

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 - 11 Jun 2019 05:44

On Friday someone was telling me how he went to this restaurant in NYC called "holy shnitzel" I burst out laughing:joy:

Then i was talking to my mother and heard her telling my sister to take some shnitzel and Kugel

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Re: A struggling bochur

Posted by Shnitzel and kugel - 11 Jun 2019 05:55

Was chatting with someone on gye tonight and he asked me if I was ever molested so I said no.. then I remembered..

When I was like 6/7 I was in the bath together with my brother and he touched my private parts to gain pleasure from it.

It was with my consent so I don't have that guilty feeling that I was molested however I'm not sure if that incident has left a mark on me which subconsciously causes me issues including the desire in acting out etc...

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Re: A struggling bochur

Posted by Anonymous1051 - 12 Jun 2019 03:22

I highly doubt it has anything to do with it. If the memory doesn't evoke negative or hurt/guilty feelings, then it's probably not related.

Then again, that's just my take!

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Re: A struggling bochur

Posted by higher - 12 Jun 2019 04:25

ive had stronger incidents and i second anon.

ask gevurah shebiyesod he is the resident expert on this stuff.

btw this too is just my take.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 25 Jun 2019 15:08

Has someone ever gone/tried "smart recovery"? If yes, please pm me. Thanks!

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Re: A struggling bochur

Posted by ColinColin - 26 Jun 2019 00:31

What is "Smart Recovery?"

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Re: A struggling bochur

Posted by Shnitzel and kugel - 26 Jun 2019 03:44

Alternative to the 12 steps but same idea as in live meetings etc

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Re: A struggling bochur

Posted by David26fr - 26 Jun 2019 07:22

The word "smart" is strange to me.

Why especially "smart" in this case ?

I don't understand also the signification of something like the 12 steps but without the 12 steps...

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Re: A struggling bochur

Posted by Shnitzel and kugel - 27 Jun 2019 04:49

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Today I celebrate one year since I've joined gye.It has been my best year

Physically: so much more hatslocho in everything I do, and definitely think the eibishter is showing me that he is with me and holding my hand.

spiritually: so much more guided in my spiritual growth by getting a Mashpia, telling him about my struggles, listening to his advice, and know I'm doing what's demand from me, happy where I am but obviously not satisfied and working each day to grow higher.

Emotionally I've been to therapy for a few months which helped me tremendously in different emotional issues in certain areas of my life, plan on going to a sex addict therapist. I don't define my identity by what I do or experiences, rather acting out is just an action I did. I recently joined a bi weekly 12 step phone meeting.

I plan on bezh going to live "smart recovery" meetings, which includes saying my real name, I also will be meeting face to face a fellow gye friend which has been through the process of "smart recovery", we both know each other's full identity.

I really dont like hiding anymore behind my name "shnitzel", those that are open know what I mean...I

If not for gye I would of been who knows where I'll be?

I'm only at my current good state thanks to gye.

so no words to thank Reb guard shlita!! (That's why the thanks is only one line)

thanks to everyone here for encouragement, advice, etc!!

All those lucky bochurim reading this, as a single guy, it's the best time to take care of this issue

and give it all you've got!

I'd be happy to help you out so feel free to contact me.

Got to run...

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Re: A struggling bochur

Posted by tzemach - 27 Jun 2019 07:07

Hatzlacha Rabba with SMART, let us know how it goes!

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Re: A struggling bochur

Posted by 2626 - 11 Jul 2019 08:43

Hi guys I'm 19 and I'm a Bachur in Yeshiva learning, and yes I'm addicted to porn, and this is my first day on gye and hopefully b"h I get the help I need to get rid of this yestzer hara of mine and all the shtusim I'm doing every day or night! It's very hard even though my few devices are filtered, but you know how it goes the second I have something unfiltered or I find a hack or something I'm right back to it!

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Re: A struggling bochur

Posted by 2626 - 11 Jul 2019 08:45

Wow that really sounds great I wish much hatzlacha and pls wish me the same I just started!

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Re: A struggling bochur

Posted by Dave M - 11 Jul 2019 13:44

Welcome! It's great that you came to this realization, while you are still young and single. May Hashem grant you hatzlacha in your journey. Keep us posted on your progress. Also, it will help if you started a new thread.

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Re: A struggling bochur
Posted by Shnitzel and kugel - 11 Jul 2019 19:39

Welcome 2626! Lucky you to have found this site at your age, and as Dave m pointed out, start a new thread, keep us posted on your progress.

Stick around!

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