

trying to stay pure

Posted by stopsurvivingstartliving - 23 Jul 2024 23:05

hey there i'm new to the forum and i figured i will introduce myself. *i am a bochur who was in a top mesivta and beis medrash. At one point a few months ago i started watching porn. my shame was bad and i reached out to gye and they hooked me up with an amazing mentor who i contact almost every night via text if that day was a clean day. bh i was clean since then with a few falls.*

i am in israel now and the streets are filled with hashems beautiful human beings and i cant control myself from looking. all this causing masturbation almost on a daily basis. Anyone with practical eitzos and words of chizuk i'll be glad to hear.

Sincerely,

stopsurvivingstartliving

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Re: trying to stay pure

Posted by Captain - 23 Jul 2024 23:13

Welcome! Try strengthening yourself with these great free resources:

1) The Battle of the Generation: a sensational free ebook that seriously gets you excited to fight and win this fight. It's a real game-changer.

2) The Fight: an incredible audio series from Rabbi Shafier.

Links are below in my signature. Wishing you much success!

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Re: trying to stay pure

Posted by vehkam - 23 Jul 2024 23:31

What captain said....

The goal is to work on your perspective so that you want to look away more than you want to look.

this may sound difficult, but it is attainable.

best wishes

vehkam

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Re: trying to stay pure

Posted by amevakesh - 24 Jul 2024 00:33

Welcome Bachur to the forums. There are a lot of ???? and ????? in the holy book that the Captain and Vehkam mentioned. But if really want to conquer the beast in a big way, and you're brave, try reaching out to one of the Chevra here. If you're in EY try getting a hold of Yiftach. He's an awesome guy that will be able to help you in a major way. You'll be understood in a way that will surprise you. You won't be judged and he'll be able to give you those ???? in person. There's no comparison, reading about good ideas that work, to getting them from someone that you have a relationship with.

To clarify the benefits of reaching out. The YH thrives on keeping you isolated, and making you think that you're the only Frum, Yeshivish, Chasidish (or whatever you label yourself as) guy out there that has these problems. It can be daunting, but like so many people here can attest to, it's worth the effort. Once you call and meet someone in person, and make a ??? with someone who you see is a ????? ?? ??, you will see that you're really not in this alone. '???? ????? ?????' ?????, ????? ????? ????? ????? Traveling this road together with friends makes it that much easier. Hatzlacha Rabbah!

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Re: trying to stay pure

Posted by yiftach - 24 Jul 2024 11:25

If you're in EY try getting a hold of Yiftach.

From my experience, it's not that difficult to get a hold of him.

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 24 Jul 2024 15:34

thanks to everyone for your words of chizuk and eitzos. a special thank you to amevakesh for giving me the idea to reach out to yiftach. and a even bigger thanks to yiftach who gave me over 45 minutes of his time today.

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Re: trying to stay pure

Posted by yiftach - 24 Jul 2024 17:52

A Jew yearns with all his might,

His heart afire with a guiding light.

To do what's right, his soul does yearn,

In a world where he longs to learn.

Streets of stone beneath his feet,

Yet adorned with people, each one sweet.

Every stroll, a chance to prove

He's better than the rest, mountains he moves.

A cause for celebration, not for shame,

His spirit aflame, a joy to acclaim.

Through the door, his presence gleams,

With a radiant face, he enters the scene.

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 24 Jul 2024 20:23

thanks so much. beautiful!

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 01 Aug 2024 17:31

For all the ODAAT fans see todays vayimaen which brings out the change each day brings you,
from the story of r akiva and the rock.

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 02 Aug 2024 11:41

I really want to read the battle of the generation. I got the pdf and the audiobook but I really prefer the hard copy. The problem is I don't really have private time to read it. My question is if friends see me reading it and they take a look at it will that give away that I've been a porn-watcher, or it can look like I am battling the basic shemiras einayim?

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Re: trying to stay pure

Posted by Muttel - 02 Aug 2024 13:06

I think you can say your father sent it to you and told you that parts of it are for people that were nichshol in kedusha problems (that are CERTAINLY not applicable to you!), but you'll benefit anyway....

That's what I would do.

Here's wishing you tremendous ????? ????? ??? ????????,

Muttel

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Re: trying to stay pure

Posted by BenHashemBH - 02 Aug 2024 13:47

I'm about 150 pages in, and I think the author is living up to what he stated in the very beginning - it is written for all people at all levels.

It is great for shmiras einayim, and important yesodos and mindsets in general.

Could be that some people will make assumptions, but it's not a blatant "I watch porn" message to the world.

It would also be majorly applicable to helping you raise a healthy family in these times.

If someone asked, I'd not say why I'm reading it, just share any of the endless Torah life messages that the author is writing about.

Hatzlacha

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Re: trying to stay pure

Posted by vehkam - 02 Aug 2024 13:54

[stopsurvivingstartliving wrote on 02 Aug 2024 11:41:](#)

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It is definitely not a giveaway. Everyone can gain from this book and there is nothing explicit at all. No descriptions of specific falls. I have it on my bookshelf.

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Re: trying to stay pure

Posted by Muttel - 02 Aug 2024 14:03

[vehkam wrote on 02 Aug 2024 13:54:](#)

I have it on my bookshelf.

I have it out as well.

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Re: trying to stay pure

Posted by stopsurvivingstartliving - 02 Aug 2024 14:15

Thanks so much guys!

With that said does anyone know if it's sold as a hard copy in israel?

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