

Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 08 Jan 2025 13:14

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I'm 31 years old, and I've been battling masturbation and pornography for 19 years now, with, of course, ups and downs. My longest break was managing to hold out for six months, but I always ended up going back to this bad habit, which creates problems in all areas of my life. Despite prayers, studying the Torah, marriage, and having children, and with filters on my computer and phone, I have always fallen back into this bad habit.

This is the first time I'm talking about it on a forum, and I hope to find with you that extra strength to finally, with God's help, succeed in overcoming the *yetzer hara*

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 02 May 2025 07:17

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day 5 clean!!

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - 05 May 2025 07:55

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day 6 - 7 - 8 clean !!

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Re: Seeking Strength to Overcome Yetzer hara

Posted by yoshi - Yesterday 10:19

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day 9 clean !!

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