

GYE - Guard Your Eyes

Generated: 4 April, 2025, 18:13

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 stopsurvivingstartliving - 05 Dec 2024 23:48

Hours of scrolling and porn.

Could use some chizuk.

I'm not sure I am even in survival mode.

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Re: Holy In Jerusalem

Posted by Muttel - 06 Dec 2024 02:58

Ouch... feeling for you bro.....

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Dec 2024 13:45

[stopsurvivingstartliving wrote on 05 Dec 2024 23:48:](#)

Hours of scrolling and porn.

Could use some chizuk.

I'm not sure I am even in survival mode.

Its only a bit more than 12 hours since my last post, but so far so good. Hope to be able to get back into it.

Have a Good Shabbos!

-Surviving

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Re: Holy In Jerusalem

Posted by BenHashemBH - 06 Dec 2024 13:45

Sharing this over from the baalei battim side (shhhh, don't tell anyone)

"richtig" post=426615 date=1733431876 catid=17

"After someone mentioned that the holiest time of the year is the last moment on Yom Kippur, the Day of Atonement before the Gates of Heaven close, the Kotzker banged his fist on the table: "No, no, and no!" he yelled. "The holiest time," he continued, "is today. The holiest

person is you, and the holiest place is right here.””

Kol Tov Brother!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 08 Dec 2024 00:11

Found myself poking a bit but got no where.

Overall today was good.

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Re: Holy In Jerusalem
Posted by Muttel - 08 Dec 2024 10:37

Do you have a friend you can reach out to comfortably as soon as the first filter poking urge hits?

Methinks that's a potential game changer for you based on your trajectories....

#I'vebeentherebro

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 09 Dec 2024 00:41

Thank God I had a good day today!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 09 Dec 2024 23:35

I think for me today was a good example of "Yeridah L'tzorech Aliyah".

I managed to see some porn again, but this time I reached out to someone after and I agreed to add an admin to my filter account. Which means each request needs to be approved by this person. I hope this helps me moving forward. A lot of times I poked and poked and out of frustration end up masturbating. So I think this will be avoided.

I don't claim to that life's gonna be dandy now that I can't poke but at least I took a step in the right direction.

-Still Broken, But Surviving

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Re: Holy In Jerusalem

Posted by chaimoigen - 10 Dec 2024 00:09

Your resilience and grit to keep on going is very beautiful. You have my respect.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 10 Dec 2024 00:19

[chaimoigen wrote on 10 Dec 2024 00:09:](#)

Your resilience and grit to keep on going is very beautiful. **You have my respect.**

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This means a lot to me, thanks.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 10 Dec 2024 23:45

What an **unproductive** Clean Day!

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Re: Holy In Jerusalem

Posted by redfaced - 11 Dec 2024 15:51

[stopsurvivingstartliving wrote on 10 Dec 2024 23:45:](#)

What an unproductive **Clean** Day!

Im sure you meant it to look like this

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 11 Dec 2024 19:02

[redfaced wrote on 11 Dec 2024 15:51:](#)

[stopsurvivingstartliving wrote on 10 Dec 2024 23:45:](#)

What an unproductive **Clean** Day!

Im sure you **didn't** meant it to look like this

That sounds better.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 12 Dec 2024 00:31

Yet another unproductive**Clean** day!

@redfaced this time I agree!

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