

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 Captain - 26 Jul 2021 15:22

Just curious, now that you are married do you get to eat as much shnitzel and kugel?

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Re: A struggling bochur

Posted by Shnitzel and kugel - 27 Jul 2021 22:55

haha

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Re: A struggling bochur

Posted by Smokey - 27 Jul 2021 23:46

[quote=""][b]If you read my thread you would see I'm not disagreeing with you at all.

I agree marriage isn't the fix.

I disagree though with those that say marriage doesn't help, it does certainly help if you worked on the lust before marriage and gave it all you got.

I never got married for sex or looks, I got married thinking I'm gonna struggle with lusting based on the advice on gye, but bh learnt the happy way;)

I think it's unfair to make a blanket statement that marriage doesn't help, and to frighten those bochurim trying to overcome their struggle.

If you gave it all you got as a single, go into marriage happy and obviously cautious but main focus is on the happy part.[/b]

[i]thanks so much for the great Chizuk! Me being a 21 year old bochur I am always wondering how will the future look like? should I be excited that marriage will help me and make my challenge easier or frightened that i can mess up way worse, your words and the conversation you sparked was really enlightening, so really thanks so much or sharing! Just wondering now that Bh you are basically more more or less clean from BEFORE you were married did you ever share with your wife you struggles you had while you were single?[/i]

[/quote]

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Aug 2021 05:23

i didnt based on advice i got and based on my hunch. its way too risky to share in my case. i dont see a point being that it isnt a struggle i currently battle.

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Re: A struggling bochur

Posted by Shnitzel and kugel - 22 Aug 2021 05:28

regarding your worry. i believe one would have to take a poll between those that were here and were involved before they got married and see how many are clean after marriage.

also, which is the main thing is to go to a therapist that specializes in this and once he says you are ready to date, go ahead. you are 21 so no rush:) unless you come from a chasidish backround with peer pressure lol

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Re: A struggling bochur

Posted by Shnitzel and kugel - 17 Oct 2021 02:08

GYE poll: how many of you here that struggle very hard with porn and masturbation would say they experienced a good childhood in home and school?

I begin... i suffered alot from neglect and emotional abuse at home and school.

whatcha bout you guys?

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Re: A struggling bochur

Posted by Shmuel - 17 Oct 2021 03:09

[Shnitzel and kugel wrote on 17 Oct 2021 02:08:](#)

GYE poll: how many of you here that struggle very hard with porn and masturbation would say they experienced a good childhood in home and school?

Yes

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Re: A struggling bochur

Posted by MayanHamisgaber - 17 Oct 2021 04:29

I have had a positive childhood both at home and at school

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Re: A struggling bochur

Posted by wilnevergiveup - 17 Oct 2021 05:28

[Shnitzel and kugel wrote on 17 Oct 2021 02:08:](#)

GYE poll: how many of you here that struggle very hard with porn and masturbation would say they experienced a good childhood in home and school?

I begin... i suffered alot from neglect and emotional abuse at home and school.

whatcha bout you guys?

I had a pretty generic childhood without any abuse boruch Hashem, but there was not much emotional support from my parents and I grew up thinking that G-d gave everyone else the ability to do well in school and have friends but somehow forgot about me. I knew that I could and would never do anything right so pretty soon I stopped trying. I knew that there was something wrong with me that no one would want to be my friend, so I just didn't bother.

My Father was always too busy and never around and 99% of what I ever heard from him was criticism. He was never proud of how I did in school, and doing homework with him was the

worst part of my day (and pretty much the only interaction I ever had with him). My mother has very little emotional capacity I never felt understood or valued.

I eventually found a safe friend who always made me feel good and desired. I wasn't ever afraid that my new friend wouldn't like me or that I would "mess things up" like I always did in real life. She was a good friend for a while, started hanging around more and more and getting more and more personal. She got me to do a lot of things that I wasn't proud of. She got me to cross all those red lines that I said I would never cross. But she always remained loyal, and was always there for me when I needed her most. Even though I tried to separate many times, I knew that I really needed her in order to get by. I did, I didn't have any other way. My fantasy was the only thing that I had.

Whatever, I wasn't trying to write a *megilla*. I know that my life is a far cry from those who went through abuse and I take my challenges in stride. I am in no way complaining, on the contrary, knowing and understanding this helped me heal.

I believe that for guys who grew up very sheltered, almost always there was some sort of emotional neglect or trauma and more than just general curiosity. Something caused us to go seek out something that we weren't getting and that wasn't part of our system. We knew it was wrong but did it anyways for one reason or another. For those who had open access all the time, or from less yeshivish backgrounds, I think it's a different story. Also, ten and fifteen years ago, kids didn't have phones and certainly not smartphones. there was just less exposure and you had to go looking for it. I think things are different today.

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Re: A struggling bochur
Posted by Lou - 17 Oct 2021 15:41

I BH had a good childhood and wonderful parents. No blaming anyone else for me. This is my own issue.

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Re: A struggling bochur
Posted by Zedj - 17 Oct 2021 18:06

GYE poll: how many of you here that struggle very hard with porn and masturbation would say they experienced a good childhood in home and school?

in general i think i had a great upbringing.

I don't think i can honestly blame anyone else but myself on this one.

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Re: A struggling bochur

Posted by Shtarkandemotional - 17 Oct 2021 20:34

I think I really understand this poll and what he's trying to point out by connecting childhood neglect etc. it's a theory: sometimes when people experience emotional neglect they look for a pleasure loving outlet subconsciously... I would say many people experience it that way.. yet many people also just have plain desire and tayvah and got hooked etc... and sometimes, had we had the emotional love and connection then we wouldn't have fell into the pit.

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Re: A struggling bochur

Posted by Birshusi - 25 Oct 2021 21:35

I was raised by loving, attentive, healthy parents, though my father was not the assertive, emotionally literate leader that I needed. I always did well in school.

Maybe that's why I never masturbated.

I think I fell into watching porn because I am male and had an iPod Touch.

I have been in therapy and have discovered that there are all sorts of emotional tangles inside

my mind, but nothing that would be considered exceptional.

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Re: A struggling bochur

Posted by OivedElokim - 25 Oct 2021 22:56

, probably bigger than
any other. I struggled with mental health especially from my mid teens till now and used porn
and masturbation to soothe myself, but I don't think that's why it started...

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Being male and having internet access is definitely a big factor for me