

Struggling.

Posted by Hashem\_echad - 15 Oct 2018 21:40

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Hi guys just wanna say first off the amount of group support and understanding for one another is a tremendous chizuk and I really appreciate all of you and especially GYE for everything you do ! Just a Q just a 23 year old getting married soon bh very happy. But I'm still struggling with masturbation but not pornography Anymore and it drives me nuts that i can't shake it I have these up and down streaks.. I mean I used to struggle with both but these days it's just the Masturbation. What's my next best move ? I've slipped already on the taphsic method and fasted many times. And I'm scared of the 12 steps meetings. If anyone could help give an eitzah would be amazing and really appreciated.

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Re: Struggling.

Posted by Hashem\_echad - 16 Oct 2018 19:53

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Imyh the wedding is in 2 weeks !

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Re: Strugglin

Posted by mzl - 16 Oct 2018 20:09

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[Hashem\\_echad wrote on 16 Oct 2018 19:37:](#)

Also I would add that bh. We have a great relationship so far. And i am very excited to grow with her and build a family with her I highly respect her and care about her , in a non sexual way. This isn't a situation wher I'm just excited for the wedding night. Just wanted to clarify.

You are better off than I was then.

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Re: Strugglin

Posted by Hashem Help Me - 16 Oct 2018 22:18

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There is nothing wrong with telling the kallah "Please let's save these discussions for marriage. Maybe you are not aware but discussing these inyonimpose challenges for boys. Don't worry, i am really looking forward, but all in the proper time. i really appreciate your understanding". May your chasuna be b'sha'ah tova umutzlachas! May Hashem bless you with building a home that is kadosh, geshmak, healthy, and full of zeesa kinderlach!

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Re: Struggling.  
Posted by mzl - 16 Oct 2018 23:15

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[Hashem\\_echad wrote on 16 Oct 2018 19:53:](#)

Imyh the wedding is in 2 weeks !

Get a shomer for the next two weeks then?

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Re: Struggling.  
Posted by Hashem\_echad - 17 Oct 2018 01:36

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What do you mean?

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Re: Struggling.  
Posted by mzl - 17 Oct 2018 03:50

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[Hashem\\_echad wrote on 17 Oct 2018 01:36:](#)

What do you mean?

Stay by someone for two weeks so you are never alone.

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Re: Struggling.

Posted by farblunjet - 22 Oct 2018 19:29

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Usually that recurring thought is what makes us crash. Keep connected with the oilam here. The chizuk is incredible.

Yea, i never really believed it till recently. I was so convinced that is not the case and there's no way i cannot go for more than a few days. Now i've realized it's more emotional and psychological than anything else.

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