

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 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 Face the challenge - 30 Jun 2022 04:00

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Im at a stressful time in my life. Im looking into new yeshiva's, hopefully somewhere with a smaller, warmer environment and in short it's been a pretty stressful week. (Not as stressful as I expected, but stressful nonetheless...). I've spent a good amount of time in New York and the way that people dress there is way worse than where I'm currently residing. If i was my old self, i most definitely would have fallen. But i feel like a new person right now. I've been pretty on top of my game with not staring on the street (taking off my glasses, looking down, etc.) and i didn't feel like i was going to fall. This is a good feeling to have after so many ups and downs over the last few months. Anyway, three days left until i hit 90!!

Face the challenge

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Re: For the bochrin by the bochrin  
Posted by Ybird - 30 Jun 2022 18:51

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[Face the challenge wrote on 30 Jun 2022 04:00:](#)

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Face the challenge

WOW hashem still has somepassionate workers on this world!!!

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 01 Jul 2022 22:06

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There is one really bad habit that i developed over the last 15 years which im sure many people here can relate to. It's the ability to lie straight through your teeth without a second thought and no one will know. I do it with ease and it's a result of having hidden things that i was doing for years and years. Anyway, it comes in handy sometimes. One of my old siblings has a non-Jewish girlfriend that he brings over to our house (as that is what my parents were instructed to do by their rabbi), and when she says 'so nice to see you again' im able to reply straight back 'and so nice to see you as well' with a nice big smile (even though i would rather never see her again in my life...). But it's so natural to be able to do it. I really need to work on this habit, to get myself to be a more honest person overall, but for the time being (like this shabbos where this shiksa is going to be at my house), ill be able to rely on my ability to lie without anyone noticing. Hope to completely rid myself of this bad Midah though eventually.

Anyway, let me know if you also have a hard time with this...

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Re: For the bochrin by the bochrin  
Posted by Abcd123 - 01 Jul 2022 22:21

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I'm by no means a posek but I don't think telling someone "so good to see you " when you actually don't really mean it is considered lying, all your doing is being proper, what would happen if you wouldn't respond that way? You'd come off as being rude which would be much worse than saying a "lie" especially if she's not on the same path as you, you have to show her that ??? ???? are mentchlich.

Again I'm not a posek just my own two cents.

All the best and keep up with your amazing work! Your a true inspiration for all of us!

Good Shabbos.

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 01 Jul 2022 22:28

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I guess that may be true in this context, but i still got to work on my Midah of emes nonetheless (for all the other areas of life...) Im confident that I will get better now that i don't really feel like im hiding anything from the world because im not the same person that i used to be, but i know it's going to take some hard work to uproot it. All i can do is try!

forgot to mention that with g-d's help, i will complete my 90 days tomorrow night. Ill probably post something emotional/mushy or something like that sometime next week as per the minhag

good shabbos!!

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Re: For the bochrin by the bochrin

Posted by Face the challenge - 04 Jul 2022 00:38

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hamakom

Hey everyone,

Today was my 90th day clean. Who thought I would ever make it this far (probably no one being that no one knew my secret(-: but that's beside the point...) For all those who didn't read my original point I'll summarize it quickly here. I was introduced to porn at around age 7-8, figured out masturbating on my own around this age also, and got hooked on it before I even knew it was ????? . I was hiding my addiction throughout middle school, high school, and Beis Medrash. Life was hell for me. I was living a double life for far too long and the inner turmoil was so painful. I thought I was the biggest Rasha in the world and thought that I would go to the grave with my secret. This past Bein Hazmanim I fell in the worst way that ever happened to me and that was the spark for me to go searching on the web to figure out a real solution to put my life in order, thus I discovered GYE (For more info see my original post).

I'm now 22 years old. I've had a secret for 15 years. That's a long time. Longer than I thought anyone in the world ever had this problem. I realized how wrong I was. I have read about many people who are or were in far worse situations than I was. After reading through their stories, I realized one simple thing. If there are people out there who were in worse situations than I was

and they managed to pull themselves together, I can pull my life together also. I have a shot at life. No more excuses. It's time to buckle down and beat this battle. I knew that I had to do something fundamentally different than every other time I had tried to stop. What was that fundamental difference? Communication. I had a place where I could let people know what was going on with me. I had a place where I could see how many others struggled with the same situation as I did. We are all men. We all have sexual drives and unfortunately many, many of us were exposed to the horrors of porn. It wasn't just me. After knowing this I slowly but surely started to feel 'normal'. I had felt alone and different for so long, and now I felt that I was just like anyone else. I'm not going to ask g-d why he put me into a situation where I was exposed to porn at such a young age and why I live in a house with many unfiltered devices and why we live in a generation that you can't even walk the streets without being horribly exposed and why this and why that. G-d has his reasons and they are far beyond our comprehension. That's not what I have to worry about. What I do have to worry about is how I'm going to deal with my reality. How to make sure that I now stay a changed person. How to make sure that I don't slip back into the abyss that I was once in. That I take the inspiration from gye and channel it into real-life situations where I am struggling. I can feel comfortable knowing that everyone else struggles too and just because it's hard doesn't mean that I'm going to fall. I have the capabilities to carry out what I really want to be in life. A true Eved Hashem.

So I reached 90 days. After three months of ups and downs, I finally reached the 'magic number'. I don't really feel any different than I did on day 89 nor do I really feel any different than I did on day 88. And day 92 won't really feel any different than day 91. But I do feel different in one way. I'm a person who can set a goal and reach it. If I could reach this goal of 90 days, I can reach 900 days, I can reach 9,000 days, and I can keep going for the rest of my life (of course only with the help of Hashem). It may be hard sometimes, and it may feel like I'm about to give in, but I can do it! I can push through! So I'll have urges sometimes and I know that I will and I know it will be hard, but for now, I don't have the option to go masturbate or watch porn. I have other ways of dealing with these issues, but going back to my old habits is just not an option anymore. It's not who I am. That's what the number 90 signifies for me. A person who can reach a goal that they set for themselves even when the going gets hard. "Cause when the going gets hard, the tough get going".

So all those out there who read this, know one thing. You can reach the goals that you set. It is possible to break free from this life and there is always gonna be someone who was in your situation or maybe even worse who also broke free. Use them as an inspiration for yourself. Start posting on the forum and share your struggle with someone else. Maybe one day you will pick up the phone and call someone or go meet in person as I did and you will see that there are so many people out there who can give you support when you need it. Porn does not have to define who you are!! You can live a good meaningful life without it, but you must utilize the tools that gye has to offer in order to break free. If I and so many others did it, you can do it to!!

I honestly have to thank everyone here for responding to my posts and encouraging me to keep going. There is something so satisfying when people respond to your posts, so thank you for that. I do have to give a special shout out to both HHM and Vehkam for their continued support to me as they were both there for me when i needed it most. I must give a huge shout out to GYE for all of the holy work that you do. It's amazing to see how many people have gotten their lives back because of you! So thank you, thank you to the gye team!!! I must express hakaras hatov to hashem for enabling me to get this far on my journey and with his help, I hope to



continue on for the rest of my life doing the one thing that I always truly wanted. To be a true Eved Hashem.

ps. I appreciate all feedback, so feel free to respond(-:

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Re: For the bochrin by the bochrin  
Posted by Vehkam - 04 Jul 2022 01:14

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You are inspiration to me and I am so happy for you that you reached this milestone. May you continue to grow and inspire all of us.

you mention that you are not going to question why you had to grow up in a generation with so many challenges. Many would say that these challenges are precisely your unprecedented opportunity for greatness. Don't underestimate your achievements. These opportunities did not exist in prior generations and will be your ticket to a front row seat iyh when moshiach comes  
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Re: For the bochrin by the bochrin  
Posted by Avrohom - 04 Jul 2022 01:49

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Mazel Tov! Keep up the amazing work! You are a great inspiration to many here - the challenge for a Bachur can be greater than for those are married, and undoing years of a bad habit is an incredible Avodah!

One thought to keep in mind - while you say "you can't go back to porn and masturbation anymore - that's not who you are" is an important and true point, keep in mind that it's one day at a time, and the streak is not as important as your mentality today, should you have a slip or fall in the future (which happens to many) that doesn't restart the clock - you can still continue as a changed, improved person.

Lots of love, and Hatzlocha!

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Re: For the bochrin by the bochrin  
Posted by Ki Sorisa - 04 Jul 2022 03:58

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mazal tov! keep up your amazing work! I'm beyond moved by your positive attitude! keep on inspiring the many of us here!

wishing you brocha vhatzlacha from the bottom of my heart!

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Re: For the bochrin by the bochrin  
Posted by Yissie - 04 Jul 2022 14:34

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Mazel tov on reaching 90. I really have to thank you for this post, because since I started my struggle (around 10 years ago), I have reached 90 days three times. But I have never been able to get completely free. I was not sure why, and I have spoken to people about it.

But I see from your post, 90 is not (just) about changing the habit, but about giving you the confidence that you are able to do it, and that even though the struggle will be there, you now have the strength the push through. The not having as an option to masturbate or watch porn that you mentioned. With the F2F program, I have strengthened my commitment, and now with your encouragement, I am going to do it. Thanks for the chizuk and if you have any more pieces of advice or chizuk, I would love to hear.

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Re: For the bochrin by the bochrin  
Posted by chancy - 05 Jul 2022 18:27

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Mazel Tov! You make me jealous! Im not being facetious or anything like that..... Im serious as a heart attack! You have no idea what you are doing to yourself and to this world and to all of us here at GYE! I was also a bucher and a young boy who started M\* at 9 and P and 13 and it changed my life forever. I wish I had the tools that you do, there was not GYE back then and

nobody to talk to. So you are lucky in that sense and a huge inspiration to all of us.

Now to the point that you make that Hasehm puts everyone of us into different situations to succeed, that is so true you can see it, For example, i shudder to think what i would've become had i been in such a household as you are..... I really try not to think about it, I thank Hasehm that he didnt put me into such a situation. But the fac that He put you, means clearly that he gave you the power to succeed, Otherwise, why would he create you in the first place? to set you up for failure? no way! He is the source of existence and everything good and beautiful. So He has a very bright future planned out for you! Just go with Him and be guided by Him.

What you wrote about 90 days not being a major number, thats true, however, you can make it a major turning point, use the fact that a lot of doctors said that in 90 days a person can change his behavior and tell yourself when you get an urge "i now know that i have the strength and the resolve to fight this, i also know that my brain is slowly getting unaddicted so i really dont need this as much as i used to" It will make it easier.

Good Luck on your Journey and please keep writing.

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 06 Jul 2022 01:06

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Thanks to everyone for responding:-)

Random question for the oilam: I used to feel that I had a lot of kavanah during davening before I got on this journey but for the past three months my kavanah has been in the dumps. I still feel great overall because Im in a much better place in life than i used to be, but wondering if anyone else had a similar experience and if yes, how long did it take before your kavanah came back...

Thanks

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Re: For the bochrin by the bochrin  
Posted by Ki Sorisa - 06 Jul 2022 01:10

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Do you mean that you mean that you were able to connect more emotionally during davening?

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Re: For the bochrin by the bochrin  
Posted by Face the challenge - 06 Jul 2022 01:17

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[Ki Sorisa wrote on 06 Jul 2022 01:10:](#)

Do you mean that you mean that you were able to connect more emotionally during davening?

Emotional connection is one thing that i don't have nearly as strong anymore but also simple concentration is much harder for me. I find that im spacing out a lot more now then i used to...

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