug 2009 02:20

I'm a 21 yr old single guy in yeshiva/college. Ive been struggling with p*(*)n and motzei zera levatala for about 7 years.

I "tried " many times to stop, but now im really giving it a real shot. I finally realize its not just the yetzer hara, its a serious addiction.

Hope this lasts!

Posted by Yosef Hatzadik - 14 Sep 2010 16:42

MAZELTOV!!!

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Posted by bardichev - 14 Sep 2010 17:15

So ive been "clean now for 7 days , boruch hashem
mazel tov!!!!!!!!!!!!!!!!!!!!!! 8)

Re: Going for the Gold!

Posted by Tev - 14 Sep 2010 17:58

Thank you guys so much!!!

For all the single guys may you find the right one in the right time and all the married guys may your relationship with your wife become stronger and grow everyday!

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Re: Going for the Gold!

Posted by Ineedhelp!! - 15 Sep 2010 13:59

Wow Mazal Tov Bestrong88!!!

May you be zoche to build a household of Kedusha and continue to grow like weve seen here.

-Yiddle

PS. Have you told your Kallah about your GYE related past????

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Re: Going for the Gold!

Posted by Tev - 15 Sep 2010 18:16

Yiddle,

Amen thank you!

I have not discussed my GYE related past...

Any suggestions?

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Re: Going for the Gold!

Posted by Ineedhelp!! - 16 Sep 2010 02:27

[BeStrong88 wrote on 15 Sep 2010 18:16:](#)

Yiddle,

Amen thank you!

I have not discussed my GYE related past...

Any suggestions?

I cannot speak from experience unfortunately so I cannot advise you on this. I was hoping you could give me some advise for my time....

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Re: Going for the Gold!

Posted by Tev - 16 Sep 2010 03:46

I did tell her that I currently have an internet blocker, and would like to have one when we are married.

But no details about this issue.

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Re: Going for the Gold!

Posted by silentbattle - 16 Sep 2010 06:33

Mazal tov!

As far as what to say, the ideal thing would be to ask a rebbe. My first thought would be not to lie, but not to necessarily bring it up. You've already mentioned having a filter, and you can say that you think it's really important. She may or may not realize something from that. She really doesn't need/want to know details, that's for sure.

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Re: Going for the Gold!

Posted by Tev - 21 Sep 2010 05:10

Hey!!

So after I just clicked in that I reached 90 days , my Y"n got the best of me and i fell ...

I'm really down right now, i feel so terrible especially that now i am engaged

Chizuk would be great ...

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Re: Going for the Gold!

Posted by desperate_teddybear - 21 Sep 2010 05:19

lets put this in perspective.

1/90

in the past 3 months you fell once.

once.

it's called a *blip*.

come on. pick yourself up, wash your hands, clear your head, daven. as bardichev likes to say, keep on trucking.

mazel tov on your engagement, by the way. may your marriage be one of Shalom and Simcha, full of Beracha and Kedusha.

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Re: Going for the Gold!

Posted by Blind Beggar - 21 Sep 2010 06:51

Mazal tov on finding your zivug. You should be zoche to build a true bais ne'eman b'yisroel.

The mean, nasty, SOB Yetzer Hora got you once but you beat him at least 90 times in the last 90 days and probably much more than that. A day that I only have to battle my Yetzer Hora once is a rare day. You are still on top and you know how to *be strong*. Keep trucking, as

Bardichev always says.

My wife knows I'm part of GYE but she doesn't really know what it's all about. She doesn't need to know any details. We each have half of the K9 password so we can only change things together. Make sure your kalloh knows what a tzaddik she really is getting.

Be strong and be strong and **be strong**.

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Re: Going for the Gold!

Posted by Sturggle - 21 Sep 2010 07:08

Be,

You know the name of the game. Don't let that Y"H get you. You are strong!

love you man,

Sturggle

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Re: Going for the Gold!

Posted by Shmu - 21 Sep 2010 07:15

So you fell.

So have many very special Yidden on this forum. And they did not just get engaged (Mazel Tov, by the way) and have the pressures of entering into a whole new phase of life. Cut yourself some slack. Or as Rebbe Nachman would say, "There is no yeiush in the world." "Don't give up hope"

You have a choice. You could get all depressed about it, but all that will do is make it harder to continue to stay clean. You can do it. Do you know how I know. Because you just did it. You just completed 90 DAYS CLEAN!!!! That is tremendous. I also know, from experience, that the 2nd round of 90 days clean can be much easier, since you've done it before.

Chazak V'Amatz!!!

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Re: Going for the Gold!

Posted by silentbattle - 21 Sep 2010 08:18

We say fell shmell for several reasons. The time that you were clean doesn't go away. The fact that you worked hard to rewire your brain hasn't disappeared overnight.

You already know that this is a test - how will you react in this situation, when you feel down? And i believe that you have the ability to grow, and to keep growing, and thanking hashem for everything that he keeps giving you - including this test!

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