

strugggling bocher

Posted by johny - 28 Sep 2023 20:25

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Hello im a bocher in a top yeshiva and i have been struggling with porn since i was 13 i am now 20 and still heavily attatched even though i dont actually watch very often at all being that in yeshiva i dont have access to watch i send texts to random women to get them to text me pics or i text those 1800 numbers who auto send pics my issue is every time i see a women i think of sex and i dont see them as people rather sex also i cant stop thinking about sex even if i havent seen porn in months in my mind i play porn videos i am stuck and im tired of this whole game everyone thinks im a good bocher but im an addict to sex

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Re: strugggling bocher

Posted by bright - 29 Sep 2023 04:41

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and I'm sorry to tell you that it can take years to clean out the radioactivity porn leaves in our brain.

Any experience we have is ours to own forever, but with refocusing and creating new patterns we can, and will, make it but a wisp of a memory.

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Re: strugggling bocher

Posted by Vehkam - 29 Sep 2023 10:22

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[johny wrote on 28 Sep 2023 22:17:](#)

Thanks but after having my head in the trash for the last 7 years im not so sure if i can ever get back to being clean completley

You can Read my thread.... When I started here I couldn't even remember what clean felt like. It had been way longer than seven years.

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Re: strugggling bocher

Posted by Captain - 29 Sep 2023 13:22

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[Vehkam wrote on 29 Sep 2023 10:22:](#)

[johny wrote on 28 Sep 2023 22:17:](#)

Thanks but after having my head in the trash for the last 7 years im not so sure if i can ever get back to being clean completley

You can Read my thread.... When I started here I couldn't even remember what clean felt like. It had been way longer than seven years.

I second that. Vehkam's thread is a real eye-opener. Click the link below his post in his signature to see it.

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Re: strugggling bocher

Posted by johny - 29 Sep 2023 14:06

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I think part of dealing with it is saying that this is way beneath me and every other yid this is something that no one should have shaichis to and yes we are all much better than that and when you relize that it helps

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Re: strugggling bocher

Posted by Foolie - 29 Sep 2023 14:15

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Understanding that intellectually these actions are beneath you is great, and that you need to change them. However if you go in with the attitude that they are not you and they are some other horrible alter ego who doesn't "live up to the standards of a Bocher in a top yeshiva" you

won't get anywhere because these actions that are "beneath you" are you, not some horrible alter ego of someone who belongs in a "top yeshiva"

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Re: strugggling bocher

Posted by Yeshayahu 41:6 - 29 Sep 2023 14:21

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I think everyone knows by now that no "top yeshiva" is immune to these things. Tell me if I'm wrong but when people say "im in a top yeshiva and im doing this stuff" they are expressing frustration at living a double life which is more pronounced than someone who isnt in an environment where this is supposed to be avoided. L'havdil infinite havdalos, everyone knows abusing kids is a terrible thing, but when a Christian priest does it its much more "newsworthy".

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Re: strugggling bocher

Posted by davidt - 29 Sep 2023 14:24

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Hi @johny

B"H you've gotten so many amazing replies and food for thought.

If I may add one point, part of recovery (and teshuva as well) is not just stopping to do what we did, but becoming a new person by building a strong new foundation (yesod) and life structure from the bottom up.

There is a famous quote from someone that recovered from alcohol addiction "The man I once was, drank. And the man I once was, *will drink again*. If I ever go back to being the man I once was, I will drink again."

The Rambam writes, about *teshuva*, the person should say, "I am no longer the same person that committed that sin"

So back to what you've written "after having my head in the trash for the last 7 years im not so sure if i can ever get back to being clean completley"

The answer to this is, the person you are now, might not be able to... But BE"H with the right steps and effort, you'll become a new person that can and will be strong and clean...

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Re: strugggling bocher

Posted by johny - 29 Sep 2023 17:14

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Thank you so much for that chizuk it really means a lot to me A Gut Yom Tov

**Warning: Spoiler!**

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Re: strugggling bocher

Posted by johny - 29 Sep 2023 17:15

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sorry i have no idea what that spoiler thing is was a mistake

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Re: strugggling bocher

Posted by bright - 29 Sep 2023 18:31

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[johny wrote on 29 Sep 2023 04:41:](#)

so basicly even if i stop now my marrige will be affected? also i dont think you chap how big my

taivas are i wont have a problem with anyone

My friend, you will deal with marriage when you get there, IYH you will be an amazing husband, and because you will have been proactive before marriage you will be in a great place to have an amazing relationship, but its not the topic of conversation now.

As a response for the previous posts. I get your feeling of double standard, I felt it too. You must be aware that falling into a depression or even looking at yourself lowly will not help things only harm them.... You will need a strong moral conviction and a sense of confidence that you can and will get clean, coupled with the knowledge you already have, that this isnt for me and this cant go on. However going down the dark path of "I am a loser" because I struggle will take you to a very dark place indeed. There are people that struggle in all kinds of areas and we dont know why each person has the nisyonos they do. But one thing we know is that you are not a bad person for having the challenges you have.

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Re: strugggling bocher

Posted by johny - 29 Sep 2023 19:33

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@bright

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Re: strugggling bocher

Posted by eerie - 02 Oct 2023 05:58

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Hi! It's so nice to see people coming here to fix themselves and set their lives straight. My friend, I relate to alot of what you wrote. I've been in Kollel, went into chinuch, give shiurim in shuls, all while struggling with this garbage. Coming here and being open really helped me. Bh it's been over 400 days now. There is so much to learn here, there are so many good guys, and we want to here from you. You can tell us whatever you are struggling with, and we are hear to listen. And you can share your wins, and we will celebrate with you! Stick around, learn the ropes, and you will discover a new world.

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