

A struggling bochur

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

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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 Shteigen613 - 10 Apr 2019 14:55

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SSeems like your muscle testing was similar to tashlich... sending your aveiros away... why should that be forbidden?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 11 Apr 2019 02:34

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Lol

#40

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Re: A struggling bochur

Posted by Shnitzel and kugel - 12 Apr 2019 22:28

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This past week was such an intense week, wow! But bh made it through, when I having huge urges and suddenly remembered about my shvuah, I calmed down alot cuz I realized I won't be able to act out, poshut not worth the knas..

Good Shabbos to all,

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Re: A struggling bochur

Posted by Shnitzel and kugel - 16 Apr 2019 03:14

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#45

Half way there, I mean half way to 90, and so? Numbers do count! I didn't act out for x amount, alright? So I can do it for longer too bezh..

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Apr 2019 02:08

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Yeye... a struggling bochur...

fell today on day 49, and not even my taphsik method was able to stop me..

Past few days I was in a crazy triggering location which wasn't something i cud of prevented and eventually succumbed to the lust..

So what's next?

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Re: A struggling bochur

Posted by Tzvi5 - 22 Apr 2019 02:20

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I feel for you. I'll repeat what I said earlier in other words acquiring ??? works to allow a person to control himself/not to feel lust. What I mean by acquiring intellect is when learning a statement, or a saying, or a piece... to think what's the reason, does it make sense, does it hold up to scrutiny... other methods could be, repeating the whole sugya in your own words: the whole discussion. If one does this repeatedly for several hours a day for a few weeks straight you'll notice a vast improvement. Speaking from my own experience. Good luck.

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Re: A struggling bochur

Posted by Shteigen613 - 22 Apr 2019 04:50

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I feel for you man! Better luck next time. Although this was definitely not a besurah tova, I appreciate that you shared your fall with us.

I think for next time, the question is, what can we learn from this past situation to help us towards the future.

you mentioned that you were in a situation which you could not prevent.

that may happen again in the future. What battle plan can you make that will help you the next time this type of situation presents itself?

At least, in that way, you can "redeem" your fall, and use it as a stepping stone to get to the 90 days, and not give up.

good luck!

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Re: A struggling bochur

Posted by lwtbf613 - 22 Apr 2019 05:24

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Hey, I also fell both erev yontiv and motzi yontiv, the erev yontiv was after roughly 140 days. My taphsic also did nothing for me. Actually that's not so true, I believe my taphsic was the reason I ended up falling. Not too sure how you've treated the taphsic, but in my case, my sobriety became completely centered around and reliant upon the taphsic. The taphsic is a tool (hence the reason why it's part of the "tool" section) We have many "tools" in our "tool kit" e.g. GYE

principles, forums, chats, articles, taphsik, filters, etc. The tools are only so useful as long as you know what it is you're trying to build. Our sobriety is more than the sum of our tools, but the "bigger picture" that we're working for. I think we need to ask ourselves: how important is our sobriety to us?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Apr 2019 13:26

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Thanks everyone for the encouragement, tzvi5 I didn't really understand what you mean, if you can elaborate it'll be great.

And yes iwtbf613 I think my sobriety became dependent on the taphsik, my first try I hit 140 even though I didn't have any taphsik, which I think should be the other way around, when first joining a taphsik to stop myself then after training myself somewhat I wouldn't need it.

Anyhow I definitely am better off in handling lust since joining, I think this is my 5th time falling in just under 11 months when I joined gye, before that it was daily but I *can* and *will bez"*h do better.

New day, new start, in Chabad we start learning today ???? reason is, just like the ???? acted like an animal and therefore brings a ????? which is animal food, same too the sefirah is the time to purify and get rid of our animal inside of us, the ????"/ ???? so what a great time to start again?

#day 1

My shavua is over and I really have to think off a great plan..

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Re: A struggling bochur

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Posted by 360gye - 22 Apr 2019 15:45

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For starters, why not renew your shavua

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Apr 2019 15:59

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If it didn't stop me yesterday, then no point in renewing it, especially since I wasn't so fond of using it to start off with...

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Re: A struggling bochur

Posted by lionking - 22 Apr 2019 17:01

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A struggling bucher?!! Really?! I would call you a Great Bucher. Only 5 times in 11 months is greatness. Don't despair, you can and are doing great. Keep it up.

Hatzlocha

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Re: A struggling bochur

Posted by Shnitzel and kugel - 23 Apr 2019 20:06

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Sometimes ?????? ??? ?????? so 5 times in 11 months, not bad. right?

However I *still* haven't learnt how to stop lusting constantly.. since I've joined I might have learnt how not to *act out* on each urge, which is great but that's not what I'm trying to gain.

The tools helped me till now, but the lust simply caught up with these tools and since I've not *begun* to deal with the actual lusting, learning how *not to lust constantly* but rather just fighting it, eventually even a *shvuah* will be overpowered...

Therefore my question to you all is what do I next to end this *insane lusting life*?

Not tools how to deal *with it*, but ways to take care *of it*..

I'll appreciate solid answers. Thanks!

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Re: A struggling bochur

Posted by cordnoy - 23 Apr 2019 21:18

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[Shnitzel and kugel wrote on 23 Apr 2019 20:06:](#)

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I'll appreciate solid answers. Thanks!

Read the white book, 10/15 minutes every day. Come back here when you're finished.

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