

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 odyossefchai - 06 Jan 2025 02:16

Speak to someone for guidance (did I hear someone say HHM?)

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Re: Holy In Jerusalem

Posted by Hashem Help Me - 06 Jan 2025 02:54

[yiftach wrote on 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 yish 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'l

Gorgeous mashal. Halevai we can all keep this in mind!

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Re: Holy In Jerusalem

Posted by chaimoigen - 06 Jan 2025 15:03

[chaimoigen wrote on 05 Jan 2025 23:49:](#)

[stopsurvivingstartliving wrote on 05 Jan 2025 22:36:](#)

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

#AvarnuEtHayamNaavorGamEtZeh

Sounds rough.

I would first ask, friend, where do you want to go?

The first step would be to have a somewhat developed plan. Vayeileich is usually better than Vayeitzei.

The step of how to deal with relative's reactions would, I think, be connected to the way to sell the alternative plan...

Just to clarify:

I am not advocating Vayeilach.

Yiftach's deep and touching Mashal (which I just saw) could be applicable here too.

My point is that a person need to know **what he wants**. Not just **what he doesn't want**.

That's one of the hardest questions. But it is probably the question that comes before anything else.

Here's a hug,

??? ???? ????.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Jan 2025 22:57

I would like to try a new tactic, I am not sure it's the right way to go but for me it may be:

I would like to split my Ruchniyus into two different entities. SSSL1 and SSSL2. Part 1 of me is anything related to Kedusha. Part 2 is all other things such as how much I learn a day, if I daven with a minyan, if I had a productive day etc.

The point of this is that right now part 2 of my Ruchniyus freaken sucks. I really am not doing good and I don't know what the long term plan is. Part 1 of me -in the moment- isn't either doing good, from porn to masturbation and staring on the streets (in a way I tell myself that it isn't). In the past I had good times in the battle of kedushah. But lately I practically gave up. I think a big reason for this was because my part 2 was horrible. This gave me a bad feeling about myslef and I therefore was ready to throw in the towel.

Moving forward I hope this tactic works. This way at the end of a Clean day I can look at the part 1 of me and say WOW! you did it! Without the negative self talk telling me "your proud of yourself? you haven't learned a word today".

As an end note, I don't know if this makes sense and if it will help me in the kedusha battle, but I am trying my luck. I am trying to psychologically trick myself and am hoping for the best.

Replies are welcome.

visible to others that I am staring

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Jan 2025 23:05

Okay my Major idea gave me the confidence to delete a Gmail account I would turn to the past few days as a pacifier. I am proud of SSSL1!

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Re: Holy In Jerusalem

Posted by Markz - 07 Jan 2025 04:33

[stopssurvivingstartliving wrote on 06 Jan 2025 22:57:](#)

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Moving forward I hope this tactic works. This way at the end of a Clean day I can look at the part 1 of me and say WOW! you did it! Without the negative self talk telling me "your proud of yourself? you haven't learned a word today".

As an end note, I don't know if this makes sense and if it will help me in the kedusha battle, but I am trying my luck. I am trying to psychologically trick myself and am hoping for the best.

Replies are welcome.

if you actually wanna get somewhere, then I would suggest you break it out like this.

Part 1 is anything related to Kedusha, learning, Daven with a minyan...

visible to others that I am staring

Part 2 will be if you had a productive day etc.

Focus on Part 2

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 09 Jan 2025 01:46

Don't know if it has to do with my new tactic or not but: Today and yesterday SSSL1 Clean!

PS I still use every urge on the street as an opportunity to look (instead of an opportunity to not look). Not really fantasizing to do anything with them but just enjoy seeing it, does that make sense?

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 10 Jan 2025 13:22

Today and Yesterday Clean!

PS I've been to holy places recently and had the family in mind.

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Re: Holy In Jerusalem

Posted by BenHashemBH - 10 Jan 2025 13:40

[stopsurvivingstartliving wrote on 10 Jan 2025 13:22:](#)

Today and Yesterday Clean!

PS I've been to holy places recently and had the family in mind.

Thank you!

Have a beautiful and Holy Shabbos in Jerusalem!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 12 Jan 2025 00:29

Shabbos Clean!

Though I am doin pretty good the last few days on P and M I still dread a whole week in front of me. Help!

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Re: Holy In Jerusalem

Posted by hopefulposek - 12 Jan 2025 00:37

Just keep being in touch with the chevra, your gonna do great!

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Re: Holy In Jerusalem

Posted by eerie - 12 Jan 2025 04:54

[stopsurvivingstartliving wrote on 12 Jan 2025 00:29:](#)

Shabbos Clean!

Though I am doin pretty good the last few days on P and M I still dread a whole week in front of me. Help!

My dear friend, you don't have to do the whole week. Just today. Just today. Just today. Just today.

One more thing: you just have to do today

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Re: Holy In Jerusalem

Posted by simchastorah - 12 Jan 2025 06:10

I agree with everything in eerie's post I just want to add one thing - you just have to do today (not sure why he didnt mention that, ??? ????? ????? ??????? ??)

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 14 Jan 2025 10:21

Sunday and Monday Clean! Marking one week!

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