

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 yiftach - 23 Sep 2024 22:05

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[stopsurvivingstartliving wrote on 23 Sep 2024 21:52:](#)

I am freaken not in a good mood now I think the video I was watching (see [this](#)) bought up a lot of triggering trauma. I am about to the shower and I may want to use my pacifier. So I am posting here for accountability.

I can't imagine how hard it must be to bring back all that trauma. But remember, everything we go through is a stepping stone for a bright future!

**Warning: Spoiler!**

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 23 Sep 2024 22:43

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[stopsurvivingstartliving wrote on 23 Sep 2024 21:52:](#)

I am freaken not in a good mood now I think the video I was watching (see [this](#)) bought up a lot of triggering trauma. I am about to the shower and I may want to use my pacifier. So I am posting here for accountability.

Thank God I made it out clean marking 15 days Clean. If your wondering I even celebrated the win already.

A big help for me was some random things that pumped my spirit. Things that made me laugh, it legit helped.

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Re: Holy In Jerusalem

Posted by redfaced - 23 Sep 2024 22:59

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[stopsurvivingstartliving wrote on 23 Sep 2024 21:52:](#)

I am freaken not in a good mood now I think the video I was watching (see [this](#)) bought up a lot of triggering trauma. I am about to the shower and I may want to use my pacifier. So I am posting here for accountability.

Ouch. Very ouch,

Here for you brother

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 24 Sep 2024 22:51

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Day 16 Clean!

I would like to share something I got out of mouth today when talking to a fellow GYE'er, both to get feedback and for journaling purposes:

I mentioned in the past that some of my teenage years in yeshiva were very painful for me, leading me to burn out of it a bit (as an understatement). What I find now when I am in a much better place - Baruch Hashem - is anytime I think of getting back into it totally, my mind runs to those painful days and says "but they were so hard, how can you do that to yourself". What isn't rational about this is that I can take it really slow and not run into issues I ran into in the past. On top of that Hashem has given me tons of hatzlacha getting over a lot of the things that made it so hard for me. The way I try to deal with this is by taking it a tekufa at a time and taking tiny baby steps. Hoping in the long term I will build up, though my focus is on mainly on the current tekufa (I am not sure myself why I am taking it a tekufa at a time and not ODAAT, but whatever).

Another thing is that even looking at the seder ahead of me and trying to commit to an amount (even a half hour!), brings up triggers of intensity which is something I am really scared of and try to keep far away from. So even taking it a day at a time and very slow can be very hard for me. To deal with this, someone gave me an idea that even my commitment should be very watered down to avoid any triggers. This is something I haven't really tried yet but I hope to try it, and I pray to Hashem that he gives me hatzlacha moving on with this and in all other areas in life.

Good Night from the Holy Land and Thanks for Listening!

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Re: Holy In Jerusalem

Posted by yitzchokm - 25 Sep 2024 00:43

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I had fear of heights as a teenager and a friend of mine made me take baby steps consistently

towards my fear. In the beginning I was afraid to go up the first step to the next floor of the flat roof and every day I went a little further until I was able to walk to edge of the roof that had a tall fence. I have work and davening PTSD now which is a kind of fear and I am doing the same thing. I am journaling about it and taking baby steps to reach my goal. In the professional lexicon it is called exposure therapy. It seems like you are doing the same thing.

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Re: Holy In Jerusalem

Posted by bright - 25 Sep 2024 04:32

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[stopsurvivingstartliving wrote on 24 Sep 2024 22:51:](#)

Day 16 Clean!

I would like to share something I got out of mouth today when talking to a fellow GYE'er, both to get feedback and for journaling purposes:

I mentioned in the past that some of my teenage years in yeshiva were very painful for me, leading me to burn out of it a bit (as an understatement). What I find now when I am in a much better place - Baruch Hashem - is anytime I think of getting back into it totally, my mind runs to those painful days and says "but they were so hard, how can you do that to yourself". What isn't rational about this is that I can take it really slow and not run into issues I ran into in the past. On top of that Hashem has given me tons of hatzlacha getting over a lot of the things that made it so hard for me. The way I try to deal with this is by taking it a tekufa at a time and taking tiny baby steps. Hoping in the long term I will build up, though my focus is on mainly on the current tekufa (I am not sure myself why I am taking it a tekufa at a time and not ODAAT, but whateva).

Another thing is that even looking at the seder ahead of me and trying to commit to an amount (even a half hour!), brings up triggers of intensity which is something I am really scared of and try to keep far away from. So even taking it a day at a time and very slow can be very hard for me. To deal with this, someone gave me an idea that even my commitment should be very watered down to avoid any triggers. This is something I haven't really tried yet but I hope to try it, and I pray to Hashem that he gives me hatzlacha moving on with this and in all other areas in life.

Good Night from the Holy Land and Thanks for Listening!

I can totally relate. I killed myself as a teenager and probably gave myself sever religion trauma. I blank out by davening, face extreme diissononance from learning and dont even get me started about mussar... Its really, really tough, because I want to grow but feel my growth should live up to what was. All while facing daily traumas from living a basic Jewish life. I am seriously petrified of selichos... as far as a commitment, the ONLY one that ever worked for me was bentching from a bentcher. Its easy, very not triggering and simple. And R shach would tell everyone to do it as a segula for everything. Hashem should help guide you in the right way to view Him and His Torah.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 25 Sep 2024 22:37

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Day 17 Clean!

#TYHforcreatingfilters

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Re: Holy In Jerusalem

Posted by thompson - 26 Sep 2024 14:57

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[stopsurvivingstartliving wrote on 25 Sep 2024 22:37:](#)

Day 17 Clean!

#TYHforcreatingfilters

#andPorn

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Re: Holy In Jerusalem

Posted by Muttel - 26 Sep 2024 18:47

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[thompson wrote on 26 Sep 2024 14:57:](#)

[stopsurvivingstartliving wrote on 25 Sep 2024 22:37:](#)

Day 17 Clean!

**#TYHforcreatingfilters**

#andPorn

And thank Hashem for GYE and TBOTG that teaches us how to appreciate the ability to watch (read: stop ourselves from watching) porn.

#ThankG-dforGYE

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 26 Sep 2024 19:31

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@thompson it's an honor to have you on my thread!

@Muttel thank you for explaining what R' Thompson meant, it was something I was wondering about.

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Re: Holy In Jerusalem

Posted by thompson - 26 Sep 2024 20:25

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[stopsurvivingstartliving wrote on 26 Sep 2024 19:31:](#)

@thompson it's an honor to have you on my thread!

That feels weird.

@Muttel thank you for explaining what R' Thompson meant, it was something I was wondering about.

Should I...? Oh, never mind.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 26 Sep 2024 22:33

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@thompson go for it!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 26 Sep 2024 23:51

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Day 18 Clean!

**#AmYisroelChai**

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 27 Sep 2024 14:23

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Day 19 (as of 5:20 pm) Clean! Hope to come back motzai shabbos with a good update.

Good Shabbos to all!

UPDATE: I made it Clean!

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