

I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 02 Nov 2021 13:52

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Hey all.

I'm strugglingWithMyself, and I've been struggling for five or six years. I found GYE a few years ago and didn't use it for about a year. When I first used it properly I was on the teen forum, and I managed to get a few weeks clean, but whenever I fell I would then spend the next few weeks lying about it. This time though the streak was about a month, then I kept falling for months. Now I'm back.

My day to day struggle is with masturbation - but when I have devices without filters I end up watching very quickly.

I'm hoping to get some accountability from this thread and to maybe get some tips.

Thanks to everyone on GYE, who the reading of their posts have helped me so much so far.

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 11 Dec 2021 23:58

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Hey all. I've not had an amazing week.

Exams, and other stresses, illness, social pressure...

And although I've had some terrible falls.

*Reading some porn content, masturbating ten-fifteen times some days,*

I have also had some amazing successes.

*full days with porn on my phone (which I couldn't delete - ironically because of my filter) without masturbating. - felt for the first time that I really should stop emotionally not intellectually.*

I also have found it really hard (in general) to avoid goyishe music, but I have found some kosher, and introspective music, which I can use. Thinking of getting a bunch of instrumentals to

listen to

My laptop is broken, so I won't be able to reply for a bit, but I can see all your responses.

Thanks for everyone who is helping me with this

Kol Tuv

A Guten Voch

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 21 Dec 2021 13:52

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I'm back (Sort off).

I am on holiday now, so probably wont use my laptop much, but I got one back. Let's hope the filter is good.

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 10 Jan 2022 13:18

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Hey, I'm back.

Not doing great, but still trying hard.

Quick question. I want to get rid of my smartphone - just to make it harder to access porn and erotica.

However I need some sort of Waze/maps thing, so i can drive to places i don't know

any advice?

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Re: I can make this time different?- A Bochurs journey  
Posted by jackthejew - 10 Jan 2022 13:41

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[strugglingWithMyself](#) wrote on 10 Jan 2022 13:18:

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any advice?

Go to [apps4flip.com](https://apps4flip.com). They offer a full range of kosher apps that can be installed on kosher phones with instructions. Be in touch with TAG for compatibilty. There is also a TAG service for Waze by text. Call TAG [732-730-1824](tel:732-730-1824) (Lakewood office) for the number

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Re: I can make this time different?- A Bochurs journey  
Posted by jackthejew - 10 Jan 2022 13:47

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In regards to kosher books, check out [kosherbooks.org](https://kosherbooks.org)

They have a full list of close to 5,000 books all rated for every age. they cover most popular series and individual non- jewish kids and young adult books. They also have it downloadable in pdf format. Beware that they have comments on each book which may sometimes be explicit or triggering. There is an option to download the pdf without the comments.

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 12 Jan 2022 11:48

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Thanks for these? Will check them out.

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Re: I can make this time different?- A Bochurs journey  
Posted by Avrohom - 13 Jan 2022 02:19

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[strugglingWithMyself wrote on 10 Jan 2022 13:18:](#)

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Koshercell.org has a flipphone with Waze - there are some other apps you can get on it too.  
Also Safetelecom has kosher smartphones with many apps.

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Re: I can make this time different?- A Bochurs journey  
Posted by jackthejew - 13 Jan 2022 07:38

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[Avrohom wrote on 13 Jan 2022 02:19:](#)

[strugglingWithMyself wrote on 10 Jan 2022 13:18:](#)

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any advice?

Koshercell.org has a flipphone with Waze - there are some other apps you can get on it too.

They charge extra for waze and apps. You can order the phone on its own and use apps4flip.com to load apps, filter it, and remove the browser. To get a flip phone and fir \$30 and 3 months of service free, click here [www.apps4flip.com/lgclassicflip](http://www.apps4flip.com/lgclassicflip) and follow the instructions

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 17 Feb 2022 11:20

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So a few updates.

- 1) I am not bringing my smartphone around with me. This will hopefully remove a trigger I had - one of my access points involved transferring from a computer to my phone, and if I don't have my phone the temptation will be a lot less.
- 2) I recently traveled to look at yeshivas and had a solid 3-day streak with no porn/erotica and 5 days without masturbating. I now am realising that *I'm no different* - I can also break free.
- 3) I am going to attempt wasting less time, learning and revising more, so i feel better about myself.

Many thanks to all those who have helped me in the past, and apologies for dropping of the grid - I am hopefully back on track.

Any tips would be appreciated

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Re: I can make this time different?- A Bochurs journey  
Posted by omekhadavar - 17 Feb 2022 18:53

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[strugglingWithMyself](#) wrote on 17 Feb 2022 11:20:

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[thekosheros.com/](http://thekosheros.com/)

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 04 Apr 2022 11:28

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Hey! Three days. Trying to keep safe - BH no challenges yet.

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Re: I can make this time different?- A Bochurs journey  
Posted by Larry Bird - 04 Apr 2022 13:50

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Hatzlacha rabba! Enjoy the journey.

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 05 Apr 2022 10:46

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Well... Last night I had a fall. And for no good reason - I just had a feeling of *meh*.

I think it may be to do with how productive I was in the day - I wasted a lot of time yesterday.

I'm going to try to not waste any time after 10:00, and go to sleep (unless I'm doing something important) so I can ignore the challenges of the day.

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Re: I can make this time different?- A Bochurs journey  
Posted by strugglingWithMyself - 19 Jun 2022 17:09

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Hey.

I'm in the middle of my final exams, and boy has it been interesting.

I've had many streaks of 2-5 days with no acting out, and sometimes no urges at all. And then I'll be alone, slightly stressed, with an unfiltered laptop/iPad (because I need them for revision sometimes) and boom - I waste 3 hours of precious revision time watching porn, and reading erotica...

I am not in a good state right now - busy family stuff going on as well as my final exams. I am pretty sure I am going to fail an exam on Tuesday, and probably the Monday one as well. I also failed today, watching a disgusting amount of rubbish. Yet for some reason I feel like I am going to do better after these exams - I'm going to lose weight, stop masturbating, and learn more...

But I know it's not that easy. I have yeshivah coming up BH, and it's very exciting, but I can't imagine going to yeshivah with a feeling of disgust in my head at myself for what I did the night before.

Sorry for the rant, just wanted to get a few things of my chest.

