

Hi. My first post.

Posted by yosefthetzadik - 30 Jun 2025 17:42

---

Hi everyone, fellow fighters. This is my first post, trying to figure out how this forum works. Will post my journey shortly.

This forum seems to be quite complicated and confusing. I'm used to 2025 technology, this system seems older then the internet itself....

=====

Re: Hi. My first post.

Posted by altehmirrerr - 30 Jun 2025 17:50

---

Welcome Reb Yosef!!!!!!!!! hatzlocha raba can't wait to hear more about you!

p.s. here in the mir in shanghai this technology is extremely advanced.....

=====

Re: Hi. My first post.

Posted by yosefthetzadik - 30 Jun 2025 17:59

---

Hi, my name is Yosef, a 20yo bucher swimming in the stormy oceans of 2025.

Now for my journey, I'm gonna add a little suspense, just to keep the oilern entertained a little....

Should I start from the introduction, choose from chapter 1 to 20, or straight to the current chapter?

=====

Re: Hi. My first post.

Posted by yosefthet zadik - 30 Jun 2025 18:00

---

Is this (Introduce yourself) even the correct forum to share my journey?

=====

Re: Hi. My first post.

Posted by hashemisonmyside - 30 Jun 2025 18:24

---

Yosef,

you're definitely in the right place.... there's noting like the GYE family....

as far as your journey, i think it's more of what the pro's here at GYE can help you get out of the ocean, we all swim in the same ocean....

=====

Re: Hi. My first post.

Posted by someone123 - 30 Jun 2025 18:24

---

Hey there Yosef. Welcome! You'll feel at home here. Don't worry you'll figure out the forum, not too complicated...

I choose chapters 1-20!

??????!

=====

Re: Hi. My first post.

Posted by eerie - 30 Jun 2025 18:29

---

Welcome YosefHetzaddik!!! This is a great place where you'll beH learn how to get past all the garbage. Looking forward to hearing from you

=====

Hey, Someone123, you gotta provide some popcorn if that's your choice!

Re: Hi. My first post.

Posted by proudyungerman - 30 Jun 2025 18:59

---

Welcome to the warmest family in the world!

Here you will find true care, concern, and warmth.

Here you will learn that you CAN break free!

As you may know, there are many tools here to help you in this fight, some of them you may not be familiar with.

There is the F2F Program, the [Vaad Program](#)\* (click [here](#) for an explanation of what the vaad is), and the book [The Battle of the Generation](#) - many have found this very helpful in reframin' the struggle.

Posting is a great way to connect, learn, and grow also.

(The [Hall of Fame Thread](#) is an awesome compilation of some the great threads on GYE.)

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

HHM - Hashem Help Me - is the mentor-in-chief around here. He's reachable at [michelgelner@gmail.com](mailto:michelgelner@gmail.com).

Some of the other great guys here are Eerie - [1gimpelovitz@gmail.com](mailto:1gimpelovitz@gmail.com), Muttel - [muttel15@gmail.com](mailto:muttel15@gmail.com), Reb Akiva - [mevakesh247@gmail.com](mailto:mevakesh247@gmail.com) iwantlife - [iwantlifegye@proton.me](mailto:iwantlifegye@proton.me) minhamayim - [minhamayim1@gmail.com](mailto:minhamayim1@gmail.com) amevakesh - [amevakesh23@gmail.com](mailto:amevakesh23@gmail.com) iwannalivereal - [iwannalivereal@gmail.com](mailto:iwannalivereal@gmail.com)

Keep postin', you'll see, the oilam is here for you.

Lookin' forward to seeing great things from you!

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

=====

Re: Hi. My first post.

Posted by someone123 - 30 Jun 2025 19:06

---

[eerie wrote on 30 Jun 2025 18:29:](#)

=====

Re: Hi. My first post.

Posted by yosefthet zadik - 30 Jun 2025 19:42

---

"My Struggle"

Hi, my name is yosef, im a 20 y/o single bucher.

My journey started in my mid teens when my friend introduced me to masturbation. His goal was to get me to be his sin buddy, thank g-d that I didn't fall for that. But since then, till like 7 months ago, i got totally hooked and masturbated daily, sometimes even multiple times a day.

3/4 of a year later, about 5 years ago, I bought my first device, got hooked on P, and watched every day till like January 2024 when I upgraded my Gentech filter settings and blocked almost all stimulation. But for the next few months I fell through from time to time on my spare devices through Hotspot, or on my own device with creative hacky workarounds that I found. Hodu la'shem ki tov that this Rosh Hashana I accepted as a new years resolution to never fall again and hashem with his great mercy helped me and I finally quit completely and never fell again since. I feel like it isn't even a nisoyon anymore.

But.

Masturbation has remained as a hard struggle.

Because the whole "???" of "???" is so taboo in our community, I didn't even realize it's a problem. I thought that for a bucher it's 100% permitted. After all ?? ????? were married. That was their sin, they wasted valuable useful seed. Why would it be assur for a bachur?

I have since educated myself that it is indeed assur for a bucher too, although I am not still clear why from a halachik point of view.

Now to my current struggle to overcome "??".

B"h after sukkos I managed to complete around 11 days. Then starting before Chanukah I managed to complete 40 days, at which point I was sure that I am an angel and the biggest hidden tzadik since Yosef HaTzadik himself. But after the 40 days I fell hard, falling daily again for a week or so. I then decided to make a goal to try to reduce frequency to only once every 3 days, thinking that's an easier goal to achieve. I then found out that once by 3 it's much easier to go for more... so Pesach at night after the seder I was at 4 days and made a resolution to count sfira completely clean and reach Shvuos and be mekabel the Torah on a spiritual high. That didn't work out after I fell on day 8. I then completed another 15 clean days by using the only 3 days method. And then another 38 days with that method, after which g-d sent me a very immodest woman in a very unexpected place that caused me such urges that i just couldn't resist. I fell through that night, thinking of g-d the whole time, in a way that I didn't even enjoy it, zero pleasure. The next day the urge was still there, full force, I managed to push another day, and another, but ultimately fell through very hard.

Then I discovered this wonderful GYE project, and started the 3 day method again together with a very strong Shmiras Einiyim resolution (i had shmiras einiyim since mid-winter, but i became very extremely strict with it), and here I am, June 30 2025, on day 12...

For context, i feel that my struggle is mostly a coping mechanism, because, without getting into detail, I had an VERY hard childhood, with extreme family disfunction.

Hoping to get advice, guidance, maybe a mentor or accountability partner, and swim to freedom together with all of you tzadikim on here, g-ds personal warriors,

Yosef the Tzadik

=====

Re: Hi. My first post.

Posted by BenHashemBH - 30 Jun 2025 19:56

---

Shalom and Welcome Yosef the Tzadik!

Sounds like you've been doing some tough and meaningful work already. Kudos!

Check out some of the great resources that ProudYungerman posted and reach out anytime.

All the best!

=====

Re: Hi. My first post.

Posted by yosefthetadik - 30 Jun 2025 19:58

---

Well, I intended for someone to chose one chapter. It's seems that you are a curious person. But guess what, I delivered!

Check out chapters 1 through 20 down below.

Thanks for responding fast and giving me the motivation to do this!

=====

Re: Hi. My first post.

Posted by upanddown - 30 Jun 2025 21:03

---

[yosefthet zadik wrote on 30 Jun 2025 19:42:](#)

.....this Rosh Hashana I accepted as a new years resolution to never fall again and hashem with his great mercy helped me and I finally quit completely and never fell again since. I feel like it isn't even a nisoyon anymore.

But.

Masturbation has remained as a hard struggle.

.....

Welcome Yosef!!

It's great to have you on board! Your determination and honesty will get you far iyH!!

So you've decided to skip the 20 chapters - looking forward to hearing the full version (maybe a little about your difficult childhood?) when you're ready... no pressure obvs.

Just wondering, how did you manage to overcome P\* with such determination, so much so that it isn't even a nisayon anymore, while with M\* it's still a major struggle? Is it because M\* is more available to you or perhaps because it feels less wrong to do it or maybe something else...?

Keep up your great work,

UpAndDown

=====  
=====

Re: Hi. My first post.

Posted by upanddown - 30 Jun 2025 21:38

---

[yosefthetzadik wrote on 30 Jun 2025 19:42:](#)

.....that this Rosh Hashana I accepted as a new years resolution to never fall again and hashem with his great mercy helped me and I finally quit completely and never fell again since. I feel like it isn't even a nisoyon anymore.

But.

Masturbation has remained as a hard struggle.

Because the whole "???" of "???" is so taboo in our community, I didn't even realize it's a problem. I thought that for a bucher it's 100% permitted. After all ?? "?????" were married. That was their sin, they wasted valuable useful seed. Why would it be assur for a bachur?

**I have since educated myself that it is indeed assur for a bucher too, although I am not still clear why from a halachik point of view.**

Welcome Yosef!!

It's great to have you on board! Your determination and honesty will get you far iyH!!

So you've decided to skip the 20 chapters – looking forward to hearing the full version (maybe a little about your difficult childhood?) when you're ready... no pressure obvs.



From my experience, as long as we're not 100% convinced that M\* is wrong and bad for us, all the counting in the world won't help. I am not sure what you've read so far to educate yourself, but it may be worth learning all of the sources properly inside (not the scary ones) until it becomes your passion to win this battle. Once you have that clarity and strong will, you'll find it much easier to overcome. Just like you've managed to overcome the P\* challenges with such success – you clearly have what it takes to beat the YH!!

Much Hatzlachah!!

Looking forward to hearing from you,

UpAndDown

=====

Re: Hi. My first post.

Posted by hashemisonmyside - 30 Jun 2025 22:04

---

wow!!!

at this point you should be proud of yourself, the fact that you're able to overcome these tough Nisyonos you are like Yosef Hatzadik.... and with Hashems help you will be able to bring this to the level and iyh get rid of your remaining struggles....

=====