

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 - 13 Dec 2024 13:31

Wasn't up for to much hours but the ones I was up were Clean.

Have a Good Shabbos!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 14 Dec 2024 23:12

Today was Clean!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 16 Dec 2024 02:34

I am not doing much "positive good" these days (to add to that look what time I am posting; Israel time) but at least I am clean!

At one point a urge hit me to masturbate, I went back and forth for a second, and then I told myself "your doing good / happy with yourself at the moment, don't do it" and moved on. Yay!

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Re: Holy In Jerusalem

Posted by amevakesh - 16 Dec 2024 15:57

Try tapping in to the lasting feeling of **pleasure** that you had from this victory. Then, when the next urge hits, try to recall what it felt like. Use it to combat the fleeting **pleasure** that the YH is offering. Hatzlacha! We're rooting for you!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 16 Dec 2024 23:39

What a f***en hard day.

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Re: Holy In Jerusalem

Posted by sunnyswan6 - 16 Dec 2024 23:44

[stopsurvivingstartliving wrote on 16 Dec 2024 23:39:](#)

What a f***en hard day.

Lol agreed! But tomorrow is a new day

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Re: Holy In Jerusalem

Posted by Hashem Help Me - 17 Dec 2024 12:31

To our dear friend. Sorry you are having it rough. At the same time, for your sake, please use finer language. Curse words, even not fully spelled, defile us. The sforim tell us that the bris halashon is parallel to the other bris, and one who is careful with language has an easier time staying clean. You will find that many of us use very graphic terminology here (penis, masturbation, sex, etc.). We davka do so to bring this "monster" called pornography/masturbation to clinical definitions, assisting us in dissecting it and conquering it. At the same time, you will notice that we do not use any street language or words that trigger others. Buddy, my intention is to assist; not to criticize. What was written is an opinion; feel free to ignore the advice. Either way much hatzlocha. Your resilience and determination are an inspiration.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Dec 2024 10:39

Just to be honest:

Yesterday I was able to find some porn (pictures no videos) and I ended the night with masturbation.

When life sucks and your not doing much with it there isn't a major drive to stay clean.

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Re: Holy In Jerusalem

Posted by Hashem Help Me - 18 Dec 2024 12:28

Is there someone - a life coach, rebbi, mentor - that can help you schedule your day in a productive manner?

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Re: Holy In Jerusalem

Posted by vehkam - 18 Dec 2024 13:38

Grab some life for yourself. Even if it's just a few minutes a day. Make that your anchor.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 18 Dec 2024 18:05

[vehkam wrote on 18 Dec 2024 13:38:](#)

Grab some life for yourself. Even if it's just a few minutes a day. Make that your anchor.

When you spend 24/7 in a place / system you don't want to be in, the string of the anchor snaps pretty often.

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Re: Holy In Jerusalem

Posted by vehkam - 18 Dec 2024 18:19

[stopsurvivingstartliving wrote on 18 Dec 2024 18:05:](#)

[vehkam wrote on 18 Dec 2024 13:38:](#)

Grab some life for yourself. Even if it's just a few minutes a day. Make that your anchor.

When you spend 24/7 in a place / system you don't want to be in, the string of the anchor snaps pretty often.

nevertheless, if you do something positive on a consistent basis, you can focus on that and then slowly implement the further changes needed to turn your entire life into something that you are proud of.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 19 Dec 2024 01:49

Today was nice and clean!

#TYH4GYE

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Re: Holy In Jerusalem

Posted by redfaced - 19 Dec 2024 02:25

[stopsurvivingstartliving wrote on 19 Dec 2024 01:49:](#)

Today was nice and clean!

#TYH4GYE

LEMME GET AN A-MEN BROTHAS AND SISTAHS !!

(Shame you lose the accent in typing)

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