

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 forging on - 08 Aug 2022 00:06

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The pain that comes through with your words is felt, I have not had a clean 120 days in 10 years and I can't know what falling after must feel like. I also see courage, I see the will to fight, I see you taking stock of what happened and making changes and that is inspirational.

I recently had a big breakthrough and have been clean for a long time Baruch Hashem, I started dating and all the cravings started coming back. I had a thought, if I see someone attractive on the street and then I am triggered, imagine what it will be like to have a wife that I am attracted to and see every day for hours on end, how much more difficult that aspect will be.

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Re: For the bochrin by the bochrin  
Posted by frank.lee - 08 Aug 2022 10:13

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FTC, imho if you can do 120 days, that is amazing! You are a very strong guy, you keep on winning!!! Don't let the falls knock you out!

Good question about how to channel your energies. What's a good outlet? One thing is I think you will learn overall to stay out of unclean places more. Stay in a safe works without unfiltered devices. And you will keep building yourself up stronger so when you do find yourself in a risky place, you will have the spiritual power to get away and stay clean.

I assume that if you start dating and get married, you will be in a good place.

Forging on, same. Don't worry about getting triggered by your wife. I'll leave it at that for now...

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Re: For the bochrin by the bochrin  
Posted by Ki Sorisa - 08 Aug 2022 15:49

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I feel your pain my dear brother...the hardest part of this struggle is being able to pick oneself up and push away all those negative feelings and thoughts that flood our heart and mind. You are a gibor though as is evident your post and all of your posts! dont let the samach mem sell you trash about yourself and your success in this area, you are a tzadik yesod olam! I mean it sincerely.

To be honest, being able to overcome these low moments and thoughts is my hardest struggle and hopefully with shareing with you, I will become mechuzik myself.

The posuk says by Yosef Hatzadik "Vayazov Bigdo Byodoh" the literal translation meaning that he left his clothing in the hand of eshes potifar. However I once heard a different peshat in this posuk. The word "Begeg" can also mean rebellion.

The Gemara tells us that for one whole year or so, Eshes Potifar tried seducing Yosef into laying with her. Every day she would switcj her clothing and what not and for 365 days yosef prevailed. I guess in our language we can say he was clean for 365 days. but then that 366th day came and he just couldnt fight anymore. According to one Man Deamar in the Gemara Yosef went to the house of Eshes Potifar that day in order to sin with her. The Gemara darshans from the posuk "Vayofozu Zroie Yadav" that during those moments of fighting with himself not to lay with her, Yosef had some sort of Nefila and ten drops of zera came out.

With that we can go back and understand the posuk in a whole new light. As Eshes potifar saw that Yosef lost some zera she turned to him and said hey Yosef! look you! your a nobody! a wasted 365 days, you accomplished nothing! you ultimately fell anyway! just stop it already and come do it all the way by laying with me! But "Vayazov BIGDO BEYODOH" he left his rebellion in her hand, he told her this nefila has everything to do with you and has no reflection whatsoever on myself and my success in this area! I am a Yid fighting and fighting and yes today there was a bump in the road but that does not reflect on me one iota or my 365 day success in my struggle not to sin with you!! This is Yosef Hatzadik the Midas Hayesod in whose path we all follow in this struggle.

You are Tzadik my dear friend! please keep on posting and inspiring all of us here.

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 09 Aug 2022 03:08

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I want to publicly thank everyone for the the tremendous chizuk that you guys gave me. Many people posted on the forum, and many more reached out to me privately to be mechazek me and it was amazing!!

We said in the bracha of Kiddush Levana last night “??? ?????? ?????? ??????” which is referring to ??? ?????? becoming ‘new’ like the moon. R’ Chaim Friedlander explains that the reason we say ‘new like the moon’ is because just as the moon waxes and wanes, just as it has its bright moments and dark moments, so too every Jew will constantly be fluctuating up and down and we will have our bright moments and dark moments, but ultimately we will end up “????? ?????? ?? ?? ????? ??????” , we will glorify our maker for the name of his glorious kingdom...

That being said, I have had my bright moments (120 clean days) and my dark moments (my fall), but ultimately i will end up glorifying the Ribono Shel Olam. I thought it was going to be really hard to get back on my feet, but thanks to everyone on gye, i already feel a lot like myself again. It was extremely hard to post that i fell. I wanted to pretend like it never happened, to not let everyone here know that i just failed, but I’m so happy that i did. There would be no way for me to have gained back my strength so quickly on my own!!

So I fell, i had a bump in the road, but that’s not gonna stop me from getting right back up and fighting with all my strength to keep on going strong! I made a commitment to read a chapter of the battle of the generation every night. It’s been suggested so many times, but i always kinda ignored those suggestions thinking that i would be ok. I have to admit how wrong i was. Even after reading just the first chapter i had a huge change in perspective how to view the challenge that we are all struggling with. I was always negative and annoyed that I had to deal with this challenge everywhere i went and wished that i wasn’t born into a generation with so much pritzus and lack of morality. These negative feelings slowly chipped away at me until i ultimate fell...

My new perspective (based on the book) is to revel in the challenge. To realize that I have an

infinite amount of opportunities to show Hakadosh Baruch Hu what I'm willing to 'give up' to serve him. I have the opportunity to become great in a way that the earlier generations didn't have. The ultimate reward that we will get for dealing with this nisayon in the appropriate way will be enormous!! And although there may be times when we slip or even fall, we will get back up and show Hashem that we are worthy of the title ????? ????? ??????. We won't sit back and give up. We will get right back into the fight and show Hashem who we truly are. Thank you to everyone again for your continued support!

-ftc

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Re: For the bochrin by the bochrin  
Posted by Realestatemogul - 09 Aug 2022 18:41

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Hey Facethechallenge,

**YOU ARE A GYE HERO!!!!**

K'shmo Ken Hu! You came here to face the challenge and you did! You made it through a 120 days of CHALLENGE, and for an amazing 120 days you told Hashem I am going to do whatever I could to get back on my feet. BUT, while you may not realize it now in fact the biggest challenge you faced was picking yourself back up after the fall! ly"h when you are well beyond 120+ you will look back and realize how your success was not the first 120 days that you stayed clean, but rather the day after that you decided that you are going to dust yourself off, get back up, and keep going!! **YOU ARE A HERO!**

Sheva Yipol Tzadik V'kam! It is so crucial to realize that the pasuk is already calling him a tzadik when he falls. Ultimately we all may fall, but what makes tzadikim are the people who keep getting up and pushing forward overcoming more challenges and each time getting better and better!

In my recent journey, I fell a few times before I got my current streak. The difference that made me succeed oppose to all those other times, was that I came on to GYE and posted about it. I kept in touch with the people on GYE who were supporting me. Although it was soooo hard, I knew I had to keep eliminating the stumbling blocks (filtering devices, etc) and keep pushing forward to new heights (through support, tefila, torah, etc). Sheva Yipol Tzadik VKAM!



FTC, I beg you not to look backwards at this fall and just to look forwards! One day at a time, keep updating your chart and realize that the 120 days you already did are going to make the next 120 even easier!

Keep on inspiring everyone at GYE and keep making Hashem proud!

p.s. I completely understand the challenges of bein hazmanim, and many of my vacation time in Yeshiva was spent drowing my life on the internet. If you could get a summer job, or find some camp or someone that could use an extra pair of helping hands it would go along way!

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Re: For the bochrin by the bochrin  
Posted by chancy - 09 Aug 2022 19:06

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FTC!

You are the most real person there is! You feel your pain and you can express it!

YOu know what you want and where you are! Of course you have changed. There are a lot of 40 year olds that have no idea what they want in life and you are way ahead of most bucherim. So get your ego in check. this is not personal.... We are in this fight for Hashem and you were in the most fierce battle there is and you lasted 120 days in the front lines! You know what that means? We cant even begin to comprehend what this does in the upper realms of the world, Hashem is having such joy its unimaginable. So you now know that you have what it takes, you just keep on going.

Regarding getting triggered from everything that you keep mentioning- I feel you, im the same sometimes. However the thing to remember is that nothing happens when you get triggered or nothing should/needs to happen, stop fighting it. its normal to get triggered, the mind is so used to getting those hits its addictive. so the mind will try to push for you to keep on thinking about it so it will feel those highs again and again. So you make peace with it and say to yourself " I understand whats happening to me now, of course my mind wants to think that way, its used to getting such pleasure in the past, so thank you mind for trying to give me pleasure, but I know now that this is not what i ultimately want in life and this is not good for me really, so im just going to move on and ignore this, and there is nothing you can do to force me! I can think what i want and im choosing freely to just let it go".

The more you work on this and let yourself be ok with having triggers, meaning you understand why and where is coming from and you stop fighting it, it will get less and less.

Good Luck and please don't give up now for all of our sakes. We are in this together and you are one of our best soldiers!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 10 Aug 2022 00:33

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Wow! You guys are just fantastic! Thanks for the continuous chizuk!!

Back up to day 3 and going strong! I went out today twice and reconnected with some friends (over an hour drive away the first time, but well worth it!) and realized that connection has been what I've been truly yearning for (thank you Vehkam for making me realize this!). In both places there was a decent amount of pritzus, but with my new attitude based on the battle of the generation, I was able to not really be affected by both places. No second looks for me today and I feel great about it! I utilized the challenge as an opportunity to grow bigger instead of having negative thoughts about it, and it really helped me. Anyway, be'ezrat hashem I'm going to continue trying to reach out to my friends even if it's "inconvenient" and hopefully that will help me push away my desire to act out. Thank you guys again, I couldn't have done it without you!

-ftc

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 11 Aug 2022 02:52

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B"h I'm at day 4 clean and it's been pretty easy to get back in the game. I started using the private gym/pool that I signed up to, today, and that was definitely a game changer for exercise, so that's one big + in my life right now. (Even with the new attitude that I have towards the challenge of pritzus, it's still definitely better to avoid it if possible.) And learning is going good even though it's by myself for now. Tomorrow, I'm heading out to do a hike with a good friend of mine, so I'll have to have my eyes on guard, but I feel confident that I will be able to make it through ok. Be'ezrat hashem the challenge will continue to be easy but if it's not I feel more

prepared to face the challenges than i did before! That's all for now. Peace

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 12 Aug 2022 21:52

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To sum up my thoughts on this week. Last motzei Shabbat i fell... I pinpointed that the feeling of loneliness, plus being triggered on the street as the cause of me using porn as a coping mechanism. That was stupid of me. What i should have done is what i did this week:

First, I went out of my comfort zone to meet up with people. I'm usually the type of guy who won't do anything with anyone else unless they invite me. I'm not the proactive type when it comes to outings. But i pushed past my boundaries and made the necessary calls and research to find things to do. That definitely cured my symptoms of wanting to act out in regard to loneliness.

Second, I signed up at a private gym/pool so that I could exercise with peace of mind. I now have another outlet that i can use in my free time without fear of constantly being next to undressed women. Definitely a big plus over there.

Third, I started reading a chapter of "the battle of the generation" every night. I know i wrote this a few times, but it's for a reason. I was always eating myself alive every time i went out to the street or anywhere else for that matter because I was just so frustrated at living in a world full of pritzus... Now I appreciate the opportunity that i have to keep making myself greater and i don't view it in the same negative light. No, I'm not saying that you should go find a beach to go to and practice not looking at the women there, that's just stupid. All im saying is that in the day to day activities that i do, where im bound to see not tznus girls, i enjoy the fact that i have an opportunity to show hashem that im trying my best and i can strive for gadlus. This approach has left me with a positive attitude most of the day instead of a negative attitude most of the day.

All in all, this was a growing experience for me. I am learning to deal with the **underlying** problems in my life and then when that's solved i *memeila* don't have the same urges that i used to. In my current state of mind, there is no way that i would go watch porn or

masturbate, yet i did simply because of some other problems that im dealing with. All of this leads me to be on the alert for the **real problem** and then when I solve that, i should be good to go. I hope to use this information for the rest of this bein hazmanim and the foreseeable future to make sure that i don't slip right back into my bad habits.

Anyway, wishing everyone here at gye a wonderful shabbos and we should all see much hatzlacha in our journey to freedom!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 15 Aug 2022 00:03

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Day 8 passed. The few friends that i had in the 'area' are going away on vacation, so im gonna have to find some other people to hang out with. I don't want to get caught in the cycle again so im going to plan something tonight for tomorrow.

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Re: For the bochrin by the bochrin  
Posted by frank.lee - 20 Aug 2022 22:34

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A gut voch! How you are doing great!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 26 Aug 2022 19:44

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It's been a while since I've posted so here's an update... I started a new thing where I document the times that I pass a nisayon of looking or thinking improperly and I've found that it's been incredibly helpful in helping me keep up a positive attitude. It's amazing how many **more** times I pass a nisayon during the day than I fail! It used to be that at the end of the

day I would sometimes think “well today was a failure... I looked here to long, and I thought of this thing to long etc.” and that was an unhealthy outlook on my day. I never needed to document the times that I failed as they were always on the front of my mind, but I always forgot about the times, the many times that I did pass throughout the day. So, now at the end of the day I feel great about myself that I didn’t look here when I wanted to, or I went and learnt something when I was being attacked by improper thoughts! And while it’s still true that I will always have room to improve, I don’t view my imperfections as the basis of who I am. It’s very hard to think of yourself as a failure when you realize that 9 out of ten times you are passing a hard test with flying colors! So, that’s definitely one thing that’s been helping my mindset... and i must say that this week when I was at a wedding and was **so tempted** to look where I was not supposed to (as there were a lot of super not tznius women there), I calmly walked away and wrote down that I just passed a major nisayon, and the feeling couldn’t have been better! The feeling of lust soon dissipated (as it always does after a bit of time) and I moved on in life feeling great! Anyway that was this week.

I’m now looking forward to a new zman, in a new yeshiva, with new chavrusas and I have high hopes for it! I always get nervous before an Elul zman though (as im sure many people on this site do...) so I need to figure out the proper mindset for the aspect of tshuva etc. I don’t want to get burnt out with feelings of depression as I am prone to do.

Anyway that’s it for now—wishing everyone a good shabbos, a *gutten chodesh*, and everyone should have siyata dishmaya in continuing to fight on this journey!

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Re: For the bochrin by the bochrin  
Posted by Zedj - 26 Aug 2022 20:02

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Love the positive perspective.

Keep it up!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 06 Sep 2022 03:51

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For undisclosed reasons, i just had the most stressful two weeks of probably my entire life... I couldn't sleep functionally and i was a total mess inside. Whatever, it wasn't a good situation. With the help of my parents though, I managed to pull myself back together again. I'm proud to say that i did not run to porn to help me get through the stress. To me it shows that I'm in a much better place right now despite any fall that i have had. I was able to get through this without falling even though it was super stressful and i would have 'loved' to go waste a few nights away... b"h i didn't do that! I have still been religiously reading a chapter of the battle of the generation every night and i still highly suggest for others to do the same. It has been really helpful for me! I was at another wedding over the weekend and i managed to keep clean even though there was plenty to look at. I wouldn't of had the strength a while back to do this, but thank g-d I'm in a much better place now.

On another note, new zman=new yeshiva which i really like so far. So i have high hopes for the rest of the year right now...

hope everyone has a meaningful Elul and hatzlacha with facing the battle of the generation!!

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