

keeping focused

Posted by EfitheUndertaker - 22 Apr 2024 15:38

Hi I am in a "top" b"m and have been struggling with M for years, I try to Quit but every time I see some people I get Triggered and feel so depressed that I cant have it I just wish someone would get me out.

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Re: keeping focused

Posted by iwannalivereal - 22 Apr 2024 16:16

Hey there and welcome to the club!

Although you may not believe it, there are many of us here who have learnt in top yeshivos around the country and in eretz yisroel. You are not alone in your struggles. And the same way many of us have broken free, you can too!

All the best,

iwannalivereal

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Re: keeping focused

Posted by jackthejew - 22 Apr 2024 17:30

Welcome! I went to some pretty decent Yeshivos as well, and it's great to have you here!

Warning: Spoiler!

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Re: keeping focused

Posted by yitzchokm - 01 May 2024 03:56

Welcome to the GYE community. It is great that you posted. Many people including myself have M for a long time and have broken free through GYE. You will eventually get there as well. I suggest that you do the Flight to Freedom program, and regularly read the book The Battle of the Generation which many people on GYE are reading. Here is the link to the e-book: <https://guardyoureyes.com/ebooks/item/the-battle-of-the-generation>

You will learn in the Flight to Freedom program that getting depressed about past failures leads to more falls. Instead, you should brush yourself off, realize that you made a simple mistake, learn from your mistake what you can do better next time, and move on. You will be learning many new techniques about how to overcome challenges and eventually you will be a free man. Read through some threads and make friends. Keep on posting and sharing and keep trucking.

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