

GYE - Guard Your Eyes

Generated: 11 April, 2025, 02:24

Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Jul 2024 20:58

As a single bochur in Yerushalayim I hope to go for 90 days M-Free. Bh regarding porn I am by day 47 but because M is my main struggle right now I want to have this thread just for M.

Today if I bez"h pass it will be day one I still have to withstand an hour or 2 including a shower. I ask hashem to give me help through this challenge and through this i can grow in totah avoda and yiras shamayim.

I wish to STOP SURVING & START LIVING.

PS special shout out to HHM who it turns out months ago when I reached out to GYE and they hooked me up with a pro and maiven to talk to it was him, and he's been supporting me since. Keep it up HHM, keep helping klal yisroel.

=====
=====

Re: Holy In Jerusalem

Posted by BenHashemBH - 09 Sep 2024 12:04

Someone mentioned this sefer to me over Shabbos and I immediately thought of Shem's post.

Has anyone read Rabbi Lopiansky's new(er?) book Ben Yeshiva?

I'm curious how he (presumably) addresses some of these questions. Will probably add it to my (ever increasing) list of books I'd like to learn.

Kol Tov

=====
=====

Re: Holy In Jerusalem

Posted by chosemyshem - 09 Sep 2024 13:38

[BenHashemBH wrote on 09 Sep 2024 12:04:](#)

Someone mentioned this sefer to me over Shabbos and I immediately thought of Shem's post.

Has anyone read Rabbi Lopiansky's new(er?) book Ben Yeshiva?

I'm curious how he (presumably) addresses some of these questions. Will probably add it to my (ever increasing) list of books I'd like to learn.

Kol Tov

I was actually just thinking I should have included this book in the post.

The book is amazing in that he identifies a theoretical structure and purpose to the yeshiva years. (He also addresses many practical issues and ideas relevant to those years.)

I wish it had existed when I was in yeshiva, although I'm 99% sure it wouldn't have made much of a difference. The reason I suspect it wouldn't have made a difference is that at the end of the day, it's very difficult to start connecting to life just because a book tells you there's a structure and purpose to what you are doing.

I suspect that what's more important than seforim and conceptual frameworks is bochurim connecting to yeshiva life via things like celebrating short-term accomplishments, personal connections to rabbeim and mentors, a feeling of identifying as a member of that yeshiva etc. etc. Well beyond the scope of this forum though, and I'm the opposite of a mechanech.

=====
====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 09 Sep 2024 23:29

I haven't posted the last few days mainly because I had a few falls and I was feeling very down and not in the mood of help.

At one point right after a fall I sent a text to a fellow GYE'er telling him how I just spent a few hours trying to break through my filter (and I succeeded) and I am not doing good. He offered me to come meet him. At first I was hesitant and nervous but I knew it's good for me and I went for it.

He have me HOURS of his time. Real tzidkus. He helped me understand how marriage is not the way out of the battle. He explained to me how on the womens side they are not there for the physical pleasure, which is something a bachur who watched porn can be oblivious of. With all the scenes it seems the opposite. Finding this out shows how fake every second of the scenes are.

A big topic was to figure out, **not how to stop, rather why you started**. We discussed how people turn to porn and masturbation thinking it will fill a void, which it doesn't, it just makes you feel more stupid about yourself.

In my case something we came out was I am not happy with myself. This is one of the reasons I turn to p and m, and I try to fill the void with that. Now if I would feel good and accomplished with my day, I would be happy with myself and not feel the need to act out. Interesting enough I was able to stay clean almost the whole summer, because my days were packed with things to do. Then came the new zman and boom boom boom. One fall after the next. Because regarding my learning I felt I was getting on where and I felt like the world's biggest failure.

The way to get myself to be happy is to understand that I don't base my happiness off what the world thinks about me, rather when I feel I am doing well that IS a reason to be happy!

Now I have sunken pretty low that I didn't even have much to be happy with myself. So we set up a plan of action. Small little things that will make me feel accomplished. Some of them have nothing to do with yiddishkeit. The point was to get me to be happy with who I am.

So this is where I stand right now. I don't know where life will take me in the future, but you gotta take one day a time. I try not to fluff myself and say I am good now because expectations stink,

they just end up ruining everything.

Thank you guys for being here at good times and bad.

Well if your still here at the end of this long post and your wondering who this wonderful tzaddik that helped me OPEN myself up, if is non other then:

Warning: Spoiler!

=====
=====

Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 09 Sep 2024 23:30

With that said I happily report day 1 being clean.

=====
=====

Re: Holy In Jerusalem
Posted by inittowin - 10 Sep 2024 00:26

Keep that healthy attitude and you'll go big places!!

Warning: Spoiler!

=====
=====

Re: Holy In Jerusalem

Posted by Muttel - 10 Sep 2024 08:33

[stopsurvivingstartliving wrote on 09 Sep 2024 23:29:](#)

I haven't posted the last few days mainly because I had a few falls and I was feeling very down and not in the mood of help.

At one point right after a fall I sent a text to a fellow GYE'er telling him how I just spent a few hours trying to break through my filter (and I succeeded) and I am not doing good. He offered me to come meet him. At first I was hesitant and nervous but I knew it's good for me and I went for it.

He have me HOURS of his time. Real tzidkus. He helped me understand how marriage is not the way out of the battle. He explained to me how on the womens side they are not there for the physical pleasure, which is something a bachur who watched porn can be oblivious of. With all the scenes it seems the opposite. Finding this out shows how fake every second of the scenes are.

A big topic was to figure out, **not how to stop, rather why you started**. We discussed how people turn to porn and masturbation thinking it will fill a void, which it doesn't, it just makes you feel more stupid about yourself.

In my case something we came out was I am not happy with myself. This is one of the reasons I turn to p and m, and I try to fill the void with that. Now if I would feel good and accomplished with my day, I would be happy with myself and not feel the need to act out. Interesting enough I was able to stay clean almost the whole summer, because my days were packed with things to do. Then came the new zman and boom boom boom. One fall after the next. Because regarding my learning I felt I was getting on where and I felt like the world's biggest failure.

The way to get myself to be happy is to understand that I don't base my happiness off what the world thinks about me, rather when I feel I am doing well that IS a reason to be happy!

Now I have sunken pretty low that I didn't even have much to be happy with myself. So we set up a plan of action. Small little things that will make me feel accomplished. Some of them have nothing to do with yiddishkeit. The point was to get me to be happy with who I am.

So this is where I stand right now. I don't know where life will take me in the future, but you gotta take one day a time. I try not to fluff myself and say I am good now because expectations stink, they just end up ruining everything.

Thank you guys for being here at good times and bad.

Well if your still here at the end of this long post and your wondering who this wonderful tzaddik that helped me OPEN myself up, if is non other then:

Warning: Spoiler!

Ah..... our comrade, Rebbe, friend, and brother.... Sitting with him is to feel his warmth, care, concern, and most of all, hearing his brilliant insights....

SSSL,

Your tenacity and work to get back up after devastating falls (I've had many of those...) is to be respected. You should have the koach needed to really beat this damned beast and get yourself in a position where you can work towards your next stage in life, on the monstuh truck!!!

With brotherly love,

Muttel

=====
=====

Re: Holy In Jerusalem
Posted by amevakesh - 10 Sep 2024 16:27

There's reaching out and **reaching out**. It seems like you reached out before, but now you decided to **reach out** to one of our heroes. Having the courage to make yourself vulnerable before someone more experienced then yourself reflects strength and the will you have to kick the beast for good. It's the stuff heroes are made of. Just watch, this time it will be different. Not saying you're never gonna fall again, but when you really open up to someone like Yiftach, you've taken a huge step in the right direction. KOMT!!!

=====
=====

Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 10 Sep 2024 23:01

Today was nice. Feel decently accomplished as it comes to an end.

I spoke on the phone to someone today who I was chatting with for a while. It was very

geshmak to be able to just shmooze with a fellow struggler. A big toeles I found (besides the insights and chizuk you get) from talking on the phone (and certainly in person) is that you finally understand that your not the only guy out there struggling. For some reason being on the forum and seeing so much people posting their struggles, something doesn't click in the brain that "hey there are real people out there like me". TBH I still can't imagine the "shtarka guy" sitting near me in BM also is struggling, but I imagine the more I reach out and talk to people I will eventually come to face the facts.

With that said I report a second day clean!

PS if anyone wants to share their insights about this, feel free!

Edit: PPS I just noticed my negative karma. I will try not to take it to heart, but if someone bears a grudge against me please reach out to me in a PM instead of dropping my karma.

=====
=====

Re: Holy In Jerusalem
Posted by hopefulswan89 - 11 Sep 2024 00:25

[redfaced wrote on 26 Jul 2024 02:08:](#)

[stopsurvivingstartliving wrote on 26 Jul 2024 00:14:](#)

Today day 2 was challenging. It started with the fact that i had to Be out on the nasty streets and it was a battle. It especially came hard toward the end of the night when i was bombed tired walking on the streets with so much for the eye to enjoy, at that point i lost some and won some. All this leading to crazy desire to M but with gods help i made it to the end pure. A special thanks to yiftach and redfaced who were there to support me.

Job well done.

Help will always be given at Hogwarts to those who ask for it

We are rooting for you! Go for it.

=====
=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 11 Sep 2024 16:17

A small poem addressing the battle:

Lust lust you appear as a must

But the truth is you make us rust

You creep up when we are down

Only causing us to frown and drown

All our life we may have to live with you

But that we may be in control is so true

As a single man I think there is a solution

But the married tell me we're in the same position

Talking with others is your biggest foe

Because it lifts us from the low

So now I end with a thank you

To those who help me battle through

And of course to the great GYE site

Who gives us freedom through a flight

And achron chaviv the one above

Who created lust and true love!

=====
=====

Re: Holy In Jerusalem

Posted by frank.lee - 11 Sep 2024 22:08

Love this. Especially the last line. BH I get the opportunity to remind myself of it daily, as I pass attractive sights.

TYH!

=====
=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 12 Sep 2024 19:22

Accountability Post:

I didn't do much today so I am feeling a bit vulnerable to fall. I hope to get through this.

=====
=====

Re: Holy In Jerusalem

Posted by chaimoigen - 12 Sep 2024 19:39

Hang on, chaver.

It's not inevitable. You're a good guy.

=====
=====

Re: Holy In Jerusalem

Posted by redfaced - 12 Sep 2024 19:57

[stopsurvivingstartliving wrote on 10 Sep 2024 23:01:](#)

Edit: PPS I just noticed my negative karma. I will try not to take it to heart, but if someone bears a grudge against me please reach out to me in a PM instead of dropping my karma.

Anybuddy know what he's talking 'bout?

=====
=====