

GYE - Guard Your Eyes

Generated: 12 April, 2025, 09:23

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 BenHashemBH - 27 Nov 2024 19:37

[stopsurvivingstartliving wrote on 27 Nov 2024 19:21:](#)

So an update of my "episode" is: I masturbated. Felt pretty darn stupid with myself. I got out but won't say it's over. Now I have to deal with the post fall urges, not too confident I am gonna make it.

My Brother, that must be rough.

I'm here for you Friend.

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Re: Holy In Jerusalem

Posted by yiftach - 27 Nov 2024 21:12

[stopsurvivingstartliving wrote on 27 Nov 2024 19:21:](#)

So an update of my "episode" is: I masturbated. Felt pretty darn stupid with myself. I got out but won't say it's over. Now I have to deal with the post fall urges, not too confident I am gonna make it.

Sorry to hear, brotha, it's tough.

You're resilient and you'll stand up, I know.

You know where to find me (and don't take no for an answer!!!).

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 27 Nov 2024 21:31

You fall down (twice), you get back up.

Seemingly we sometimes have to fall twice to get back up.

To the "Eyes" out there looking after me, I am sorry I let you down, though this time I am more confident to make it through the night, bez'h.

@yiftach do you really not take no for an answer? What can I get you?

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 27 Nov 2024 21:36

I would like to try something I haven't really tried in the past. In the past after a fall(s) I looked at the next day as a new day, so I may have been determined to restart but I looked at it as a

restart.

I know that in yiddishkeit this is wrong, but I felt that way and couldn't help it.

Today, post my falls, it hit me. Why does todays fall -which may have played out over a few hours- take away from the last 20 days that I was clean. Yes I fell today, but yesterday and the 19 days before, I won.

As I am writing this I am second doubting myself if I even feel the way I wrote, but I already wrote this and I will hit post before I can back down.

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Re: Holy In Jerusalem

Posted by vehkam - 27 Nov 2024 22:34

[stopsurvivingstartliving wrote on 27 Nov 2024 21:31:](#)

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Seemingly we sometimes have to fall twice to get back up.

To the "Eyes" out there looking after me, I am sorry I let you down, though this time I am more confident to make it through the night, bez'h.

@yiftach do you really not take no for an answer? What can I get you?

The "eyes" out there are not there to frown at you when you fall. They are there to to help you shake off the dust and pull yourself back up (and give you a hug).

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Re: Holy In Jerusalem

Posted by chaimoigen - 27 Nov 2024 23:24

[stopsurvivingstartliving wrote on 27 Nov 2024 21:31:](#)

You fall down (twice), you get back up.

Seemingly we sometimes have to fall twice to get back up.

To the "Eyes" out there looking after me, I am sorry I let you down, though this time I am more confident to make it through the night, bez"h.

@yiftach do you really not take no for an answer? What can I get you?

I'll take a lamb Schwarma, please.

I know you will be ok, my friend. You've tasted living, and it tastes good. Better than schwarma... tomorrow is a good day.

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Re: Holy In Jerusalem

Posted by redfaced - 28 Nov 2024 00:28

[chaimoigen wrote on 27 Nov 2024 23:24:](#)

[stopsurvivingstartliving wrote on 27 Nov 2024 21:31:](#)

You fall down (twice), you get back up.

Seemingly we sometimes have to fall twice to get back up.

To the "Eyes" out there looking after me, I am sorry I let you down, though this time I am more confident to make it through the night, bez"h.

@yiftach do you really not take no for an answer? What can I get you?

I'll take a lamb Schwarma, please.

I know you will be ok, my friend. You've tasted living, and it tastes good. Better than schwarma... tomorrow is a good day.

I hope it's still hot when it gets to you....

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 29 Nov 2024 14:05

Baruch Hashem Thursday and Friday were nice and Clean!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 01 Dec 2024 00:40

Just had a fall to porn and masturbation. It started with filter poking for hours tonight, and not wanting to end the night with nothing I figured out how to get my filter off and...

Right now it's back on.

TBH Life was a bit unproductive recently. That doesn't justify my acts but it explains it.

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 01 Dec 2024 19:29

I spent so much time filter poking and getting no where. I am frustrated. I have a headache for being on the screen so long. What do I do, life's rough when your not having fun.

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Re: Holy In Jerusalem
Posted by BenHashemBH - 01 Dec 2024 19:49

[stopsurvivingstartliving wrote on 01 Dec 2024 19:29:](#)

I spent so much time filter poking and getting no where. I am frustrated. I have a headache for being on the screen so long. What do I do, life's rough when your not having fun.

I'm sorry for your frustration Brother.

Perhaps you answered your own question and you need to have some fun.

What is geshmak for you that doesn't involve a screen?

Kol Tov

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 01 Dec 2024 19:50

Perhaps you answered your own question and you need to have some fun.

What is geshmak for you that doesn't involve a screen?

Pornography / Feeding my lust

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Re: Holy In Jerusalem

Posted by BenHashemBH - 01 Dec 2024 19:58

[stopsurvivingstartliving wrote on 01 Dec 2024 19:50:](#)

Perhaps you answered your own question and you need to have some fun.

What is geshmak for you that doesn't involve a screen?

Pornography / Feeding my lust

How do you normally feel after having fun?

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 01 Dec 2024 23:28

[BenHashemBH wrote on 01 Dec 2024 19:58:](#)

[stopsurvivingstartliving wrote on 01 Dec 2024 19:50:](#)

Perhaps you answered your own question and you need to have some fun.

What is geshmak for you that doesn't involve a screen?

Pornography / Feeding my lust

How do you normally feel after having fun?

That's a good question. The problem is we don't always want to think about the answer when our urges are hovering over our brains.

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