

For the bochrin by the bochrin

Posted by Face the challenge - 23 May 2022 02:22

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As I near my 50th day clean I decided that number one I'm going to share my full story (sorry if it's a little long) and number two I'm going to start a thread on the forum specifically for bochrin. Why. Because I'm a bachur just like you and I know that the chizuk that you can get from someone who's in the same situation as you can propel you to new heights. It's my hope that all the bochrin on GYE will make use of this thread so that we can get continuous chizuk from each other. Well here goes.

A long time ago...when I was about seven or eight years old I was exposed to porn. It was from my older siblings who are unfortunately otd. Being as young as I was, I "knew" it was wrong but I didn't **really** get it. As far as I could tell this is what my older siblings, my role models, were doing in their free time. Of course I wouldn't ever dream of telling my parents on them. How could I? As time went on I would spend time alone with myself. In my room, in the shower, in the bathroom etc. and I would masturbate. This wasn't really with bad intentions as I was still too young to really understand the ramifications of what I was doing.

Fast forward a few years and I'm getting bar mitzvah. I get tefillin a new hat, a new suit, and I'm ready to join adulthood. But I still got this secret that no one knows about. (By this time I knew it was wrong to be masturbating and watching porn). I decided that with my bar mitzvah I'm going to stop. A fresh new start for me. I'm sure you can guess what happened. Nothing. Absolutely nothing. I continued on in my bad ways for the next two years.

Comes along time for high school and at this point in my life my body is in full lust mode. I decided (with my parents) to go out of town for mesivta so that I wouldn't be around my siblings for them to have a bad influence on me. I'm kinda laughing in the inside because I know it's too late. It's not just my siblings who are otd. It's me. But being that I'm the pride and joy of the family, the "frum" one, I just couldn't let my parents down. I projected an amazing outside image and I was afraid of anyone finding out what was really going on in the inside. So off to high school I went and these were some of the darkest years in my life. In short my daily routine would be that during shachris I would always be taking my tefillin off, going to the bathroom to masturbate, and then coming back, put my tefillin on and make it seem like nothing had happened. On to shiur, I would sit there fantasizing about all the worst things under the sun and then I would "go to the bathroom" again and masturbate. This is how it went for two years. I didn't really care about hashem, didn't care about learning, didn't really connect to my rebbeim, but all along I was projecting the image of one of the top bachrim in the yeshiva. Mind you for the first two years of high school I only had a phone with talk and text so I couldn't watch porn while I was in yeshiva but that didn't stop me from fantasizing, masturbating, and

running to the computer every off shabbos the moment that I came home so that I could go find my fantasies and fill my head with videos for the next few weeks.

Then 11th grade hit. I was smart. I ordered a 35 dollar smartphone that would work with my SIM card. No one had to know about it. I would keep my other phone around when I was at home and hand in my dumb phone when I got to yeshiva (after removing the SIM card to put in my smartphone). This was a real treat for me. I finally had access to porn in yeshiva and with that I would lay in my bed every night while my roommates were sleeping and watch and watch and watch until I would masturbate, fall asleep, and repeat the next day. But don't forget. I'm still a top bachur who people in yeshiva look up to.

Fast forward a few months and I'm in 12th grade. I got a moment of inspiration. I decided that I really need to pull my life together. I couldn't continue on like this. I was ruining my life and I knew it. I smashed my smartphone. It felt great. I felt like I had just won my life back and with that I started anew. I was on top of the world. This was the new me. Ready to change once and for all. And that lasted until I went home for the next off shabbos upon which I encountered a whole hose filled with unfiltered devices and I didn't even last an hour. I was a goner. I felt horribly guilty. How could I go back to watching porn and masturbating?? I had just smashed my smartphone. What happened to me. I made a kabala/promise that I would never do it again. As I'm sure you already know this didn't last to long. I repeated this process of falling and repeating to promise for the whole year. It was horrible. I knew that I would never be able to get out of this vicious cycle but that didn't stop me from making promise after promise after promise. I was the biggest rasha in the world, but the pride and joy of my parents. Their son, their from son who made them so proud of his learning in yeshiva. He was such a tzadik and they got so much nachas. I'm sure you can imagine the pain that I went through at these times. There's nothing like someone praising you while you know that you are really the most horrible person to walk the planet. (And of course I think I'm the only one who's struggling...).

I decide to go to Israel for yeshiva. This time I was going to do it right. I got a strict kosher phone and went off to yeshiva. I started getting turned on to Judaism in a way that I had never felt before. I was really connecting. That Elul in first year I shteiged so much. I was clean from p and m for the whole zman. I had heartfelt tefilos on rosh hashana and Yom Kippur and I was sure that this time I really made it. (If you are still reading this-thank you(-: ) I really had sincere tshuva and I promised hashem that I was done. And I really meant it. But then bein hazmanim hit in Israel. With no structure and a hot climate I slowly but surely started slipping. I was outside and would stare a little to long at the girls walking by. I would go to the separate beaches but on the way there I made sure to feast my eyes on the coed beach. There was nothing rationale about what I was doing and I knew it. But I didn't stop. I fell. I fell hard and this just made me sink down into a deeper feeling of guilt. I had just come off of my best Yom Kippur davening and I was right back to where I started. I recommitted to winter zman and I shteiged alot. Mind you I would fall here and there but I was in a much better place then when I got to yeshiva. Fast forward to pesach break. Im sitting in the airport trying my best not to look around at all the unclad people there. I had not been exposed to immodestly dressed women since sukkos and I was able to a pretty good job at guarding my eyes. I felt accomplished. I said to myself that this

vacation I'm going to do it. I'm going to pass by without falling into the trap of the yetzer hara. I won't watch porn. I'm not going to masturbate. I was on guard the whole flight home and I felt accomplished. I really did a good job.

I get home and I'm exhausted so I tell my parents good night and head up to my room to go to sleep. Then I see it. I see an iPod touch in my room and I say to myself don't do it. Don't pick it up. Just go to sleep and feel good in the morning. But then my "yetzer tov" spoke up. "Remember that shiur that you were listening to on YouTube from that rabbi that you really liked hearing. Why don't you find another shiur from him and listen to it until you fall asleep. There's nothing better than listening to torah while falling asleep..." So I picked it up and got down to listening to a shiur. As I go scrolling through the videos looking for some more shiurim to listen to I end up flying past several extremely immodestly dressed women. Be it advertising or the 'next video suggestion' but whatever it is it triggers me. I eventually decide that there's nothing wrong with getting a little entertainment so I go on AGT to watch some magicians. To put it simply the judges aren't dressed to the standards of a bas yisrael. It escalated very quickly from there and before I knew it I was typing in my favorite porn site to the browser. I told myself don't do it. Stop. But all rationale thought was gone. I fell. I fell real bad. For the rest of break I fell a few times a day. And I would keep promising myself that it would stop. But it never worked. I dug myself deeper and deeper into my hole and I was got super depressed.

In short this is what happened for the rest of my years in Israel. I would be mostly fine during the zman with a fall here and there and then bein hazmanim I was done for. I'm sure this is familiar to you. But the hardest part for me wasn't the falls. It was much worse. It was the fact that I was my parents nachas. Their pride and joy that they have a frum child who likes learning. All they would ever see is their son who's growing and growing. And when they would give me a bracha on Friday night I knew that there were always thinking of my older siblings and how they were so proud that they at least had me. I was ashamed. Mortified. I couldn't believe how I deceived them. But this wasn't the only problem that came about from my p and m habits. As a result of my "addiction" I would never have real conversations with Rebbeim. I had no connection to them. I just felt that I wasn't worthy to talk to them. I had no one in my life that I could talk to. I was all alone with no way out from porn. To further bring on the pain, while I watched my friends grow in their learning and grow yiras hashem, I watched myself sit on the sidelines because I never had really invested into my learning and I could see the gap getting bigger and bigger. This is what I came home to after being in Israel for a few years.

These feelings of being all alone in the world while everyone thought that I was a top guy who's ready to become something big. It was comical how many people were telling me that I should go into shidduchim. I just pushed them away saying that I wanted a few more years to learn while in truth i needed a few more years to put my life together.

This past bein hazmanim I fell in one of the worst ways that I could. I went to a level that I had never gone to before and I'm to embarrassed to say what i did. But it was bad. And I was so

depressed and angry at myself. Immediately after my fall I talked to hashem. I said to him that I'm not going to ask forgiveness. I had played that game to many times. I said that I was going to commit to find a way out and only after I had done something different, something to show that this wasn't the same me who was asking forgiveness and making more empty promises, only then I would ask for forgiveness. For a way to start again. I went on to google and I started searching for people who had broken free from porn addictions.

It's been 49 days since I discovered gye that night. And I've been clean since. I would sit there for hours reading the forum of all the people who were going through the same exact struggles as me. It was so comforting hearing people over and over and over describing the same exact issues that I had. I couldn't believe it. I wasn't the only one. I used all the free time that I used to watch porn and instead just kept going back onto gye. (I clocked in over 40 hours in one week which would have otherwise probably been used for porn.) Bh I slowly started pulling myself out of the muck that I was in. I made real safeguards for myself in the areas that I used to slip the most and I've been focusing all my efforts in making sure that the yetzer hara doesn't get his foot in the door because I know that if he does I won't win. (I'll post later what these included...) I eventually got on the phone after 5 days of internal struggle back and forth with myself and back and forth again. I called HHM to get help. I wanted to know what else I should know to make sure I wouldn't fall back into this problem. He is so knowledgeable and gave me over an hour on the phone. I can't thank him enough for the time he gave me or for the encouragement and inspiration to keep going. He put everything that I was doing into a real life perspective and made me realize that I can really do this.

I'm here in yeshiva in America now and while I still struggle in that my learning abilities are behind my friends, and I don't yet have a strong relationship with rebbeim, I take comfort in the fact that I'm putting my life together again one day at a time. I'll move onto to figure out the other areas of my life later. I got to go one step at a time. One day at a time. I'm sure with hashems help I'll get there. It's been a journey of 14-15 years but I hope and pray that this is the last stop.

To hashem. I haven't asked forgiveness since 49 days ago because I knew that I had to come and show that I was different. Is 49 days clean good enough. Will I be forgiven? I can only beg of you to forgive me and help me fight every single day to face this challenge. I know it's not going to be easy but I'm doing this for you. I want to get a real connection to you. Please let me come back.

To all my friends at gye. You guys are what kept me going this whole time. Never stop posting and giving chizuk to others. You don't know who you can impact. It doesn't matter if people don't always respond. There will always be people like me who are reading your posts to get chizuk and fight our yetzer hara.

to gye-you are angels sent from heaven to help us all come back to hashem. May hashem give you much success in helping many others out of their situation.

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Re: For the bochrin by the bochrin  
Posted by Dave M - 28 Jul 2022 13:44

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[Face the challenge wrote on 28 Jul 2022 04:58:](#)

I never thought i would experience what it felt like to fall after 110 days clean...I somehow made the mental block on all the progress that i had made and went online to search for porn. I went and searched for my 'favorite' shiksas that i used to go searching for. I knew in the back of my mind that i should care. Why would i willingly give up all the effort that i made over the past few months. But it didn't matter. I just didn't care. I felt so guilty. It was heart-wrenching. I finally masturbated and felt that horribly guilty feeling that we all do when we reach that moment of clarity...and then i woke up. I woke up and realized that it was all a dream. A dream of someone who i used to be but is no longer. I do care about not going back to porn. I do care about masturbating. I will continue to care and be ready to face whatever challenges hashem has in store for me. This dream that i had was a pure gift to me!! I feel that i was starting to get comfortable with where I was holding and i wasn't maintaining the standard of shmira that i should have been. I wasn't doing bad, but i knew that there were things I could be doing better. This dream was a wake-up call from hashem for me to boost myself back up. I got to have the guilty feeling of falling and realizing how horrible it was, but i didn't actually fall. I will be'ezras hashem fix up those areas that i wasn't being extra careful with and keep persevering through this challenge. I've said it before and I'll say it again- **I never ever want to go back to my old life!!** I must remind myself that because i need to remain on top of my game in the little struggles of life so that they don't snowball into something bigger. That's what we all need to do. The desire to act out almost never starts out with an immediate need to seek out porn. There are always many triggers that get you to that mindset. We must work on eliminating those triggers and fighting the battle while it's still easy. Just remember, it's far easier to resist the temptation of looking at a slightly immodestly dressed girl on the street then tearing your eyes away from looking at porn. Fight the battle while it's small and you will be sure to see success!!

On a different note, bein hazmanim is here and I'm getting ready for it. I got to have my plan of action ready. It's the summer which means that there will be a nisayon basically everywhere. That is coupled with the fact that I will be home in a house full of unfiltered devices. Im working on my game plan now before i go home so that im well equipped to deal with this. Im not going to wait until I'm home to figure it out because that has **never worked in the past!** It's a trick of the yetzer hara to get me not to think about it until i go home. I will make concrete plans. I will make a schedule to keep myself busy. And ill be in touch with you guys to share my continued

successes with the help of the one and only

-ftc

What a great post. I dont post as often as I used to but I am following your thread and gaining much chizuk. Keep it up!

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Re: For the bochrin by the bochrin  
Posted by Abcd123 - 28 Jul 2022 17:17

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I took upon myself not to masturbate for a month as I used to all the time and I told myself that I know I have it in me to do it and I will do it. Bh I held strong for 2 weeks but last night I fell, I got up this morning and told myself I had a fall, next time I will be better and stronger, I'm restarting my kabalah and this time I will be stronger then ever!!!

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Re: For the bochrin by the bochrin  
Posted by Abcd123 - 28 Jul 2022 17:18

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Ty face the challenge for your inspiration

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 28 Jul 2022 18:20

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Just letting the oilam know that there is a program going around during bein hazmanim to learn through the 'vehaer eineinu' book for 5 minutes a day with the goal to get through the book one time between tisha b'av and Rosh Chodesh Elul. There are going to be daily raffles for \$200 (x21) and weekly raffles for \$1000 (x3). I think that it's a great idea to do this program during bein hazmanim because we all need an extra shmira when we are off and this is not very time consuming.

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 01 Aug 2022 03:51

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So, bein hazmanim has arrived. I've never survived a full bein hazmanim over the last 15 years or so and with g-d's help this one will not be the same! I hope to pass this bein hazmanim with flying colors. One of the things that im going to try to do is post often about my situation so that I don't let my guard down. For now, day one has passed and on to day two tomorrow!

-ftc

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 01 Aug 2022 22:52

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I heard a great shiur today from r' Avi bensoussan that i think many people on this site would benefit tremendously from listening to it (<https://www.torahanytime.com/#/lectures?v=199381>). It's only about 15 minutes, but i think it's well worth it... If you like the shiur and think that it's worth it for other people to listen, then please help spread it along!

As far as bein hazmanim is going...today i went out on a bike ride to get some exercise. I found it really hard to go anywhere that is clean because it's the summer time so many other people are also exercising and not dressed very tzniusly. It was very triggering, especially after being 'locked up' in yeshiva for a few months. Im not really sure what I should do about that. I'd love to hear suggestions because in-house exercise isn't gonna cut it for me. But besides for that, today has been great so far.

-ftc

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Re: For the bochrin by the bochrin  
Posted by yeshivaguysneedssupport - 02 Aug 2022 16:53

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Wow thanks so much for sharing it's really helpful to see people going through similar struggles. I too have been struggling since middle school and committed to stopping more times than I could count

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 02 Aug 2022 17:32

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[yeshivaguysneedssupport wrote on 02 Aug 2022 16:53:](#)

Wow thanks so much for sharing it's really helpful to see people going through similar struggles. I too have been struggling since middle school and committed to stopping more times than I could count

Well, welcome to the team!! Be'ezrat hashem you will get acquainted with the site and the people here and you will see that **you will be able to break free!!** There are many of us who went through all the same struggles as you and we know exactly what it feels like so don't hesitate to reach out if you have any questions. Wishing you hatzlacha and siyata dishmaya!!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 02 Aug 2022 23:39

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Day three passed without any major problems, but i must admit that the Summer is just plain tough )-: no matter where I go there's so much pritzus... I feel like there only way too avoid these women who are major triggers is to just stay home or go to the beis medrash which is right near my home but that's not really a feasible summer plan. I gotta figure something out. On a different note I just want to say thank you to those who reached out to me privately. The chizuk that i got from you guys was amazing!!

-ftc

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 03 Aug 2022 23:59

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Day four passed. I was supervising an event today that someone forgot to download a video for,



and one of the other members there suggested that I just search up the video on YouTube...I told him "sorry, i don't go on YouTube" and thankfully he didn't say anything to me (btw he wasn't Jewish so he probably thought i was a complete nut(-: ) Anyway, i 'accidentally' peaked at the screen while he was looking up the video, and i quickly remembered why i have a kabala to not go on YouTube for any reason, period. There are the worst images there right on the homepage. It's not like you have to search for it. I turned away immediately and thankfully didn't look back.

As far as exercise today, I found another spot which was quieter but I think that avoiding immodestly dressed women on the streets is straight up impossible. There is no kosher solution on that end. I think I'm gonna restrict my exercise to swimming in a mens only pool or find a gym with mens only hours... I don't think there's any other way to avoid it. It's one thing if i see for a second while im driving on the way to a kosher gym. It's another if im with them on the streets and constantly am challenged. I guess my challenge for the summer is to not just do things the way i want. It will be inconvenient and cost money, but i don't see any other way. I'm just to sensitive to how how the way women "dress" (or lack there of) to do anything else. It's so frustrating!! I just want to be able to live in a normal world and walk outside without being plagued by all the promiscuity of our generation.

In addition to all of that, my social life sucks right now. I barely have any interaction with other people throughout the day and im missing that more and more. I wish i had gone to camp somewhere or figured out something more concrete to do. Can't wait for Elul zman to start, and ill be able to immerse myself back in yeshiva.

Anyway sorry about the rant, it's just been getting harder and harder as the summer goes on. Hope the next post will be more positive.

-ftc

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Re: For the bochrin by the bochrin  
Posted by Ki Sorisa - 04 Aug 2022 02:14

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Your Huge!!

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Re: For the bochrin by the bochrin  
Posted by chancy - 04 Aug 2022 03:58

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Unfortunately, we live in a very morally decayed world right now.

the world is so low that Hashem will need to take us out soon because it can't get much worse then it is.

just know that everyone has the same problems, it's just that some guys don't care looking and fantasizing and some like us don't want to be nichshol. But the struggle is real.

I once heard a story with the Bies Yisroel or Gur ZT'L. It was during the times that frum Yiden were fighting that the buses should have separate seating for men and ladies, and this Israeli member of parliament asked the Rabbi " I don't understand what's wrong with you guys! We go swimming with women and nothing happens, and you guys can't sit on a bus together without getting bad thoughts? What's wrong with you!

so the rabbi answered "you see these little Arab boys going around barefoot on the boiling asphalt and sand and nothing happens, your kids can't do that, are you telling me that the Arab boy is more developed? Of course not! It's just that he's feet has such thick skin from walking on them so long and abusing them he doesnt feel anything anymore,

same thing here, we still have a Neshama and a Heart to Hashem that wants purity and it bothers us to see improper sights, your heart and soul is so corrupt that you don't feel anything!

so keep fighting! The only other option is surrender and we don't do that!!!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 07 Aug 2022 15:54

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Sunday, August 7 (fast of Tisha B'Av)

Morning: I'm lying on my bed after a fast paced shachris (starting at 10:30) in my room biyichidus in which I basically skipped all of davening... Last night I fell right back into my old habits. It was a few hours of watching and then climaxed. This was after being clean for about 120 days. It makes me question myself. Am I really changing or do I just not have ?the opportunity to act out when I'm in yeshiva the same way I do when I'm home. I don't even feel that guilty which is a pretty bad feeling seeing that this is one of the worst aveiros and if I keep it

up then it will impact me extremely negatively now and if and when I get married...

Last week was the first week of bein hazmanim. The schedule that i had made kind of fell through. I ended up not having a chavrusa in the morning, so i was learning by myself until about 1:00 in the afternoon. Almost none of my friends are home, so I don't have anyone to hang out with in the afternoon. And one of the plans that I had for the afternoons was to do exercise (i.e. long bike rides) but i found that i just kept getting triggered by all the other women exercising.

I was bored throughout the day and didn't have much of a social life. My resolve for not looking at women on the street was greatly weakened. Throughout the week I looked to long to many times and my desire started to take hold of me. I went on a hike and ended up in a spot next to a lake and lo and behold right there in front of me were two guys and a girl going off a Tarzan rope. The girl was dressed as most goyish girls dress when swimming which is basically nothing and I know for certain that I looked back way to many times... I slipped on Thursday night by looking at non tznius women. It wasn't porn, but it was getting close. I stopped looking after about two minutes but my taavah was so strong then. It was a few hours of fighting but I managed to go to the beis medrash to learn and fight off the yetzer hara. That was really hard but I felt accomplished after I was done.

Friday was pretty regular, but I kept going on to gye for to long and reading about things that I shouldn't be. In short I was using gye as an unhealthy outlet. This was definitely a big part in my resolve getting weakened and im going to figure out a way to have a healthy balance of when to go on to gye and when not to. I was definitely trading in one addiction for another. (Not to say that a gye addiction is as bad as a porn addiction, but any addiction is not healthy...)

Shabbos came around, I remembered a video I saw a long time ago and I spent many hours trying to recreate the scene in my head even though that's totally asur and i knew it was wrong. I should have gone to the beis medrash but I had no desire to get out of bed. I fell in my bed in the afternoon. Wasn't as bad as my other falls but a fall nonetheless. Motzei shabbat came along and went to shul to hear eicha. Wasn't really paying attention to any of it and was totally emotionally cut off. Came back home, took the phone that I knew we had in a drawer in the kitchen up to my room which I knew meant I was gonna fall, but that didn't stop me. I started with watching some Tisha B'Av inspiration videos but quickly started searching for that video that I had remembered seeing so many years ago. In short I found it, and then I found many other videos that I wanted to watch. All of that leading to a big fall. Damn it. It's Tisha B'Av fast and I'm still in the narishkeit that I used to be. What is my life going to turn out like. I was able to go 120 days very clean but there's zero outlet for our urges. What's a guy to do when every girl he sees is gonna trigger him especially because they all wear basically nothing. At least someone married has an outlet with his wife. But I know that everyone says it doesn't change when you get married so I have to figure myself out better... I'm committing to reading a chapter of the battle of the generation every night for the foreseeable future (at least through next bein hazmanim) and I'm starting another round of 90 days beginning today. I also got rid of the unfiltered phone, hopefully no one will find out or ask any questions. Tomorrow I'm signing up to a private exercise area so that i will be able to go there in the afternoons and do as i want without fear of getting triggered. If anyone has any further advice, I welcome all of it. This is going to be a tough time for the next few weeks but I'm gonna try and do my best.

Ps. It was really hard for me to post this. I would much rather not tell everyone about my failures but I've seen other people post about their falls and gain a lot of chizuk from it, plus it can give chizuk to others... if anyone gets chizuk from this to not fall in the future, then it's well worth it and I appreciate all chizuk that people give.

-ftc

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Re: For the bochrin by the bochrin  
Posted by 5Uu80\*cdwB#^ - 07 Aug 2022 18:33

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Thank you for sharing this poignant post. You are a tzadik. 120 days of success and one fall. You are a tzadik. Period.

Try to gather your emotions and keep going from where you left off. You asked, "Am I really changing?" Yes, you are.

Tarzan girl will be eaten by maggots in a couple decades while you rejoice in oilam haba after 120 years for eternity for doing ratzon Hashem.

You are great. These immoral girls that are ?????? you are the scum of the earth. Develop in yourself a disgust for them and everything they stand for and the battle can get easier.

Please keep sharing your posts. They are an inspiration to the whole community.

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