

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 proudyungerman - 30 Jun 2025 23:25

Glad to hear, my friend!

KOMT!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 08 Jul 2025 04:36

Reporting a win!

Found a loophole, went on there and saw a softcore picture. I could have went further and saw more softcore stuff which would have been very triggering now that I am clean several days. I went a head and clicked my filter extension and blocked the site. Now if I want to open it I need my admin's approval.

I don't believe it myself, but when there is something motivating you it makes the battle a whole lot easier.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 10 Jul 2025 00:07

The following post is really a confession but I am not writing it to bring out a point. Facing what I am gonna write will be hard for me but something is telling me to do it.

For a nice tekufa I got my hands on some movies / TV shows. I generally kept away from the bad rated ones. I mainly watched action over romance. Now even though it wasn't titled "romance" they still stick in a lot of it. The things I watched weren't so clean either. Sex was bought up all the time in the scenes (nothing hard core).

Most of the period I was watching these stuff I was masturbating at night. I somewhat gave up. Stopped posting. Stopped keeping in touch. **Stopped living, Period.**

I never associated this to the fact that I am watching. I wasn't watching porn after all, not even soft core. Lately Baruch Hashem I stopped. Not because I wanted to but because Hashem made me.

Since then I was pretty much clean. Since then I don't think I masturbated. Since then the battle was much more pleasant.

I was thinking one day, WHAT IS PSHAT? How come I am finally able to do it?

And then it hit me. The sex scenes, the talk about sex, was going right into my subconscious. Then at night in the shower an urge would hit me to masturbate and I would do it. Once I stopped watching all this poison (@Chaim_Oigen always says after watching porn there's that

poison in your blood, I am saying these non pornographic stuff can be poison as well) things got much easier.

So all those out there watching soft core / romantic scenes, first of all I am not saying it's an easy one to stop. I can't say I wouldn't be watching if Hashem wouldn't have stopped me. I know how "geshmak" it is to sit down to a show you've spent hours following already.

But, if kedusha is a struggle and you never thought it's related to this, rather blaming it only on the hard core porn stuff. You may want to rethink. From my experience the case can be different.

Hatzlacha Raba,

living

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Re: Holy In Jerusalem
Posted by chaimoigen - 10 Jul 2025 00:17

Amazingly important post!!

thank you!

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Re: Holy In Jerusalem
Posted by trueme - 10 Jul 2025 02:44

[stopsurvivingstartliving wrote on 10 Jul 2025 00:07:](#)

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Hatzlacha Raba,

living

Wow, so true. In my experience I have found watching the "non P" stuff leads to watching explicit stuff, and even P. The avoda is...stay the HELL AWAY! (Even from the less "hellish" stuff)

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Re: Holy In Jerusalem

Posted by alex94 - 10 Jul 2025 06:53

[stopsurvivingstartliving wrote on 10 Jul 2025 00:07:](#)

after watching **lust arousing content** there's that poison in your blood

FTFY

Very important truth. Our brain plays oh so many games and labeling techniques to "help" us get what we "need".

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 15 Jul 2025 05:18

Thank God I am still clean. I am happy to say I was able to - with Hashems help - turn down some temptations that came my way.

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Re: Holy In Jerusalem

Posted by boardg - 14 Aug 2025 03:17

hey. how are things going. long time no hear.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 14 Aug 2025 15:21

Thank you @boardg for checking in.

Knana Hara things are going very good. I really wouldn't be where I am today without the GYE family.

I think I can fairly say **I am not surviving I AM LIVING!!!!!!!!!!**

Thank You Hashem!!!!

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Re: Holy In Jerusalem

Posted by cleanmendy - 14 Aug 2025 16:14

Thanks for the great update, we wait anxiously to hear from you!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 14 Aug 2025 18:12

I just want to report a win.

Something came up that wasn't the worse thing in the world. If I would have spent time and walked into the trap after some time it would have been really not good for me. Baruch Hashem with Hashem's help I was able to get out of it before it got bad.

This is the Yetzer Hara's tactic. If a guys doing good then he has to creep in with a not-so-not-kosher thing. This way you fall in. Slowly but surely you get sucked up and it develops into what the Y"H had in mind all along.

This was me over today and yesterday. I was thankfully able to put the courage together and stop it before it was too late.

Thank You Hashem!!!

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Re: Holy In Jerusalem

Posted by tzaddikvikam13 - 20 Aug 2025 06:04

[stopsurvivingstartliving wrote on 14 Aug 2025 15:21:](#)

I think I can fairly say **I am not surviving I AM LIVING!!!!!!!!!!**

I wish I could say the same for myself.

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 20 Aug 2025 22:51

[tzaddikvikam13 wrote on 20 Aug 2025 06:04:](#)

[stopsurvivingstartliving wrote on 14 Aug 2025 15:21:](#)

I think I can fairly say **I am not surviving I AM LIVING!!!!!!!!!!**

I wish I could say the same for myself.

Ask me a couple months ago I wouldn't have thought I would get here. Everything is possible.
Thank you Hashem!

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Re: Holy In Jerusalem

Posted by tzaddikvikam13 - 20 Aug 2025 23:02

[stopsurvivingstartliving wrote on 20 Aug 2025 22:51:](#)

Ask me a couple months ago I wouldn't have thought I would get here.

Same here.

Warning: Spoiler!

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