

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.

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Re: Holy In Jerusalem

Posted by chaimoigen - 17 Sep 2024 02:52

[stopsurvivingstartliving wrote on 16 Sep 2024 22:33:](#)

Day 8 Clean.

Something I have to work on is being proud of myself on days that are a bit harder and I make it through. Inasmuch as I can beat myself up for having falls when I fall, I at least should pat myself on the back when I make it through a hard day.

Thank you guys for always being there with an open ear. Good Night from Jerusalem!

True words, those.

It's important to accept, friend, that your Avoda **is what you can do today**.

And if you do that, you've accomplished something worth celebrating!

Your Nisyonos, achievements, goals, successes and celebrations should be those appropriate for who you are today. Same with how you view your slips and perceived failures. If you accomplish something that's hard for you today, that special.

Holding yourself to and measuring yourself by a standard not of who you are today, but of who you think you ought to be, isn't realistic. And I dare say that it's not what Hashem wants (though I don't know if I can speak for Him).

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Here's a hug for today.

tomorrow has a different Avoda, one that You can do !

Hazlacha!

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Re: Holy In Jerusalem

Posted by Muttel - 17 Sep 2024 08:16

SSSL,

Of course chaimoigen always puts it perfectly so. If I can just add, as someone who has been down more recently, your advancing can be seen (with the requisite work - which I'm sure you're doing) almost day by day... so although today, getting through one day is a big accomplishment, and you feel a little dumb by that, because hey I'm a knocker, don't worry. In 10 or 20 or 30 days from now, beH it'll be a different playing field.

So, you worry about today **only**, but know that things will beh shift.....

Muttel

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 17 Sep 2024 22:53

Day 9 Clean.

To quote @smokey:

When I started out this battle I was very much into streaks, it was all about 30 and then 90 days, when I would masturbate on day 12 I masturbated 2 or 3 times to "chap arein" before I started the streak again.

This cycle repeated itself multiple times, and was a big part of my journey. I made it once to 30 something days and then another time to 47 but I paid big time for it, the rest of the 2 years I spent fighting for the streaks, and feelings like a failure because I consistently fell short.

This is something I could relate to 100 percent. My past few falls since I started counting streaks played out exactly like that. Right now I am trying to stay clean because I think I will be a happier person staying clean. But I won't deny that if I c"v fall I can totally imagine thoughts like "do it again before you restart" would show up in my head. This doesn't exactly shtim with my first motivation to stay clean so I am not really sure what the pshat is. If anyone has a pshat I am open ears.

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Re: Holy In Jerusalem

Posted by chaimoigen - 18 Sep 2024 00:11

Keep it simple. Today is today. You can do it. You can **want** to be clean for today. Because it feels better. That's what counts. And you can do it, imyH.

But here are a few thoughts about your question.

You want to be clean for today. But the streak is a different kind of cleanliness **today**. The feeling of Tahara after 8 days is different than after 1. So the number counts, because the level of **cumulative** cleanliness is meaningful, even if your goal isn't a streak. You feel better today, now that you've been clean for a while. You don't want to lose it. And if Chas vishalom you have a fall, you have a feeling that it wouldn't be as bad to mess up the cleanliness of a period of 5 minutes, as to mess up the cleanliness of a longer period. So a guy could "chap arein ", ch"v. Because the sense of cleanliness is more than the individual moment. Maybe that is a pshat in your feelings.

(Agav, it's not true. The fact is that the **second** , "might-as-well" fall does a tremendous amount of damage. That's the one that makes a guy sick at heart, and brings him to want to throw in the towel, for a lot of reasons. It's a terrible ?????? of the YH. When a guy who fell hangs on and doesn't fall again, he can get up on the wagon again, get out of the ditch without falling all the way down the mountain...).

Keep your eyes on the prize. And don't fall for all-or-nothing thinking. You're a fighter, a dreamer. You're stopping to merely survive and starting to live real.

I can taste the fresh, Yerushalayim air and see that heartbreakingly blue sky. Wish I was there, chaver.

Keep on Trucking

Chaim

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Re: Holy In Jerusalem

Posted by smokey - 18 Sep 2024 21:27

[chaimoigen wrote on 18 Sep 2024 00:11:](#)

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Chaim

Wow

Reb chaim that was articulated so clearly and on point!

While fighting this battle it can get very complex, what is my goal, what am I trying to build? What is the difference between one and 2 falls? @SSSL you brought up a great question and I'm thankful to you for that!

But Reb chaim you nailed it on the head, I will definitely be chazering over that post, it spoke straight to me, I appreciate the great insight and wisdom that you and everyone else here has to offer!

Keep rocking on @SSSL, were here rooting for you!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Sep 2024 22:50

Day 10 Clean.

What others do is not my avoida. My avoida is to be the best me taking it one tiny step at a time!

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Re: Holy In Jerusalem

Posted by yiftach - 19 Sep 2024 05:40

What others do is not my avoida. My avoida is to be the best me taking it one tiny step at a time!

Exactly! You articulated it simpler and clearer than anyone else could have expressed it!

Be the best you can be, because the best YOU is something special!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 19 Sep 2024 23:46

Day 11 Clean.

- I would like to thank @yiftach and @eerie for the much needed chizuk they gave me!
- Something I learned today is where brisk (tzvei dinim) comes into recovery. I have to be able to split the kedusha battle and other areas in yiddishkeit and look at the kedusha part and be proud of myself. Even if in other areas I am lacking, that is not a reason to tell myself "your battling the kedusha is nothing". Inspired by @eerie who was inspired by [this](#) post.
- I would like to publicly (though anonymously) challenge myself to put in at least 20 minutes of learning tomorrow by before shkiah.

With that I wish you all a good night and sweet dreams!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 20 Sep 2024 14:53

As of 6 pm Day 12 Clean, hope to stay this way till I go to sleep.

For all those wondering I - with hashems help - got the 20 minutes in that I challenged myself to do.

Have a Wonderful and lustless Shabbos!

Edit: UPDATE: I made it clean!

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Re: Holy In Jerusalem

Posted by rebloozy - 20 Sep 2024 15:17

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 21 Sep 2024 22:56

Day 13 Clean.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 22 Sep 2024 22:18

Day 14 Clean!

I had a very big trigger today to masturbate but #TYH for a night seder chavrusa. Came in very handy having to run out to my chavrusa and getting the urge off my head.

I got a nice siman from hashem (I hope I am not being over a lav by taking it as a siman, talmedai chachamim I am relying on you to correct me). I passed by a song playing and it went "YOU ARE AMAZING JUST FOR WHERE YOU ARE". A point I actually have to work on. Thank You Hashem.

#TWOWEEKSCOMPLETE

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Re: Holy In Jerusalem

Posted by upanddown - 22 Sep 2024 23:01

SSSL,

I have been following your journey and its so inspiring to see how you're working on yourself!

I literally feel so excited for your win today! Your win is our win!

Keep strong! You'll go far iyH!

Lots of Hatzlacha,

UpAndDown

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Re: Holy In Jerusalem

Posted by chaimoigen - 23 Sep 2024 04:17

There once was a tortoise who thought that his head

belonged in his shell, so his shell was his bed,

"The light hurts my eyes, and predators roam -

outside of this cozy shell that is my home!"

But he squinted and pushed out, walked into the light

Headed into the wind, though it had a cold bite -

Persevering, he steadily took step after step,

though he's lugging his shell, now his steps have new **pep**.

He discovered that over yon hill is a view,

He can see purple mountains, hills covered in dew,
And the eagles are soaring there, noble and free,
Over plains that are wild and wide as can be.

Says the tortoise, "I'll keep taking one step at a time,
'cause I don't want to trip up, or step on a mine"
But the beauty he's seeing empowers him still,
and gives him the Koach **to climb up his hill**.

New perspectives can help us to realise and know,
that each step is **living**, in each step we **grow**,
Stop Surviving Start Living's on his way to first place,
'Cause Slow and Steady wins the human race!

With admiration and respect-
You keep chugging up the holy heartbreak mountain,

Chaim Oigen

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