

In yeshiva

Posted by rafs - 05 Nov 2024 00:29

Hi guys, I'm practically new here,

I'm am 19 years old, I'm in yeshiva,

I struggle with p&m like most bochurim my age but I'm really looking to strive.

Just started a fresh new zman and it's looking good so far, I hope to continue striving.

Looking to to hear from you for support.

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Re: In yeshiva

Posted by rebakiva - 05 Nov 2024 01:05

Hey welcome to the greatest warmest family in the world.

This is the most caring family where we all care for each other.

Here you'll get to true freedom.

Most recommended move would be to reach out to HHM at michelgelner@gmail.com or any other great mentors here like MUTTEL EERIE, or all other great mentors here.

Also there's the f2f Program that will give you some training on how to conquer the beast.

Keep us posted with love akiva

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Re: In yeshiva

Posted by proudyungerman - 05 Nov 2024 02:32

Welcome to the warmest family in the world!

Here, as you have started seeing, you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

There are many tools here to help you in this fight.

There is the F2F Program, the Vaad Program, the book The Battle of the Generation - many have found this very helpful in reframing the struggle.

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There is also an extremely powerful tool of accountability, friends, and mentors, as has been mentioned, that has helped hundreds - myself included.

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at michelgelner@gmail.com. Eerie - 1gimpelovitz@gmail.com, Muttel - muttel15@gmail.com, and iwannalivereal - iwannalivereal@gmail.com are a great place to start!

Looking forward to seeing great things from you!

And don't forget, as always, KOMT!!

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(Captain, link again?

Re: In yeshiva

Posted by Captain - 05 Nov 2024 13:57

[proudyungerman wrote on 05 Nov 2024 02:32:](#)

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Link below in my signature

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Re: In yeshiva

Posted by rafs - 06 Nov 2024 00:21

Hi,

I have started the flight to freedom program which is very inspiring and...

b"h tonight I am successfully celebrating another Victory, which is also one week streak of clean state.

Thank you for all your support.

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Re: In yeshiva

Posted by rafs - 08 Nov 2024 00:30

B"h! Yet another Victory!

From past experience motzeh shabbos Sunday night is a cue for setback.

Does anyone have good tips for me?

As I have done over a week of cleaning state, I am scared to fall again.

Please help.

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Re: In yeshiva

Posted by rebakiva - 08 Nov 2024 01:42

Sure best tip in the world:

"Reach out to the great people here, I mean by phone all the time"

Hope your comfortable with that, it may be a bit scary in the begining, but once you talk once and **really feel** that we understand you, it becomes exciting, to call.

Keep it up and keep us posted.

With love akiva.

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Re: In yeshiva

Posted by eerie - 08 Nov 2024 05:38

[rafs wrote on 08 Nov 2024 00:30:](#)

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Please help.

Wow! A new warrior has joined the family! Keep up the amazing work!

A great idea that was posted recently works like this:

When we have a short-ish window of nisayoin, it is very helpful to bring somebody else into the test, that is call or text somebody before that window starts, and make up that you will text when you are past the test clean. It works wonders to bring others into our challenges, and have a sense of accountability. I, and many others, have done this, and have found it to be super effective

Feel free to reach out to hear more. My email is in my signature

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Re: In yeshiva

Posted by proudyungerman - 10 Nov 2024 17:03

[eerie wrote on 08 Nov 2024 05:38:](#)

[rafs wrote on 08 Nov 2024 00:30:](#)

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I can attest to the truth of that, in fact eerie has been on the receiving end of many of those texts...

Feel free to reach out whenever...

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