

Boyfriend-girlfriend relationship

Posted by Shtarkandemotional - 01 Dec 2020 21:09

I just joined GYE a few minutes ago... I'm a very frum Jew in yeshiva and In a relationship with a very frum girl... never thought I would be posting about this but I'm here today struggling... I'm in the midst of a very meaningful and emtional relationship... can't learn as well nowadays... looking for anyone with similar challenges... can anyone relate?? About my relationship- it all happened accidentally... never thought talking to a girl for a few minutes can cause so many challenges...now It's been many months... we're both super frum and relate to each other extremely well... we share a lot a lot a lot of similarities... feels like I met my twin ... now trying not to meet in person... after meeting several times and falling with shomer negiah...can anyone relate to my situation?! Any comments ??? Please... I'm looking for I'm a very unique guy... very emotional.. and loves learning with all my heart... I'm a big learner and want to be good.... just struggling with an intense relationship... besides that sometimes very rare I do fall to porn... and to m"zl.... looking forward to hearing from you all!!!

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Re: Boyfriend-girlfriend relationship

Posted by Lou - 30 Dec 2020 07:31

[Shtarkandemotional wrote on 30 Dec 2020 05:27:](#)

So... I'm counting today as number 8! Warning everyone In advance so the entire GYE doesn't go ballistic here Lolol! That yesterday I texted my love... and started again strong and just taking out the day and counting today as number 8 instead of 9! Thanks everyone for all your support! support
SO.. day number 8! Wow! Learned amazing! Went to the mikvah in the morning again and treated myself to a good breakfast then went to yeshiva! And had an amazing rest of the day super productive! And went biking at night learned 2 hrs after shtark like FIRE:))!! And came

Not getting ballistic in any way shape or form. We are all in this together. I am just wondering 2 things. Firstly, how did you feel after you texted her? Did you feel better? Like you finally got what you were waiting for? Or did you feel like you just slipped and regretted it etc? Secondly, what was her response? Did she text you back? Was she happy to hear from you?

I am asking this to clarify if this text was sent out of love for your sweetheart or more of a loss of self control.

No judgements here as you know. Just trying to help....

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Re: Boyfriend-girlfriend relationship

Posted by Shtarkandemotional - 30 Dec 2020 17:48

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I am asking this to clarify if this text was sent out of love for your sweetheart or more of a loss of self control.

No judgements here as you know. Just trying to help....

Hey Lou, thanks for your comments and support! Really appreciate it honestly! It's a big support for me and keeps me going! So I'll tell you... btw I don't like to use the word girlfriend which I use a lot Lolol! It makes me feel like a bum and I really don't consider myself one lol! So let's say friend... so my friend had some sort of thing in her life which she really needed support yesterday and I knew this already that it was coming up for weeks in advance... and I was thinking not to start the break until after it cuz it was really important to her that she has me there to support her since no one else could given the circumstances... so I told her that it's not worth it too push off the break for a whole two weeks... why don't we just start it and if she needs she'll reach out to me!... so it ended up being I felt even though she didn't reach out to me I really didn't feel good about myself leaving her lonely through it without support! (At that moment I was kind of even feeling strong) I just felt if I'm a good person and I really care and it's not all about myself etc I should really be there for her even though I'm more settled now!(I do miss her a lot but I'm a lil more settled at least) I just felt her small poor shoulders can only handle so much on its own without anybody there...so I texted her and it ended up being it was a great help for her! She really appreciated it that I was there for her to let it all out... vent, and really show that someone cares(cuz I DO!) so that's what happened! So to be honest I was a little mixed with my feelings in a way, I wanted that 40 day streak (which is my goal for now) with NO CONTACT AT ALL! But In a way... I was really happy and didn't regret it at all... cuz this is what real friends are... she needed the support BADLY... and I was there for her... I don't know that's what was going on inside... but the 40 days is still going strong for no talking or meeting and no texting just with a small bump in the road lol! Would love to hear everybody's thoughts about this!

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Re: Boyfriend-girlfriend relationship
Posted by Shtarkandemotional - 30 Dec 2020 18:07

[Shtarkandemotional wrote on 30 Dec 2020 17:48:](#)

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Re: Boyfriend-girlfriend relationship
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Re: Boyfriend-girlfriend relationship
Posted by yuyu - 30 Dec 2020 20:28

@SAM I was thinking perhaps you change the way you are calling her - in your head from **"My love"** to **"The girl I love"**.

There's a difference. A big difference.

It might make it easier for you to withhold texting her again.

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Re: Boyfriend-girlfriend relationship
Posted by Shtarkandemotional - 30 Dec 2020 20:56

[Markz wrote on 30 Dec 2020 20:05:](#)

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[Shtarkandemotional wrote on 30 Dec 2020 17:48:](#)

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Warning: Spoiler!

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Re: Boyfriend-girlfriend relationship
Posted by Shtarkandemotional - 30 Dec 2020 20:58

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I'm not gonna lie it does sound super complicated with all the seconds lol!

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Oy! Sorry

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YOU can try it! Nobody died from trying something like this for the first time!

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Work it if it works for you to stay clean for 30 days...

It's much too complicated for a simple guy like me to utilize such a thing for myself...

! Honestly, It was just a thought and what worked for me... I wrote over there forgetting excluded so in case I ever forgot something it helped that! Sometimes we need complicated stuff to help us... this isn't a simple struggle proof is that many are struggling if it was simple they wouldn't be! So... listen markZ sorry if this doesn't work for you... if you want I can sponsor you a stop watch:joy:! My view of this struggle is it's very complicated honestly... till you figure out all the triggers and everything... so what worked for me is like not to reach that point of crazy desire and zera levatala itself... markZ it's up to you! If you want you can give it a shot I think this works wonders you don't need a calculator don't worry!

Warning: Spoiler!

but the point is after a couple days you'll really find yourself as being a different person!

YOU can try it! Nobody died from trying something like this for the first time!

Worst comes to worse... you'll see it won't work for you and you won't make it again! Try it trust me I thought like you to...

Warning: Spoiler!

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Re: Boyfriend-girlfriend relationship
Posted by Shtarkandemotional - 30 Dec 2020 21:26

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Re: Boyfriend-girlfriend relationship
Posted by Looking_to_improve - 30 Dec 2020 21:40

guardyoureyes.com/tools/taphsic-method?start=5

Have a look here for another text of a shvua if you are interested

~~Where's everyone's thoughts ?!?!?!?~~
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Re: Boyfriend-girlfriend relationship
Posted by Zedj - 30 Dec 2020 23:44

Everybody is different in regards to these battles.

That being said it this is a customized shevuah/shtar for you..that worked for you... not everybody will appreciate the details and specifics.

That doesn't mean it doesn't work. You said yourself that it helped you. I'm sure alot if guys might benefit from this if they tweaked it accordingly.

I personally like simplicity. It has been awhile since I had a daily battle (B"H) with masterbation. The trick for me was ...1-don't let myself get aroused (if I did) there was a no touching policy...2- relaxing was always a go to/ride the wave.

Alot of trial and error but I'm not masterbating these days.

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Re: Boyfriend-girlfriend relationship

Posted by Shtarkandemotional - 31 Dec 2020 01:28

Yeah so true everyone has there own mehalech that works for them! I just found this was
! And to markZ you want me to buy
you a calculator and a stop watch or no?

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awesome for me so I'm sharing! Thanks for the comment