

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.

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Re: For the bochrin by the bochrin
Posted by chancy - 06 Feb 2023 18:11

Hi FTC!

Im really glad to hear from you! Its been a while and i missed you.

Im happy to hear that you had the courage to stand up and talk to your dad, i imagine it must have been very difficult. I never want to have that discussion with my dad.....

Anyway, I feel your pain and the struggle, the only advise i can give you now is to start learning from the F2F program, there you will learn ways how to fight smarter not harder, you will know how to just walk away from desire. it has helped me tremendously!

Regarding therapy- If you are serious, then look into a good frum therapist that understand this subject. Not all of them do.

But if you are not ready yet, then first do teh F2F program, do it slowly, you will find out a lot about yourself and you will know if you want to pursue therapy afterwards and also what type of therapy you enjoy the most! Good luck in everything!

Please dont run away from us again, we need your energy!!!

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Re: For the bochrin by the bochrin
Posted by Face the challenge - 07 Feb 2023 14:09

Thanks for the suggestion. Right now I'm going to try again for 90 days and be'ezrat hashem I will get there and maybe ill give the f2f program a shot. I'm working out a whole bunch of things in my life right now which is definitely keeping me stressed but better to get them out of the way now then to do it later. I'm goin to try and post more often over the next 90 days but I'm not going to have access that often.

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 10 Feb 2023 19:09

Back up to day 10. Starting to regain my strength and feel good about myself again. Thank you to all of those who reached out to me and sent me emails, it was really mechazek me!

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 15 Feb 2023 04:25

back up to day 15! going strong!

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 23 Mar 2023 21:47

Things weren't going well for me but bh I'm back up to a two week streak. Filters weren't doing the job for me as I viewed them as a challenge to get past and I always managed to. I wasn't falling so often but whenever i was in the mood to fall, i did. So I decided that I needed to start addressing the real problem here and start figuring out how to change myself so that I don't cave in every time I feel an urge (which bh is a lot less often then it used to be). I met with a therapist for the first time last week and told him everything. And together we are working out a plan to help me address the underlying problems and tackle this situation. I'm very optimistic right now. I'm meeting again this week and probably again the next week and so on. Be'ezrat hashem this will be my way out for good. I look forward to sharing in my successes!

ps. Even though i only have a two week streak right now, i realized that I've had 350 days clean over the last year and that's going from falling multiple times a week, and many times multiple times in a day. I have had some serious growth in this area, I'm just trying to knock off the last bits that are hard to get rid of.

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Re: For the bochrin by the bochrin
Posted by Vehkam - 23 Mar 2023 22:02

You are such an inspiration. Ok am so happy to hear that you are pushing even further and taking all steps possible to deal with this. The growth you attain from this will accompany you through life while the falls will become a distant memory.

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Re: For the bochrin by the bochrin
Posted by excellence - 26 Mar 2023 19:03

[Face the challenge wrote on 23 Mar 2023 21:47:](#)

ps. Even though i only have a two week streak right now, i realized that I've had 350 days clean over the last year and that's going from falling multiple times a week, and many times multiple times in a day. I have had some serious growth in this area, I'm just trying to knock off the last bits that are hard to get rid of.

I stand up 4 you with admiration and awe.

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Re: For the bochrin by the bochrin
Posted by Face the challenge - 27 Mar 2023 00:39

And here comes another bein hazmanim...

It's definitely the hardest time of the year. I have never in the past managed to go through a full bein hazmanim clean but I'm feeling very confident that this one will be different. I'm actively working with my therapist and things are looking good. I took a lot more steps to prevent myself from getting triggered. Obviously you can't stop everything (like walking outside...) but you can definitely limit them. So with my gedarim in place I daven that I should have hatzlacha and come clean through this whole month (and beyond). I also hope that everyone else out there in this world will be able to have a full clean month. Hashem should give everyone here siyata dishmaya and hatzlacha. And as usual, feel free to reach out to me!

I also wanted to thank everyone who reached out to me privately!! You guys are really mechazek me!!

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Re: For the bochrin by the bochrin
Posted by EccentricComposer - 27 Mar 2023 14:22

Hatzlacha Rabba!

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Re: For the bochrin by the bochrin
Posted by chancy - 27 Mar 2023 15:32

FTC!

Its so great to hear from you!

I missed you tons!

Im happy that you took the initiative to start going for Therapy, it will hopefully help you greatly. Most of us have underlying pain thats causing us to look for pleasure in these areas. So Good Luck!

You are right to focus on the clean days in the last year! You have made a UTURN and you will never be the same as you were before, the fight is not over but you are proven to yourself and to Hashem that you are here and willing and able to fight like a true warrior!

So keep up the good work, stay strong, and keep posting, we want to hear from you!

I wish i had your strength as a Bucher, my life today would've been so much easier had i started down this path 16-20 years ago.....

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Re: For the bochrin by the bochrin
Posted by Face the challenge - 30 Mar 2023 17:14

[chancy wrote on 27 Mar 2023 15:32:](#)

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Im happy that you took the initiative to start going for Therapy, it will hopefully help you greatly. Most of us have underlying pain thats causing us to look for pleasure in these areas. So Good Luck!

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So keep up the good work, stay strong, and keep posting, we want to hear from you!

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Thanks for the warm welcome back(-:

I'm back up to a three week streak! It feels great to be back into the swing of things again and be'eizat hashem I will continue staying strong throughout the rest of bein ha'z and onwards!!

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 03 Apr 2023 21:58

Hashem decided to throw me a challenge yesterday and today. I keep getting bad thoughts popping into my head at all the wrong moments. Thank g-d I am making my way through these hard times right now and I am hoping it will get easier again within the next few days.

On a side note I was gonna write "I'm almost up to thirty days which is a third towards my goal..." and then realized how wrong it is to say that. I'm not almost a third towards any goal,

rather I've reached my goal for 25 days!! One day at a time. The goal is not to to be clean for 90 days, rather the goal is to be clean today, tomorrow, the next day and beyond. (I hope this made sense to someone(-;)

Anyway I am praying that be'ezrat Hashem I (and everyone else on gye) will continue being matzliach in the battle for kedusha! Looking forward to my first clean bein hazmanim in a long, long time!

Ftc

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Re: For the bochrin by the bochrin
Posted by iLoveHashem247 - 04 Apr 2023 15:11

something that helps me is that if a thought comes up during davening I say thank you Hashem for the opportunity to do Teshuva on this thought and then I wipe it off my forehead with my hand, then shake my hand like I'm trying to shake off some water droplets.

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Re: For the bochrin by the bochrin
Posted by chancy - 04 Apr 2023 16:33

Hi FTC,

Please dont be afraid of the thoughts popping into your head! Its not your fault and has nothing to do with you.

A big tzaddik once said that people think that Tzadikim dont have any Nisyonos... if people knew what kinds of thoughts the YH pops into the heads of tzadikim they would explode..... (Im paraphrasing here) meaning that the YH does what he does best and that it to scare you that you must act on your thoughts. You know better than that.
Welcome to the club

How many times have you ignored the thoughts? and has something happened? no, you moved on and thats it. So why let it get to you?

Nothing will happen if you acknowledge them and just move on. You understand what the thoughts mean, they want some pleasure but you also know that going down that route means the following.

1. You will be sinning and hurting your Neshama
2. You are disobeying Hashems will, He loves you and wants only the best for you, He is begging you not to fall for this falacy.
3. You are hurting your future wife and children by giving in to this temptation (this is explained in Kabala)
4. You will be extremaly upset after giving in.
5. Your learning and Davening will suffer.
6. You can add to this list, im sure there are lots of more reasons.

My point is that you need to train your brain to think realistically, yes this will give me a few moments of pleasure, but against this whole stack of pain it'll cause, is it worth it??? In my case, i came to the absolute conclusion that NO! its just not worth it, so unless im drunk or out of my mind, my retional mind will protest.

Learn from my mistakes... I wish i started at your age and stage in life.....

Good Luck and have a happy and lovely Yom tov!

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