

GYE - Guard Your Eyes

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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 - 04 Sep 2024 22:12

TThank god I made it through clean without another fall. I hope to stand back up tomorrow and stand strong!

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Re: Holy In Jerusalem

Posted by hopefulswan89 - 04 Sep 2024 22:56

[stopsurvivingstartliving wrote on 04 Sep 2024 22:12:](#)

TThank god I made it through clean without another fall. I hope to stand back up tomorrow and stand strong!

Your Gye friends are rooting for you. Chazak!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 05 Sep 2024 08:42

Had these thoughts fly through my head and I need the oilam's opinions weather it's the YH or coming from a better place.

As I posted in the past I am currently battling P (not such a battle because I don't have access to it) and M. On the streets I don't fight myself bchlal I just look. So now I get these thoughts that "so what your not watching porn on a screen but on your watching it on the streets" (call it soft core if you want). So I am no shaychas anyway... I understand there is some truth to this but I still think what I am doing is something.

What do YOU think?

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Re: Holy In Jerusalem

Posted by chaimoigen - 05 Sep 2024 10:42

[stopsurvivingstartliving wrote on 05 Sep 2024 08:42:](#)

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What do YOU think?

I'm very well acquainted with the Yetzer Hora, he always claims to be a friend of mine, so I know his style well. This argument is a classic of his.

Here are a few reasons why he is wrong:

1. Every bit of fighting is valuable. Because that fact that you hold back and avoid porn, that you don't go and seek it out even as you feel its powerful pull- that's YOU fighting. If you're a fighter then you're not "no shaychus ", you are in the battle. That's the same Koach that gives you the courage to hold on and not fall a second time after a first fall, which has immeasurable value in building yourself up in so many ways.

2. There's a huge difference in a fall that you actively seek out, and one that happens when the situation comes to you.

3. And there's a world of a difference between what porn does to you and what lusting in the street does to you. The level of poison in the blood doesn't compare.

Friend -you are a fighter. You held on for pretty much the whole Bein Hazmanim! You certainly "have Shaychus"!

Now it's time to start controlling your eyes in the street. Start with a little, doable step. (Like avoiding certain places by day).

That will help everything else become easier.

Don't listen to the YH's Sevoros, he ain't your friend.

Much continued Hazlacha,

Chaim Oigen

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Re: Holy In Jerusalem
Posted by chosemyshem - 05 Sep 2024 16:07

[stopssurvivingstartliving wrote on 05 Sep 2024 08:42:](#)

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What do YOU think?

Not much to add to R' CO's very articulate post.

But a good rule of thumb is anything saying "I am no shaychas anyway" is directly quoting from p. 22 of the Yetzer Hara's playbook.

Buddy, I've been on most of the streets of Jerusalem and idk where you're walking but they def. This is a joke. Chill.)

Of course someone can be "only" looking at women on the streets and be equally sick with lust as someone watching porn. (See [this post](#) as a random example.) But from your posts it sounds like you are nowhere near that level (correct me if I'm wrong here.) You aren't going at to specific places to look at women, you aren't following people around, you aren't obsessing over them.

Generally speaking, men have eyes and shmiras einyayim on the street is a real, lifelong fight. Don't knock the level you are holding. You haven't gone and searched out porn (despite your "lack of access", when there's a will there's a way). You're fighting the good fight with masturbation. And your "street looking" is (probably) "normal" and can be dealt with.

As R' CO said, take a step towards controlling yourself in the street. Keep on working on masturbation, keep on connecting, keep on learning (are you reading TBOTG?), keep on

fighting. And be proud of where you've gotten.

Keep on proudly trucking!

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 05 Sep 2024 20:49

Fell really bad today. I feel like a sucker for falling. But tbh I don't feel bad mitzad the sin shebo!
I think I am screwed up

Warning: Spoiler!

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Re: Holy In Jerusalem

Posted by hopefulswan89 - 05 Sep 2024 20:51

why do you think you are screwed up? You were doing very well.

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Re: Holy In Jerusalem

Posted by BenHashemBH - 05 Sep 2024 21:08

[stopsurvivingstartliving wrote on 05 Sep 2024 20:49:](#)

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I'm sorry friend, but I have 'bad' news for you

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Re: Holy In Jerusalem

Posted by chosemyshem - 05 Sep 2024 21:19

[BenHashemBH wrote on 05 Sep 2024 21:08:](#)

[stopsurvivingstartliving wrote on 05 Sep 2024 20:49:](#)

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I feel like I hashkafically disagree with this. Of course, everything Hashem does is for the ultimate good. And it's also correct for the short term, whether we see it or not. But, like, there are things that are "abnormal" and "screwed up". Certainly the things we do can "screw up" ourselves. That's the meaning of bechirah, like it or not.

Getting cancer is pretty screwed up. Someone strung out on heroin has screwed themselves up pretty badly.

All that being said, someone masturbating themselves occasionally is probably not screwed up. They're probably just a normal dude.

(Always worth a call to Dov to talk over if they are sick with lust addiction though.)

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Re: Holy In Jerusalem

Posted by stopsurvivingstartliving - 05 Sep 2024 21:37

Just want to spill some honesty (not seed):

I joined the GYE way back chanukah time. I called GYE and they told me to contact someone. Months later I found out who he was (HHM), at the time I didn't even know he struggled. He pumped some motivation into me and got me going a nice streak both on P and M. I had a few falls to P afterwards and a nice amount to M. I came to israel and starting wasting seed a few times a week. Felt very guilty but didn't know what to do (was too embarrassed to call HHM and tell him I am falling again, because I felt that he thought I am fixed and I felt bad telling him his

hours on the phone with me lost there frishkeit). At one point I saw a sign up from someone saying he struggled from the worst parts of the internet for years. He wrote how even after all that there is hope. He gave his email address. I contacted him and he suggested I join GYE (and of course read TBOTG). So I joined and it helped me for a while. The past month and a half I only wasted 4 or 5 times. Amazing compared to my post-pesach pre-GYE days! (I wish I can internalize this accomplishment and pump my low self esteem with it).

But something that was on my mind the whole time is: "I don't really want to change" (I was gonna right "do I really want to change, but I would have got back in response. "You do! It's your YH telling you otherwise..."). I just stop doing it because if I live that life I will walk around with a million pounds of guilt, which feels horrible. The guilt is what stops me. That is my motivation. So my question is what to do. On top of that my ruchniyus stinks these days so I don't have the "shteiging motivation" it's more like "ok add the porn watching and mz"l to the list of sins", "it just makes the pile a bit higher, big deal". I am zapped from being an oived hashem and don't have much patience doing much.

PS some of this was just venting, I am not sure it all has to do with each other.

Have a wonderful day Truckers!!!!

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Re: Holy In Jerusalem
Posted by BenHashemBH - 05 Sep 2024 21:46

[chosemyschem wrote on 05 Sep 2024 21:19:](#)

[BenHashemBH wrote on 05 Sep 2024 21:08:](#)

[stopsurvivingstartliving wrote on 05 Sep 2024 20:49:](#)

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(Always worth a call to Dov to talk over if they are sick with lust addiction though.)

You are right Shem.

Sorry for writing it in a confusing way. Of course we can choose things that are not correct. What I meant to refer to was that his life is not henceforth screwed up (my spoiler responding to SSSL's spoiler).

Thank you for clarifying!

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Re: Holy In Jerusalem
Posted by 138eagle - 05 Sep 2024 21:48

Wow that is heavy.

Not much to say.

Just, Brother, I feel your pain.

Here is a warm hug.

Hang in there. We are here for you as much as we can be. We will listen to you vent and commiserate with you. We know you have it in you to,

1. Really want to change.
2. Really change.

you are part of 'us truckers'

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Re: Holy In Jerusalem

Posted by yitzchokm - 05 Sep 2024 23:03

How about answering the three questions in the Flight to Freedom program on paper or the computer, what bothers me with my current behavior, what are the worst things that can happen to me if this continues, what are the best things that can happen to me if I change, and also setting your core values from the program, choosing five from the list. The answer to the three questions should include a lot about your day-to-day life and not just spiritual aspects. It is when you see how it ruins your regular life that you beat the Yetzer Hora because to that he has no answer. Answering the questions should take up a few pages. I am not following your thread so I may be off target.

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Re: Holy In Jerusalem

Posted by chaimoigen - 06 Sep 2024 05:07

I think that you are hitting an important point.

If you only don't want to engage in masturbation and porn because you'll feel guilt afterwards, and because you don't want to go to gehennom, maybe, or get zapped by Hashem, you have a problem. Because you don't **WANT TO CHANGE**. You do not **want** Tahara/sobriety/cleanliness/Kedusha. You only want to not get zapped.

Is that the case? Do you have any other motivation? When you are clean, do you feel good? Do you feel good about yourself when you're on your streak, when you hung on and overcome? Are there moments that you feel that Hashem is worth a. Relationship other than in relations to him as "Zapper In Chief" ? Is there a positive to a life in which are aren't compelled to open your zipper or stare down the shirt of passing women?

I suspect that there may be more to what you are feeling than guilt.

And I wonder if major falls taking place right when the Elul Zman starts may not be an unhappy

coincidence

Here for you friend. Becuase I think there is more to what you want out of life than you are letting yourself realize....

Maybe I'm wrong.

But I'm still here for you.

Have us in mind, please. Look up at the impossibly blue Jerusalem sky and daven for me. Cause I wish I was there now, actually.

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