

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.

=====

=====

Re: Holy In Jerusalem

Posted by wantingbetter - 05 Feb 2025 01:08

Ice fishing?

=====

=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 06 Feb 2025 00:02

2 weeks to masturbation Clean!

3 days to porn Clean!

=====

=====

Re: Holy In Jerusalem

Posted by wantingbetter - 06 Feb 2025 00:56

LETS GOOOOOO!!!!

LEGEND ICE FISHER!!!!

=====

Re: Holy In Jerusalem

Posted by Muttel - 06 Feb 2025 09:28

[stopsurvivingstartliving wrote on 04 Feb 2025 23:26:](#)

13 days to masturbation Clean!

2 days to porn Clean!

I got myself erect (is that a word?) in the shower but with Gods help I was able to stop there.

Just wanted to share a conversation I had with a fellow GYE'er:

GYE'er: So what do you like to do for hobbies?

SSSL: sexual pleasure

SSSL: i kind of had points chol hamoed that i wanted to do nothing other than delve into sexual pleasure

Oh so painful!

SSSL,

276 days ago I would've answered precisely how you did, if I was being honest. I've come to peace with the fact that I was in that mode of existence, and know that it's possible to get out.

Making peace with ourselves, our frailties, our urges, our desires, and our falls, is key to getting clean....

=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 07 Feb 2025 01:42

15 days to masturbation Clean!

4 days to porn Clean!

=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 09 Feb 2025 00:20

17 Days clean to masturbation!

6 days Clean to porn!

#TYH

=====

Re: Holy In Jerusalem

Posted by simchastorah - 09 Feb 2025 18:39

That's freakin heroic frankly

To explain what I see as the heroism - when you fall to p* you lose your 'streak', and you don't

feel clean. So if your staying clean is about a streak or a clean feeling, you throw up your hands and say 'oh what the heck.' To stay clean even when you have 'lost your streak' etc and say 'hey maybe i fell in this one thing but that doesn't mean i have to fall in the other' means you are sechel motivated, and that is the bottom line of everything good.

=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 11 Feb 2025 01:12

19 days Clean to masturbation!

8 days Clean to porn!

TBH I am watching this series on youtube that is totally "kosher" the problem is they have to stick in some romantic scenes in there, which I can't say it doesn't turn me on. So besides the hours spent on it which doesn't come with a good feeling I have this problem as well. I am not ready to stop watching these but I wanted to put it out there.

Something I am discovering lately is, at the moment my goal when I wake up is to survive the day. Anything I can do to avoid facing real life and it's challenges I pursue. Something that can take my mind away from thinking. Hence my hours of screentime.

What's the eitzza, you ask? I am working to get there, but at the moment these are how my days play out. So if you ask how's life, there is two honest answers. Day to day, amazing, who doesn't enjoy hours of youtube. Overall, looking at the big picture, life sucks.

Sorry for the rant guys I just wanted to put this out there,

stopSURVIVINGstartliving

=====

Re: Holy In Jerusalem

Posted by lamaazavtuni - 11 Feb 2025 05:25

I reiterate my old offer....

=====
=====

Re: Holy In Jerusalem

Posted by azivashacheit101 - 11 Feb 2025 06:51

Hi I'm a bocher in a Yeshiva in Yerushalaim, I recently met with a Rebbe from an American Yeshivah here. He was extremely helpful, professional and non-judgemental. He really knows what he is doing and fully assessed my situation and gave me much needed hadrachah. I suggest that you meet with him or at least speak to him on the phone. Feel free to email me baalteshuvawithazivashacheit@gmail.com and I will send you his name and phone number. Keep up the great and difficult work and keep in mind that you are a good and special person!

=====
=====

Re: Holy In Jerusalem

Posted by amevakesh - 11 Feb 2025 16:55

[simchastorah wrote on 09 Feb 2025 18:39:](#)

That's freakin heroic frankly

To explain what I see as the heroism - when you fall to p* you lose your 'streak', and you don't feel clean. So if your staying clean is about a streak or a clean feeling, you throw up your hands and say 'oh what the heck.' To stay clean even when you have 'lost your streak' etc and say 'hey maybe i fell in this one thing but that doesn't mean i have to fall in the other' means you are seichel motivated, and that is the bottom line of everything good.

Compound this, by the fact that you're not in a situation that you're happy with. SSSL you are ????? all of us that find ourselves in challenging life circumstances to keep on fighting no matter what. ????? ???? Hashem sees the struggle.

=====
=====

====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 12 Feb 2025 01:03

20 days Clean to masturbation!

9 days Clean to porn!

Anyone out there who hasn't have the courage (which is totally understandable) to make a phone call yet I highly recommend you join a vaad. You do not have to talk at all besides announcing your username or any name you use every week. It might be a good way to hear other real people out there struggle and may make it easier for you to open up to other people (whether on the vaad or in private).

Good Night,

SURVIVING

=====
=====

Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 12 Feb 2025 23:16

10 days Clean to porn!

Unfortunately I masturbated in the shower. Facts are I should not let it pull me down. Besides that it does no gain, I think the amount of "wins" I had since my last fall I should throw a party. Today I had a really stressful thing that I had to deal with. I tried staying come. Then I numbed with some youtube. I thought I got rid of the "feeling". I go into the shower get an urge and a few minutes later...

It's really amazing that most times I fall it was a split second decision after getting the urge that

makes me fall. Once I give in and "start" it really is murderous to get out and it's a usually a lost case by then.

I am not sure my fall was a direct hit from the stress today. When I got into the shower I felt calmed down. So either I justified it by blaming it on my stress or it was still in my subconscious. Either one I did the wrong thing. Either one I am still a good person.

Good Night Guys!

=====

Re: Holy In Jerusalem

Posted by jollylemur95 - 13 Feb 2025 15:36

[stopsurvivingstartliving wrote on 12 Feb 2025 23:16:](#)

10 days Clean to porn!

Unfortunately I masturbated in the shower. Facts are I should not let it pull me down. Besides that it does no gain, I think the amount of "wins" I had since my last fall I should throw a party. Today I had a really stressful thing that I had to deal with. I tried staying come. Then I numbed with some youtube. I thought I got rid of the "feeling". I go into the shower get an urge and a few minutes later...

It's really amazing that most times I fall it was a split second decision after getting the urge that makes me fall. Once I give in and "start" it really is murderous to get out and it's a usually a lost case by then.

I am not sure my fall was a direct hit from the stress today. When I got into the shower I felt calmed down. So either I justified it by blaming it on my stress or it was still in my subconscious. **Either one I did the wrong thing. Either one I am still a good person.**

Good Night Guys!

I love the attitude! Realizing that something was wrong and taking responsibility for it. But Just as much not letting it define you. I can only say that my impression of you that is that your are not just a good person but an elevated one and a true mevakesh!.

=====

=====