

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 - 29 Dec 2024 21:48

Life is pretty boring. Spending **TONS** of screentime to fill that boredom just makes it a lot darker and depressing.

When nothing that's supposed to fill your day talks to you, then it's hard to be happy with your day to day life.

#CutTheStigma #GetMeOuttaHell #EinLanuAlMiLisha'enElaAlAvinu

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 30 Dec 2024 01:19

Friday, Shabbos and Sunday Clean!

I wanted to feed my lust today but couldn't really poke my filter because I have an admin.

#TYH4MYADMIN

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Re: Holy In Jerusalem
Posted by eerie - 30 Dec 2024 06:32

[stopsurvivingstartliving wrote on 30 Dec 2024 01:19:](#)

Friday, Shabbos and Sunday Clean!

I wanted to feed my lust today but couldn't really poke my filter **because I have an admin.**

#TYH4MYADMIN

Now, that sounds like a good idea...and I hope you are really proud of yourself for doing that!
And for the clean days! Proud!

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Re: Holy In Jerusalem
Posted by iwantlife - 30 Dec 2024 15:11

That's awesome! I know that feeling too, honestly it's a big relief. Keep it up!!

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Re: Holy In Jerusalem
Posted by stopsurvivingstartliving - 01 Jan 2025 01:31

Had a tiny slip today but otherwise doing good (read: only, ok lighting Menorah was good as well) in the Kedusha aspect.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 02 Jan 2025 00:22

Got a hold of some porn today and ended it off with masturbation. I don't even have a taiva to masturbate again now in the shower because the last time I did it twice in one day I had cramps for the next few hours.

The darkness of Yiush is what I see when taking a peek into my binoculars.

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Re: Holy In Jerusalem

Posted by simchastorah - 02 Jan 2025 06:37

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Re: Holy In Jerusalem

Posted by odyossefchai - 02 Jan 2025 13:44

Lived the yiush for 25 years.

But there are ways to break free.

What are you doing differently than last time you fell?

What are you doing at the moment? Have you reached out and gotten help?

Some physicist (don't know who) said that items moving, won't stop unless something stops them.

So humans are the same. If we do the same things we have done, then the results will stay the same.

Nothing is going to change 'by itself'

do you have people to talk to? Friends? People that understand what you are going through?

Not just on the forums here but people you can call regularly to shmooze and boost you up?

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Re: Holy In Jerusalem

Posted by Muttel - 02 Jan 2025 13:53

[stopssurvivingstartliving wrote on 02 Jan 2025 00:22:](#)

Got a hold of some porn today and ended it off with masturbation. I don't even have a taiva to masturbate again now in the shower because the last time I did it twice in one day I had cramps for the next few hours.

The darkness of Yiush is what I see when taking a peek into my binoculars.

Boy do I know what yiush feels like.... though if I'm being honest, my feeling of yiush isnt necessarily the same as yours..... hence, all I can say is I feel your pain, brother, and hope you can pull out....

Muttel

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Re: Holy In Jerusalem

Posted by jollylemur95 - 02 Jan 2025 14:17

Ouch!

I feel your pain brother. It is so tangible it can be cut with a knife.

Try to look back at all you accomplished until now. Take pride in it because it can never be taken away from you!

It should serve as a springboard to even greater accomplishments be"h. You see you have it in you to do!

Chazak V'amatz1

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Re: Holy In Jerusalem

Posted by yiftach - 02 Jan 2025 21:39

In a quaint diamond store, a diligent worker dedicated his days to the art of crafting stunning gems. One fateful afternoon, however, as he polished a particularly exquisite diamond, his hand slipped, and the unthinkable happened—the diamond shattered. Overcome with embarrassment at his blunder, he chose to remain silent, believing that confession would only compound his shame.

As days turned into weeks, the worker found himself unable to face his boss, the weight of his guilt creating an invisible barrier between them. The unease festered within him, and rather than confront the situation, he increasingly avoided his employer. When a rival jeweler extended an enticing job offer, he seized the opportunity as an escape from his shame, oblivious to the heartache it would bring.

Unbeknownst to him, his departure pierced his boss deeply. Driven by concern, the owner approached the worker and gently expressed his feelings, “I understand why you chose to keep the diamond’s mishap to yourself. Your avoidance is also something I can relate to. But if your choice to escape your embarrassment means abandoning your responsibilities and hurting me further, that is a burden too heavy for me to bear.”

When a person stumbles and falls, the Ribono Shel Olam reassures us: "I can handle this; there's always a path for teshuva." Yet, succumbing to yiush is a different matter altogether. Choosing to give up, is like joining the competition instead of facing one's mistakes, which causes even greater harm than the initial fall itself.

Of course it hurts, but don't throw in the towel buddy! As they say in Hebrew "????? ?? ????,
????? ?? ?? ??!"

With much love,

- Yiftach'I

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Re: Holy In Jerusalem

Posted by hopefulposek - 03 Jan 2025 02:07

Hey, I just saw your post and wanted to give you a hug and extend my hand to help you up and get you back on your feet. You are a strong warrior in this battle and sometimes you fall but you keep getting up which is the only way to keep going. At this point take it one day at a time.

You have a lot of friends supporting you here, keep reaching out and posting.

I am feeling such powerful emotions for you that I can't even think of any unsolicited advice to give, just boundless love and care.

Hatzlacha hang in there!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 03 Jan 2025 13:30

Of course it hurts, but don't throw in the towel buddy! As they say in Hebrew "????? ?? ????,

????? ?? ?? ??"!

I thought it goes "[????? ?? ???, ?????? ?? ?? ??](#)"!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 05 Jan 2025 22:36

Can someone explain to me how to leave yeshiva without giving my relatives a minor heart attack?

#AvarnuEtHayamNaavorGamEtZeh

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