

A struggling bochur

Posted by Shnitzel and kugel - 26 Jun 2018 19:00

Hi, everyone I'm a 21 year old bochur, struggled with masturbation since 14! Went to Yeshivah and bh had no access to technology so it wasn't really a issue then when I got a smartphone 2 years ago the issue started again. Bh I discovered this website 3 weeks ago, then I installed webchaver and iml very careful now with Shmiras ainayim whilst walking in the street, and I've also joined the 90 day challenge and I'm currently 16 days clean! lyh many more day by day with the eibishter's help!

Any other bochurim out there in my boat?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 16 Oct 2018 04:48

Thanks everyone for the responses and great tips!

Bh day **#128!**

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Re: A struggling bochur

Posted by Shnitzel and kugel - 18 Oct 2018 00:50

[i-man wrote on 14 Oct 2018 19:45:](#)

Aside from Rav and therapy iy'H at the right time it would be kdai to have a discussion with one of the Gye Madrichim

Kutgw!

Who are the madrichim you're referring to?

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Re: A struggling bochur

Posted by Hakolhevel - 22 Oct 2018 01:43

[Shnitzel and kugel wrote on 14 Oct 2018 14:59:](#)

How do I get rid of those spoiler emojis?

And I thought it was a joke, a play on you being a giving person. I kept clicking the spoilers and it kept giving me another one

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Oct 2018 05:33

Day #134!

Just saying I had big urges to act out tonight, but what's the point in having 30 sec enjoyment which will cause me 30 days of feeling depressed!

P.s. honestly this mindset is the only thing currently keeping me clean....

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Re: A struggling bochur

Posted by Realestatemogul - 22 Oct 2018 05:49

I also had serious urges today. B"H I am with you on this and will stick with long term happiness over short term pleasure.

How does chazal or the program address these post "sobriety" urges?

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Re: A struggling bochur

Posted by Gevura Shebyesod - 22 Oct 2018 10:45

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Re: A struggling bochur

Posted by Gevura Shebyesod - 22 Oct 2018 10:46

[Shnitzel and kugel wrote on 22 Oct 2018 05:33:](#)

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Re: A struggling bochur
Posted by Hakolhevel - 22 Oct 2018 22:41

Great. Keep it up.

I find when I'm being rational and reasonable it's easy (easier) to stay clean. The problem is lust can bring you to a irrational place. What do you do then?

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Re: A struggling bochur
Posted by Shnitzel and kugel - 23 Oct 2018 02:42

Great question! That's what lead to my above mentioned reason for me staying clean.Keeping myself clean used to be rational but now my lust has brought me to a irrational place. Helping my sobriety were the following,To reach 90 days, I've always passed that..To enter marriage clean: technically I can fix it up when I'm engagedNot viewing women as objects: my sobriety hasn't changed that drasticallyWhich leads me to refrain from watching porn just because I don't want to feel like a low life/down afterwards.Why do people feel like fools after watching porn is another question....

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Re: A struggling bochur

Posted by Shnitzel and kugel - 23 Oct 2018 02:57

Day **135** on **first** try!

But that's not really what's special about today, the good move I did tonight is probably worth more than my 135 days of sobriety.

Since I switched yeshivas my former person rav isn't so accessible so I basically went over to a new Rav/mashpia in my Yeshivah and said "???? ??????" this is my name and I want you to be my mashpia/personal Rav and this is my main issue etc, it took me a whole **week** to get myself to go over.. I was hesitant maybe I should, maybe not etc

I was literally shaking and changing colors as I was telling him about my struggles, he was familiar with gye, not surprising, he told me one of his talmidim is getting divorced because of it... Very sad...

Anyhow me opening up to a real person which knows my true identity and face, is life changing, he told me to go into shiduchim based on my situation and my sobriety, so iyh hopefully it'll be a smooth process in finding the "right one".

In his words: give yourself a tap on the back for opening up to me and for being clean for so long".

I would also like to give a big shout-out and **huge thank you** to ????? ????? on this site, which goes by the name of "it only gets better" he really helped me out and encouraged me, hence a malach helping me get cured!!!! And to all those other who help me, if you think I meant you, then your right, cuz lts too many to spell out

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Re: A struggling bochur

Posted by mzl - 23 Oct 2018 03:08

For a moment there you had me convinced that you were all done. One day at a time?

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Re: A struggling bochur

Posted by gyehelp2017 - 23 Oct 2018 04:08

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Wow!!!! That takes lots of courage!! and you did it because you knew that its the right thing to do, even though it was really tuff, we should really all learn from you to do what's right no matter what it takes.

Keep it up! You really give us all chizuk when you are being such a great role model for all of us.

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Re: A struggling bochur

Posted by Realestatemogul - 23 Oct 2018 04:33

Wooooowwww!!!!!! Im so Jealous!!!

I can only imagine how well this will help you out as you continue throughout life. putting aside this one benefit which will be absolutely HUGE, you will also feel able to turn to him for anything!

Teach me how to be brave like that!

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Re: A struggling bochur

Posted by Hashem Help Me - 23 Oct 2018 04:49

[Shnitzel and kugel wrote on 23 Oct 2018 02:57:](#)

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You are one brave and wise fellow! May Hashem help you find the right shidduch easily, and may you grow together!

Moral of the story : It's wise to share one's struggles with an appropriate rebbi/rav

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