

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"n 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 iwantlife - 05 Nov 2024 00:31

Hey friend! Have you considered webchaver? I find it's very helpful with regard to filter poking, adds an extra layer of security. For me one of the biggest struggles was knowing that I *could* fall, because my brain followed that with that I *would* fall. I found that webchaver removes the taiva to filter poke, which itself is a big relief.

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Re: Holy In Jerusalem

Posted by rebakiva - 05 Nov 2024 00:56

[stopsurvivingstartliving wrote on 04 Nov 2024 22:58:](#)

If your wondering why I call myself rich, after my shower I felt ready enough to block it (thanks to teva that we lose the taiva after masturbating). I contacted the filter and told them to block this site for everyone (I could have blocked it just for me but then at a time of need I can easily get it back opened). I am still waiting for them to respond and I can technically watch more but I think I can wait it out.

So I know that tomorrow or some time soon I will regret blocking this, but? I don't even know what the answer is to this.

From a dark place in Jerusalem,

StopSurvivingStartLiving

What a bold step, you're an inspiration to me and everyone around here. Keep it up and keep us posted.

With love akiva

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Nov 2024 00:35

Thank god I had a nice day. It felt really good that I was able to help someone today (nothing GYE related it just feels fulfilling). On top of that I spoke to yet another amazing GYE'er. Thanks to you and the rest of the family for being on my side.

From a dark room but light at heart in Yerushalayim,

SSSL

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Nov 2024 23:47

Today the urges for the content I saw the other day came back. Because all I was able to do is add it to my blacklist, I was able to get it open and found some content. So I fell. Then came the

shower and I fell again. I don't really have a plan moving forward but at least this time I was able to recategorize the site to Movies/TV and as soon as they see it they should block it for good. Till then I hope to not fall again, because technically I am a few clicks away till they actually block it.

But regarding masturbation after being turned on by all the sexies all over town is a tough one that I don't have a plan!

Good Night.

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Re: Holy In Jerusalem
Posted by Muttel - 07 Nov 2024 09:52

Feeling for you, brother...

it's tough as hell....

With brotherly love,

Muttel

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 08 Nov 2024 02:06

Thank God I had a good day today!

I was able to do a few hours of chesed again and it feels super good and accomplishing! #TYH

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 08 Nov 2024 13:34

Wow! The person I am helping keeps telling me I don't know what my tafkid is right now, I don't know what I am doing... I want to tell him "your here to save me and give me productivity in my life to feel good". So at the same time I wish him to not need my help, I as well see it as an opportunity for myself.

Have a good shabbos,

From somewhere deep in Yerushalayim,

StopSurvivingStartLiving

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 09 Nov 2024 21:48

Thank God I had a nice Shabbos.

I've had a nice and clean past few days and I hope to continue with this.

Gut Voch

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Re: Holy In Jerusalem

Posted by rebakiva - 09 Nov 2024 23:42

Brother your an inspiration, and I really love your positivity.

Thanks for keeping us posted.

With love Akiva

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 11 Nov 2024 01:10

With gods help, another day clean under my belt!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 11 Nov 2024 22:28

Thank god I am still Clean!

Thank you @iwantlife for your idea to post small wins like avoiding looking at girls etc. But the truth is I don't really get that on an average day. (So where do I stand if that's the case? Someone I spoke to pointed out that the main thing to cut down on is lusting).

Thank you @simchastorah for your amazing idea to speak to Hashem. It took me time to do but eventually I found a bench somewhere in Yerushalayim where I was comfortable to speak. I started off saying "Hashem this is weird and awkward for me..." and moved on from there and asked for what I thought would be good for me.

I hope to do it more in the future. All those out there who haven't tried such a thing for whatever reason, by me it may have been cause I don't have such a relationship with hashem. I highly recommend you try it.

I found myself almost tearing from talking, and for me that's a big thing. Though I would consider myself an emotional person I haven't cried in years. (Someone once mentioned to me that I may be experiencing an "emotional shutdown", if anyone knows of such a thing please share it here or PM me).

Have a good night,

Living Somewhat

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Re: Holy In Jerusalem

Posted by chaimoigen - 12 Nov 2024 01:54

Beautiful.

I was looking for such a bench in the Holy city, last week.

but i couldnt find the words to say.

Then

I saw a bedraggled pigeon

huddling in a crack in the Wall.

And it seemed to me

that even though I couldn't

find words to say,

I could still huddle into the Wall

and find Shelter there.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 13 Nov 2024 00:37

Thank god I made it through the day clean!

I've been to kever rochel (today was her yartzeit) over the last 24 hours and I had the whole family in mind.

Good night.

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Re: Holy In Jerusalem

Posted by odyossefchai - 13 Nov 2024 11:17

[stopsurvivingstartliving wrote on 13 Nov 2024 00:37:](#)

Thank god I made it through the day clean!

I've been to kever rochel (today was her yartzeit) over the last 24 hours and I had the whole family in mind.

Good night.

Wow what a flex.

I remember going on her yartzeit back when I lived in the holiest land. Brings back the warmest memories.

May Hashem answer your tefilos ASAP!

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