

For the bochrin by the bochrin

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

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 time. Ones day at a time. Im 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.

=====

Re: For the bochrin by the bochrin
Posted by Face the challenge - 24 May 2022 16:19

I'm still in bed sick but I'm feeling a bit better. I decided to use this time to post some of the gedarim that I made. If you find them helpful, use them. If not then make up something yourself that will work for you.

Tips round 1:

First and foremost I want to reiterate something that has been stressed on gye countless times. Don't wait until you are in the clutches of the yh to figure out how to get out. You always got to be on top of your game making sure that you don't let the yh in the door, even the tiniest step. Focus while you are strong how to make sure you won't start slipping. It's a ploy of the yh to let you get overconfident and make everything fall into the background. Always remember the ??? that says

??? ??? ?? ????? ????? ?? ??? ????? ????? ????? ?" ???? ????? ????? ????? ?????
???? ?????

Think about this for a second. ????? was at least 93 years old because you can only become a ??? after bar mitzvah. And if he wasn't on the highest of madreigas he would have been killed upon entering the ??? ??????. And he failed in the end. Now if the ??? says that ????? made the mistake of trusting in himself, then certainly I and you are no better. We have to make sure to keep our guard up and make sure the yetzer hara doesn't get us. With that in mind here's my first list of things to keep in mind for the fight.

Shower time- I found that this was one of the areas in life where I fell the most. I tried making gedarim of having to shower fast, to only shower during the daytime (when I wasn't so tired) and that didn't really work. What I found to be the most helpful (albeit being annoying at first) was to wear shower shoes. Be it crocs, slides, it didn't really make a difference. It gave me a feeling of being grounded in reality and honestly diminished my tavah like crazy. Try it. If it works for you then let me know. (I have only fell in the shower when I had my shoes off-so I committed to only shower with them on)

Bathroom-got to make an absolute no policy for bringing my phone into the bathroom. That's it.

recreational internet use-besides for being a huge time waster, it always ended up causing triggers from pop-ups and pictures that I hadn't planned on seeing. I would suggest using a white list. It's super annoying at first and for the first few days you have to keep adding sights as you see what you need, but after that it makes the internet a way smaller nisayon. There's no more pull to keep finding things to satisfy your entertainment (which for me always lead me to fall), rather you use the internet for what you need and then you come off.

youtube and similar platforms-to quote what someone else said on gye "YouTube is a portal to hell". There's absolutely nothing good that will come out of it. It doesn't matter what shiur you want to find, you are bound to see not tznus women. It's a trick of the yetzer hara to get you to listen to shiurim.

online shopping-I think that in order to do this safely you have to have your wife/sister/mother get you into the section that you want to look at and make sure that there are no non-clean images. I have slipped to many times by searching for something innocent. For example, I wanted to buy earplugs on Amazon and I thought that there wouldn't be anything wrong with that. It turns out that in order to advertise earplugs, you need to show women in bed to let you see what they look like. And this is just one example. The world of advertising today has become one cesspool. The marketing teams are just displaying pritzus and znus to get you to buy their products. So buyers beware!! Don't let your yh trick you into slipping.

Malls vs Jewish stores-again I have to say that a mall is one of the mostly dangerous places for me. Be it the people who are shopping there that are dressed immodestly or the window shop displays that are horrible, it's not worth it. I found that I wanted to go to the malls because they have a bigger variety of stuff and I can usually find a cheaper price on the things that I want. I think g-d is much happier though when I go to a Jewish store and have less selection, spend more money, but don't have to see all the schmutz in the mall. Those extra dollars that I spend and the convenience that I give up will be with me forever in olam haba!

more to come later

=====
=====

Re: For the bochrin by the bochrin
Posted by Ybird - 24 May 2022 17:35

wow i'm so impressed, i'll add my two cents, once to rewire your mind you it will be much easier for you to saty sober even when you wont have the option of staying in your bounderies you set, like you wont NEED your shower shoes etc. to stay clean,

keep up my freind youre a great inspiration for all of us

=====

Re: For the bochrin by the bochrin
Posted by Face the challenge - 24 May 2022 19:16

I just finished my celebration of 50 days with sushi and ice cream(-: I feel disgusting right now (because I ate to much) but it's the most wonderful feeling of disgust that I ever had!! This was the first time I ever celebrated my accomplishment and I hope that with hashems help I will continue having hatzlacha in my journey.

=====

Re: For the bochrin by the bochrin
Posted by Yissie - 24 May 2022 19:29

Wonderful. Many more. I think you should start preparing for your 60 day celebration. Or 70 days.

Thank you for all these ideas. They are great!

Just to add, there are websites for shiurim like kol halashon, torah downloads, torahanytime. I enjoy Reb Yosef Viener on Torahstream. No need for Youtube

=====

Re: For the bochrin by the bochrin

Posted by Goldfish - 24 May 2022 20:31

Thank you @FTC. Your post is very well worded and very inspirational. I relate strongly to it. You should have continued hatzlocha.

=====

=====

Re: For the bochrim by the bochrim
Posted by Face the challenge - 25 May 2022 00:49

Day 51 passed. I had one of the best second Seders of my life this afternoon after my celebration meal. I was on such a high and it carried over for the afternoon. Thank you hashem for giving me siyata dishmaya!!

=====

=====

Re: For the bochrim by the bochrim
Posted by Face the challenge - 26 May 2022 01:16

Day 52 passed. I had a rough night last night. Woke up in the middle and was lying in bed not being able to fall asleep for a while. I was half sleeping and I had strong taivos but I remembered what @hbm told me. He said that it's ok to have a taiva and you will learn to live with it without running to p and m. I also thought about all the comments that people post after a fall and it really helped me push through the rest of the night and today. Thank you all!

=====

=====

Re: For the bochrim by the bochrim
Posted by Vehkam - 26 May 2022 02:17

Great that you were able to push through. When I can't sleep in such situations I usually turn on either something interesting on the parsha or music. Works wonders 99% of the time.

=====

=====

Re: For the bochrim by the bochrim

Posted by Koshereyes - 27 May 2022 01:41

Wow ur story was really honest and inspiring.

(Also, I love long stories)

Now, a personal rant:

It seems to me that a common theme about a decent chunk of GYE posters is that we pretend or are thought of as “the top” of our shuir, our yeshiva, etc. but it’s (in some way or another) a façade. I too am like that. It always felt so anticlimactic that people thought that I was the top of the totem pole when it came to ruchniyus but it was all fake, and I did it in order to hide the fact that I was dying inside. I’m still recovering from that attitude/lifestyle to this day.

I think the main reason for this is the chazal that says: “the greater the person, the greater his yezter is”.

I in general think that many people try to cover up their problems (like depression, anxiety, social awkwardness) by trying to act more frum than they really are. It actually helps more than it hurts. Not only is it fake and not what Hashem wants (because “????? ??? ??? - Hashem wants your *heart*”, not ur fakeness), but it is also detrimental to your attitude about yourself. In order to feel good about yourself you have to live up to a fake standard - one that also requires validation from others. This certainly won’t help solve your problems; it will just make you dependent on other peoples perceptions of you and on your fake validation to yourself (by acting frummer than you really are).

The way to solve this is to just act like yourself, not try to be fake and all “holier than thou”. I still haven’t figure out the way to quit p and m, but I’m trying every day.

Okay that’s my rant, I hope you enjoyed.

=====

Re: For the bochrim by the bochrim
Posted by jackthejew - 27 May 2022 08:27

[Koshereyes wrote on 27 May 2022 01:41:](#)

Wow ur story was really honest and inspiring.

(Also, I love long stories)

Now, a personal rant:

It seems to me that a common theme about a decent chunk of GYE posters is that we pretend or are thought of as “the top” of our shuir, our yeshiva, etc. but it’s (in some way or another) a façade. I too am like that. It always felt so anticlimactic that people thought that I was the top of the totem pole when it came to ruchniyus but it was all fake, and I did it in order to hide the fact that I was dying inside. I’m still recovering from that attitude/lifestyle to this day.

I think the main reason for this is the chazal that says: “the greater the person, the greater his yezter is”.

I in general think that many people try to cover up their problems (like depression, anxiety, social awkwardness) by trying to act more frum than they really are. It actually helps more than it hurts. Not only is it fake and not what Hashem wants (because “????? ??? ??? - Hashem wants your *heart*”, not ur fakeness), but it is also detrimental to your attitude about yourself. In order to feel good about yourself you have to live up to a fake standard - one that also requires validation from others. This certainly won’t help solve your problems; it will just make you dependent on other peoples perceptions of you and on your fake validation to yourself (by acting frummer than you really are).

The way to solve this is to just act like yourself, not try to be fake and all “holier than thou”. I still haven’t figure out the way to quit p and m, but I’m trying every day.

Okay that’s my rant, I hope you enjoyed.

I would also add that living the double life puts tremendous strain on you in general, since you're concious of how every statement and action can lead to people discovering your "dark side". Therefore, I think some of the social awkwardness and anxiety may actually be caused by this

=====

====

Re: For the bochrin by the bochrin
Posted by frank.lee - 27 May 2022 09:52

I appreciate the previous two posts but i think of it differently.

i think it is better to keep up the good look as it keeps you from worse things...

I think the problem is that ppl think they are really so bad inside, it is all fake... But really that is wrong. They don't realize that it is normal, Hashem have them the challenges, still loves them... And really they are very holy!!

=====

====

Re: For the bochrin by the bochrin
Posted by EvedHashem1836 - 27 May 2022 10:55

Wow ftc you're really something special. I also relate to a lot of what you've said

=====

====

Re: For the bochrin by the bochrin
Posted by Yissie - 27 May 2022 17:20

I really can relate with frank.lee's post. I am looked up to by other people (or at least I feel that) and it has held me back many times from doing something that would make me feel disgusting.

In reality every yid should have such a feeling how can I do something so low. But when you see people view in a certain way, you feel you need to live to that standard. If not, it will be a fake. If someone is fighting and is falling, it is not a fake. Everyone is struggling in something. Only if you give up the fight, but still act outside like "the top" then you now are living a fake.

Re: For the bochrin by the bochrin

Posted by Y.S. - 27 May 2022 23:59

You don't even realize the impact of ur story, I've been trying to get out of this for a really long time and have been exposed around the same age as u, someone recommended this to me and ur story was the first thing I read. U changed everything for me because the hardest part for me was feeling like I'm the only one like this and I'm hopeless but ur story touched me in a way that I can relate to an extreme extent, god bless. Lots of hatzlacha

=====
=====