

## GYE - Guard Your Eyes

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Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Jul 2024 20:58

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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 redfaced - 31 Jul 2024 19:48

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So what do I want from you guys? I want you to tell me how to tell myself "**you must live a porn-free life**". Without feeling that I am missing out and I should drop everything of Yiddishkeit and therefore having the time to delve into "that world". Can't wait to hear all you guys chochmah.

I want to stopsurving and startliving.

You absolutely don't, "must live a porn free life". Why must you? What happens if you do something you MUSTN'T do?

That is an idea that usually does not help.

What does help is to actually WANT to live a porn-free life.

A way to do that is the read The Battle Of The Generation.

Than read it again.

And again.

You are harnessing the feel good feeling you get, from successfully overcoming an urge of any sort, to power you down the road of success.

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Re: Holy In Jerusalem  
Posted by chancy - 01 Aug 2024 15:24

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Duuuuude..... You really still think you are 'missing out' when you dont watch porn? Missing out what? do you realize that people not hooked to porn or who overcame that addiction never actually miss out anything? or you think that they survive even though they miss out?

Your mind and brain and body are used to getting that fix from porn and masturbation and thats why you think you will miss it.

the truth is that once you can get off of these things for a while, your system will slowly reset and you will not NEED to do any of these things anymore.

Of course its not easy, but dont let your mind fool you that you will miss this forever. ITS FALSE!

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 02 Aug 2024 01:04

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Thank you all for your wisdom!

I am happy to be back with a clean day and hope to keep this ad meah ve'esrim without FOMO. Not forgetting the ODAAT klal.

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 02 Aug 2024 15:58

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Day 2 clean. Have a good shabbos!

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 03 Aug 2024 23:41

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Gut Voch. Day 3 clean. Had a big urge to masturbate but thank god it passed.

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 04 Aug 2024 22:41

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Failed to masturbation. Had an urge to act out and I did. I would mention that I did have a taava to call one of the phone numbers which I was able to hold myself back on. So far I haven't been able to get a clean week in I hope that doesn't mean I never will be able to!

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Re: Holy In Jerusalem  
Posted by Muttel - 05 Aug 2024 02:12

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Sorry to hear of your fall (you get credit for squaring your chin and reporting the fall).

Now, get back on the monstuh truck!

Did you call Yiftach, redfaced, or HHM when you had your urges?

If you didn't, that's a change you can make going forward to build off this fall.

Staying connected with the oilam is the way to beat this beast....

With brotherly love,

Muttel

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 05 Aug 2024 23:21

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Day 1 clean. As bein hazmanim creeps in and i probably will spend my days more out than in yeshiva (teivas noach!) i pray to hashem to help me control myself from looking at things i shouldn't be, making the battle of mz"l a much easier battle.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Aug 2024 21:55

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So happy to be here reporting a clean day on m making it day 2. I will mention that I've been out today and found myself looking at things for more than a first glance (or to be honest consciously looking). I did have some decently strong urges to m but thank god i didn't act out.

I do find that on days I don't accomplish much spiritually (such as not cracking a book!) or even non-spiritual things, I don't feel happy with myself and that brings to urges to act out.

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Re: Holy In Jerusalem

Posted by vehkam - 06 Aug 2024 22:56

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classic yetzer hara move...

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Re: Holy In Jerusalem

Posted by yiftach - 07 Aug 2024 04:47

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Hey Buddy,

Just wanna share something I heard tonight from the great HHM bsheim the Steipler Zt"l.

He said that he wants to kiss the hand of someone that fought off an urge/taiva 1000 times. Note, he did not say 'someone that's clean for 1000 days', he said 'that was misgaber 1000 times'.

Keep on fighting one urge/day at a time, you'll surely make it to 1000!

Keep soaring!

Yiftach'l

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 07 Aug 2024 21:34

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Day 3 to M clean. Regarding P its been a weak clean.

I do need a bit of chizuk from the oilam, whenever I am on the street and have a opportunity to look (or to be precise, with a p, an opportunity to not look) I don't fight and rather look. So my YH tells me your no shaychis because your not battling to the fullest extent. At one point he will say sin because your no shaychis. He didn't try that on me yet but I want you guys help to prepare me with an answer.

Thanks and can't wait to hear back from you!

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Re: Holy In Jerusalem  
Posted by BenHashemBH - 07 Aug 2024 21:59

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Just because you looked doesn't necessarily mean that you didn't fight.

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Re: Holy In Jerusalem  
Posted by stopsurvivingstartliving - 07 Aug 2024 22:08

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[BenHashemBH wrote on 07 Aug 2024 21:59:](#)

Just because you looked doesn't necessarily mean that you didn't fight.

And if I didn't fight at that point? What about the cleanness on M

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