

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 odyossefchai - 15 Oct 2024 09:47

[stopsurvivingstartliving wrote on 15 Oct 2024 05:53:](#)

Day 6 rough and Clean!

As others have pointed out, jumping right back into it shows strength. Tremendous strength.

Most of us here know that falls hit hard and can be tough to break out of. But you have pushed past that and gone right back to working on the next streak. BH.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 20 Oct 2024 14:16

I am holding at 11 days clean! Hope to take it further one day at a time!

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Re: Holy In Jerusalem

Posted by odyossefchai - 22 Oct 2024 03:11

Amazing. Don't stop truckin!!!

May Hashem bless you with STRENGTH!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 22 Oct 2024 15:34

Update: Had a fall to porn and masturbation on sunday and another fall to masturbation on monday. I hope to move on.

Thank you to all you guys who gave and still give their precise time for advice and chuzuk!

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Re: Holy In Jerusalem

Posted by eiyantov - 22 Oct 2024 22:18

Keep on fighting buddy! You got this Bezras Hashem!

Have you ever tried connecting by phone with anyone here on GYE? If not, try it. Very worth it!

Gut Moed! Cheering for you!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 01 Nov 2024 10:56

Today will mark day 4 clean to masturbation (and a bit more to porn).

I would like to set a goal for now to make it through the first week of the zman clean from masturbation. I hope to come back in a week from now with a good update.

Please wish me luck heading into the new zman, because I ain't too exited about it.

Have a good shabbos!

Sincerely,

A bachur struggling in Yerushalayim

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Re: Holy In Jerusalem

Posted by Hashem Help Me - 01 Nov 2024 11:27

May Hashemhelp you have an awesome zman of shteiging on all fronts with immense menuchas hanefesh.

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Re: Holy In Jerusalem

Posted by odyossefchai - 01 Nov 2024 13:15

[stopsurvivingstartliving wrote on 01 Nov 2024 10:56:](#)

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Have a good shabbos!

Sincerely,

A bachur struggling in Yerushalayim

I would recommend reaching out and shmoozing to the guys here. They have helped me fight the fight and win the battle.

There's nothing like the human connection of talking to those people who have similar struggles. It takes the whole guilt and burden of your back. You aren't sick. You aren't ill. You aren't addicted.

I am so grateful to these beautiful neshamos who have been true friends through this process.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 01 Nov 2024 13:46

@odyossefchai I may not be sick, ill or addicted, **I defiantly suck**. Because under 2 hours after setting a weeks goal I fell to masturbation!

So today won't be day 4 clean.

I want to recommit to getting through the first week of the zman clean. If I come back in a week clean of masturbation I will iyh treat myself out (not sure with what yet).

Also starting mtz"sh I iyh will post for aaccountability if I stimulated myself in the shower, which was what caused my fall today.

Good Shabbos!

PS I do speak to the amazing mentors and friends I made on the forum! I don't know what I would do without them!

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Re: Holy In Jerusalem

Posted by amevakesh - 01 Nov 2024 14:10

[stopsurvivingstartliving wrote on 01 Nov 2024 10:56:](#)

Please wish me luck heading into the new zman, because I ain't too exited about it.

Yet, you're still plodding forward, you haven't given up. You're still strategizing, fighting, setting goals, putting one foot in front of the other, even though it feels like you're taking going one step forward two steps backward. There's greatness in your fight not only when your victorious. Many people can fly high and succeed, but to continue to fight when you're not "feeling into it, is a lot harder, and is something most people can't do. It's a life skill that will serve you well further down the road in many areas of life. Keep going and inspiring with the knowledge that just because you've lost a battle, doesn't mean you've lost the war. You will overcome this beast, perhaps not today, or even in the near future, but we've got faith in you that you've got what it takes to win the long term war. Just keep doing what you're doing and you will see great things.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 01 Nov 2024 14:12

[amevakesh wrote on 01 Nov 2024 14:10:](#)

[stopsurvivingstartliving wrote on 01 Nov 2024 10:56:](#)

Please wish me luck heading into the new zman, because I ain't too exited about it.

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Thank you so much @amevakesh what chizuk to bring with me through shabbos. I wish I have a printer to print it out and haave it with me all shabbos to read!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 02 Nov 2024 17:44

Happy to report a self stimulation free shower!

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Re: Holy In Jerusalem

Posted by Hashem Help Me - 03 Nov 2024 12:33

[stopsurvivingstartliving wrote on 01 Nov 2024 13:46:](#)

@odyossefchai I may not be sick, ill or addicted, **I defiantly suck.**

The only thing you are sucking now is gadlus. It may taste bitter now because it's rough in the beginning, but iyh very soon it will be sweeter than all the sucking candies and pacifiers in the world.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 03 Nov 2024 22:39

Another self stimulation free shower!

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